



MARY'S RED CABBAGE WITH POMEGRANATE JUICE

2 x 15ml vegetable oil
1 red onion, peeled & halved
1 tablespoon sea salt
2 red apples
1 head of red cabbage
3 tablespoons of soft dark brown sugar
2 tablespoons of allspice
750ml pomegranate juice

Heat the oil in a heavy based saucepan or casserole.

Add sliced onion to the pan with salt.

Fry for 5 minutes until the onion softens.

Quarter the apples, do not peel, chop roughly, add to the onions and cook for 5 minutes.

Finely shred the cabbage and add to the pan stirring carefully.

Add brown sugar, all spice and pomegranate.

Bring to the boil, stir and turn down the heat, put on the lid and cook very gently for 2 – 3 hours.

This dish can be cooked up to 2 days in advance and reheats very well on a medium heat for 15-20 minutes.