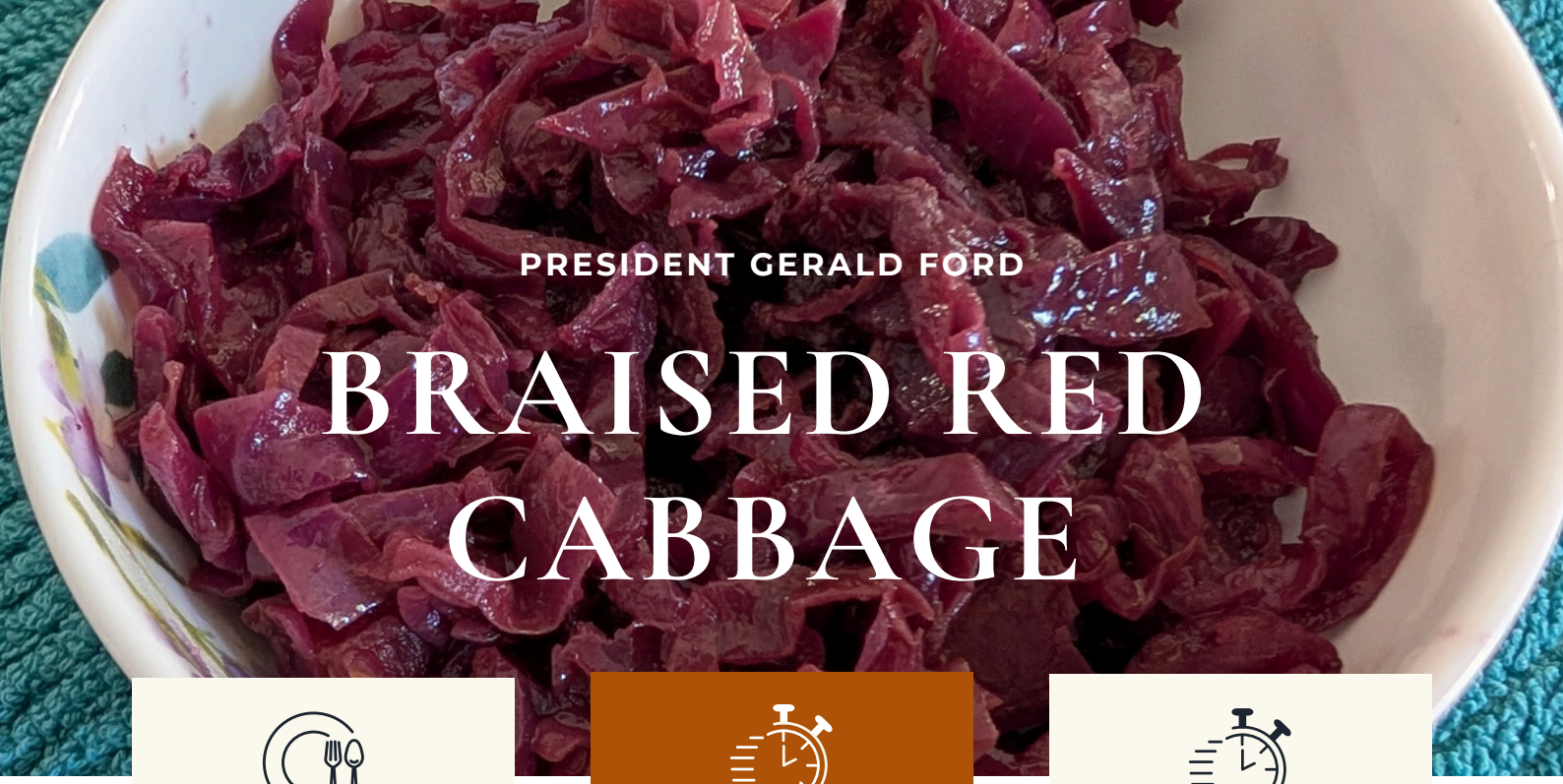


PRESIDENT GERALD FORD

BRAISED RED CABBAGE

6
SERVINGS

15 MINS
PREP TIME

55 MINS
COOK TIME

INGREDIENTS

- ¼ pound diced lard, or 8 strips bacon, thinly sliced. Can replace lard or bacon with enough canola oil to coat the bottom of the pot to prevent burning.
- 1 tablespoon oil
- 2 large onions, thinly sliced
- 2 small red cabbages (about 2½ pounds), shredded and rinsed
- 2 apples, peeled and sliced
- 1 tablespoon salt
- 1 tablespoon sugar
- ¼ teaspoon ground nutmeg
- Dash ground cinnamon
- Dash white pepper
- 2 cups red wine

INSTRUCTIONS

1. In a 6-quart pot, melt the lard. Add the oil and onions and simmer for about 8 minutes, stirring occasionally—do not let the onions brown.

2. Add half the cabbage to the onions. Layer with half the sliced apples, then the remaining cabbage and apples. Add the salt, sugar, nutmeg, cinnamon, and white pepper.

3. Pour the wine over the seasonings. Cover with parchment paper cut to the shape of the pot, pressing it down onto the cabbage. Set a plate that fits inside the pot on top of the parchment paper. Cover the pot and simmer for 15 minutes on medium to low heat.

BRAISED RED CABBAGE



INSTRUCTIONS (CONTINUED)

4. Remove the cover, plate, and parchment paper. Stir the cabbage carefully with a large fork to blend well. Braise without the cover for 15 minutes, stir again, then braise for another 30–45 minutes, stirring on occasion to prevent burning as the liquid evaporates. The cabbage is done when almost no juices remain.

NUTRITION PER SERVING (6 SERVINGS)

Calories 280 • Total Fat 8g • Saturated Fat 2g • Sodium 1,480mg • Total Carbohydrates 31g • Dietary Fiber 6g • Added Sugars 2g • Protein 9g

DIETITIAN'S NOTE

Use half as much salt to cut the sodium. Reduce calories by replacing 1 cup of wine with 1 cup of water. Alternately, use all water (2 cups) and add 1–2 tablespoons of apple cider vinegar toward the end of cooking to restore some of the acidity and tang that the wine would have provided.

Adapted from: Henry Haller's The White House Family Cookbook