



today's main ingredient

A  LOCAL FOOD PODCAST



Braised Sweet & Sour Cabbage

INGREDIENTS – Serves 4

2 Tablespoons olive oil
1 garlic clove, sliced paper thin
4 cups thinly sliced cabbage
1 Tablespoon sugar, or more to taste
2 Tablespoons apple cider vinegar, or more to taste
Salt and pepper

STEP 1 – Combine oil and garlic in a large, deep skillet and heat over medium heat until garlic begins to sizzle, about 1 minute.

STEP 2 – Add the cabbage all at once and stir until coated with oil. Cover and cook for 3 minutes, or just until the cabbage begins to wilt.

STEP 3 – Turn the heat to high and sprinkle with sugar and vinegar. Stir to coat. Adjust the seasonings and serve.