

HISTORY AT HOME

#TXHistoryAtHome

German Heritage

ROTKOHL MIT AEPFELN

(RED CABBAGE WITH APPLES)

1 4-lb. head red cabbage, cut fine

2 T. butter

2 c. water

1/4 c. honey

1/4 tsp. pepper

1 bay leaf

1 1/2 T. flour

2 small, tart apples, chopped fine

1 medium white onion, chopped fine

1/2 c. wine vinegar

1/2 tsp. salt

2 cloves

Juice of 1/2 lemon

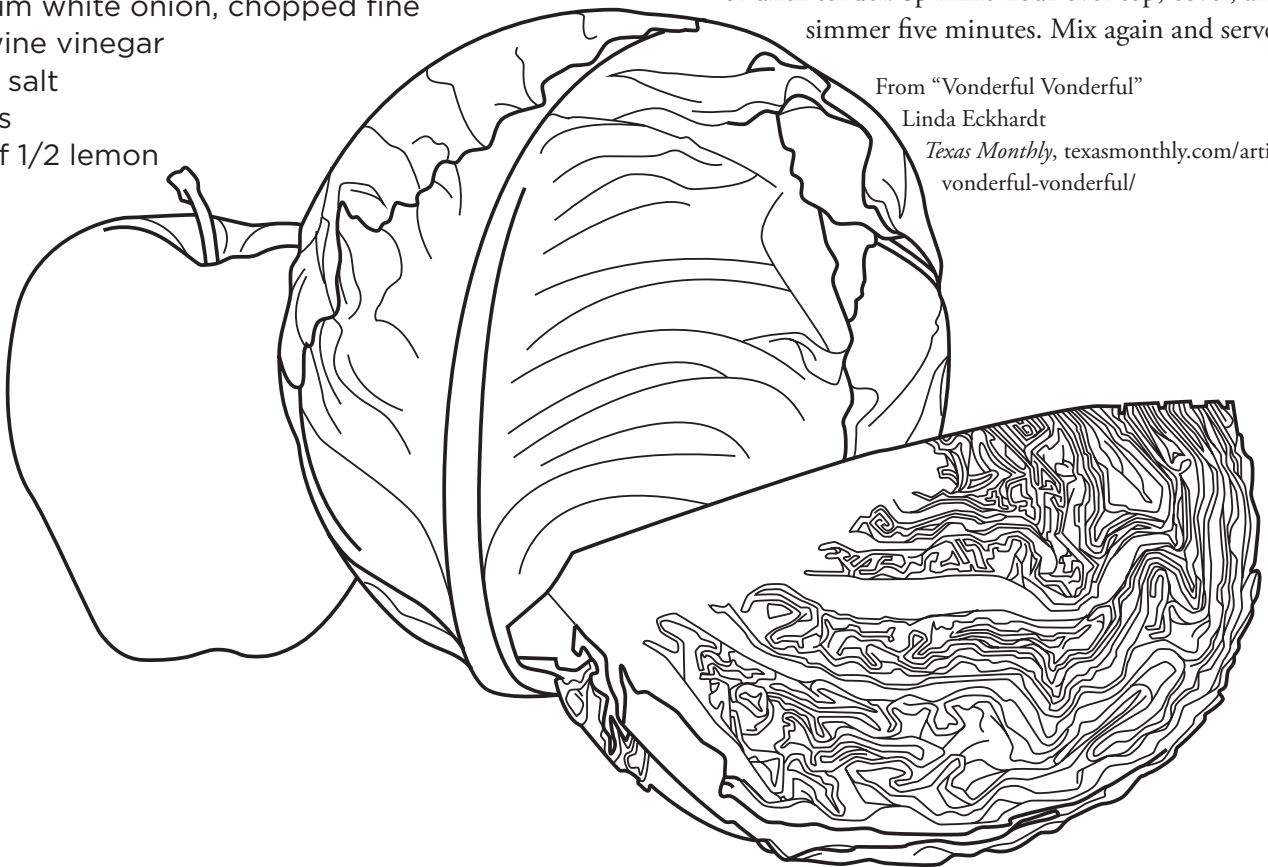
Wash cabbage and cut fine the day before serving. Peel and slice onions. Peel and chop apples. Pour juice of the lemons over the apples. Place in three separate airtight containers and store cabbage, onions, and apples in the refrigerator until the night of the dinner.

Heat butter in a large saucepan, add onions and apples and cook slowly until onions turn clear. Then add water, vinegar, sugar, salt, pepper, cloves, and bay leaf. Mix well. Bring to a boil, then add cabbage and stir. Cover and simmer 25 minutes or until tender. Sprinkle flour over top, cover, and simmer five minutes. Mix again and serve.

From "Wonderful Wonderful"

Linda Eckhardt

Texas Monthly, texasmonthly.com/articles/wonderful-wonderful/



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