

If like me you?re not fluent in Polish, this is the Red Cabbage side in the foreground!

Ingredients:-

1/3 of a Red Cabbage, shredded

½ a Cooking Apple, grated

½ Tsp of Salt

2 Tbsp of Margarine

2 Tbsp of Plain Flour (Gluten free for us)

30ml of Cider Vinegar

1/2 Tsp of Sugar

1 Bay Leaf

2 Allspice Berries

4 Whole Peppercorns

300ml of Water

Method:-

- (1) Heat the Cabbage in Water just enough the soften it.
- (2) In a pan melt the Margarine then add the Flour and stir to brown for 30 seconds.
- (3) Add the Cabbage and the liquid.
- (4) Add the Vinegar, Allspice, Apple and Sugar, stirring well.
- (5) Cook over a medium heat until the water evaporates, stirring occasionally.

We love acidified Red Cabbage and this version with Allspice Berries had a real wow factor.