

Chery-Braised Red Cabbage



1 Medium head of Red Cabbage sliced

2-3 tbsp. Vegetable Oil

½ cup Tart Cherry Juice Concentrate

2 tbsp. Caraway seeds

Coarse Black Pepper

Coarse Sea Salt (Optional)



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Chef Bill
Walt Churchill's
Market

Heat oil in a sauté pan

Add cabbage, stirring well and sauté for about 2 mins

Add cherry juice and caraway seed, toss well, lower heat and let simmer 15-20 minutes

Add Salt and Pepper to taste

May be served hot or cold

Note-Sugar can be added to taste for less tartness