

Sweet and Sour Cabbage *by Chef Tom Douglas*

THE ART OF
AGING

Serves 4

The caraway is the key to this dish. It adds a distinct flavor often found in Czechoslovakian cooking. I like to serve this spiced cabbage with Roasted Lemon Thyme Chicken, It would also be delicious with roast duck or grilled pork chops.

- 4 cups thinly sliced cabbage (1/8" thick)
- 1 cup grated apple (golden delicious or another sweet variety)
- 1 teaspoon caraway seeds
- 2 tablespoons olive oil.

Over medium-high heat toast caraway seeds in simmering oil for 1 minute to release the flavor of the seeds. Core the cabbage and shave thinly.

Add the shredded cabbage and apple to the saucepan and sauté for 3 minutes.

Add the vinegar and continue to sauté for 5-10 minutes until the cabbage has softened but still has a bite.

The natural juices from the apple will evaporate and that is your cue to cut the heat. You want a dry cabbage so the juice doesn't blend with other flavors on your plate. Once the pan starts to sizzle the dish is done.