

 Prep: 15 minutes Cook: 45 minutes 6 servings

German

Side Dishes

# Red Cabbage (Blaukraut)

## Description

German sweet and sour red cabbage

## Ingredients

for 6 servings

- 1 large** head of red cabbage shredded with core removed (*is a purple color when raw*)
- 1 medium** onion (*finely diced*)
- 1 medium** apple, peeled, cored and diced (though this is NOT usually "keto friendly",  
1 it is one apple in the entire recipe)
- 5 whole** cloves
- ½ cup** white wine vinegar (*can use apple cider vinegar*)
- Salt & Pepper to taste
- 3 Tbsp.** Goose fat (*or lard*)
- 1 cup** chicken or beef broth

Conversion: *No conversion*

## Steps

- 1.** In large pot, melt goose fat over medium-high heat. When fat is melted and hot, add onion and apple. Stir and cook until the onions are translucent and glossy. Add shredded cabbage.
- 2.** Saute cabbage for about 5 minutes. Add the vinegar, cloves, broth and salt/pepper to taste. Bring to a boil, cover and reduce to simmer for about 20-30 minutes until cabbage is tender.
- 3.** Add favorite thickener to lightly thicken the liquid. You don't want a thick gravy, but a nice, pourable sauce for the cabbage. Add sugar substitute to cut the sour vinegar to make sweet/sour flavor. Serve hot with your favorite roasted meat.