Red cabbage with apples

Sliced red cabbage stewed for two to three hours with butter, apples, cloves, vinegar, sugar and red wine.

Makes
6 servings

Cooking time
1 hour, then 1 to 2 hours longer; the flour goes in ten minutes before serving

Kind
Side dishes

From
Germany

Source
The Art of German Cooking and Baking (revised and enlarged edition), 1922

Called
German: *Rotkohl* (red cabbage)

Allergens

Contains

wheat (gluten): all-purpose flour
milk: butter
sulphites: red wine

Check the label for

barley (gluten): vinegar
egg: red wine

Suits vegetarians. Contains alcohol.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- [ ] 4 pounds red cabbage, one head
  In the source: “1 head of red cabbage, 4 lbs.”
- [ ] 1 pint water, boiling
- [ ] ⅛ pound butter
  In the source: “1/8 lb. of butter or good drippings”
- [ ] 2 apples, peeled and sliced
- [ ] 2 whole cloves
- [ ] 2 tablespoons vinegar
- [ ] 1 tablespoon sugar
- [ ] 1 pinch ground black pepper
  In the source: “1 pinch of pepper”
- [ ] salt, to taste
- [ ] red wine, to taste
  In the source: “1/2 glass red wine to taste”
- [ ] 1 tablespoon all-purpose flour

Method

1. Cut the bad leaves off the red cabbage. Cut the head in half, cut out the heart and slice the cabbage.
2. Pour the boiling water over the cabbage, add the butter and cook for 1 hour.
3. Add the apples, whole cloves, vinegar, sugar, ground black pepper, salt and red wine. Cook for 60 to 120 minutes longer, stirring occasionally.

4 ☐ Ten minutes before serving, add the all-purpose flour, and let the cabbage stew for those last ten minutes.

5 ☐ Taste the cabbage, so that it is neither too sweet nor too sour.

Notes

- The source allows vinegar in place of the wine.[1]
- Meier names red cabbage, with apple sauce, currant jelly and Cumberland sauce, among the sweet-sour dishes that are best served with game.[1]

The apples

The source asks only for two apples, peeled and sliced.[1]

This recipe

It follows The Art of German Cooking and Baking (revised and enlarged edition). The source uses American measures (cups, spoons, pints and pounds); the metric amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source heads the recipe "Stewed Red Cabbage"; the title here is ours. The source allows butter or good drippings; we give butter. Its last ten minutes, with the flour, we count within its "1 to 2 hours longer", which is how we read "Ten minutes before serving it, add 1 tablespoonful flour and stew 10 minutes longer". It measures the red wine as "1/2 glass ... to taste" and does not say how large the glass is, so we give no amount for it. It says only "vinegar" and "pepper"; we leave the kind of vinegar open and list black pepper. The tablespoon of flour is in its method, not in its list of ingredients. It names no pan and gives no heat. The metric quantities are our conversions of its pounds and pint, and the steps are in our own words.

How the recipes are chosen and converted

Sources

1. The Art of German Cooking and Baking (revised and enlarged edition) (https://archive.org/details/cu31924003575432), Lina Meier, Milwaukee; the Cornell University Library copy at the Internet Archive, 1922.
2. German National Cookery for English Kitchens (https://archive.org/details/b2805913x), Chapman and Hall, London; the Wellcome Library copy at the Internet Archive, 1873.
3. German Cookery for the American Home (https://archive.org/details/cu31924000655971), Ella Oswald; The Baker and Taylor Co., New York; the Cornell University Library copy at the Internet Archive, 1910.
4. Henriette Davidis' Practical Cook Book, compiled for the United States from the thirty-fifth German edition (https://d.lib.msu.edu/fa/40), C. N. Caspar and H. H. Zahn & Co., Milwaukee; Feeding America, Michigan State University Libraries, 1897.

From The World of Apples, apple.io/recipes/red-cabbage-with-apples/