

Recipe Card					
Recipe Name:		Beer Braised Red Cabbage		Yield:	4 portions
Ingredient		Unit	Amount		
butter		oz	2		
onion, sliced		ea	0.5		
red cabbage, roughly sliced		oz	11		
apple, grated		ea	1		
fennel seeds		tsp	1		
Beer (amber)		fl oz	2.5		
rosemary, chopped		sprigs	1		
brown sugar		oz	1		
1		Sweat the onion in the butter.			
2		Lower the heat, add the fennel seeds and toast for 30 secs.			
3		Add the remainder of the ingredients. Season. (spices like nutmeg and cinnamon can be added if desired).			
4		Cook at medium to low heat with lid on 25-30 mins.			