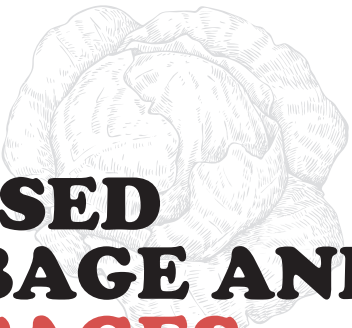




BRAISED CABBAGE AND SAUSAGES

Braising meat is nothing more than slow simmering, which is an easy, economical way of cooking. This technique involves browning meat in oil first, then cooking it in a little liquid in a tightly covered pan to bring out flavour. Slow cooking also helps to tenderize the cabbage.



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



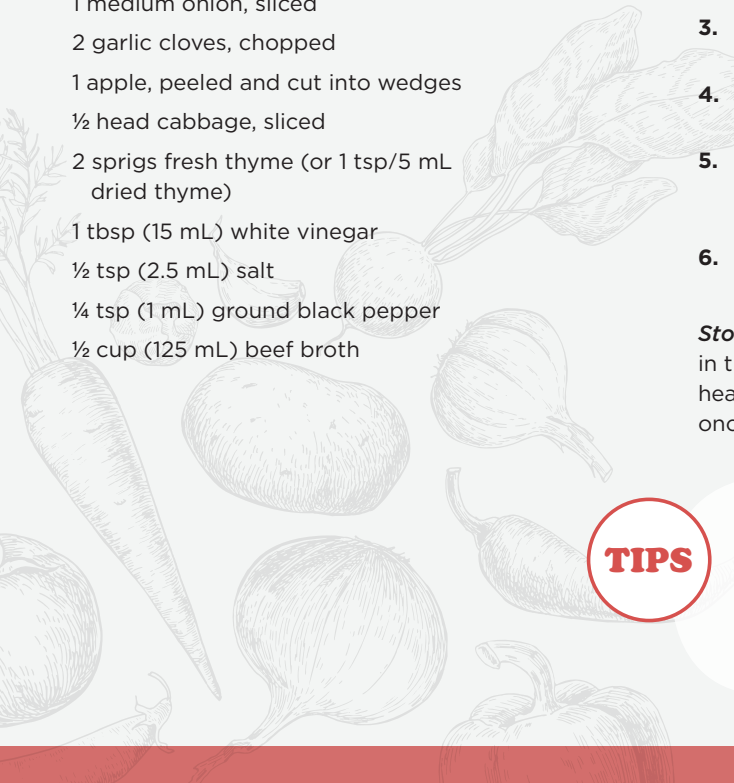
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INGREDIENTS

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- 2 tbsp (30 mL) olive oil, divided
 - 4 large mild Italian sausages
(or 6 medium sausages)
 - 1 medium onion, sliced
 - 2 garlic cloves, chopped
 - 1 apple, peeled and cut into wedges
 - ½ head cabbage, sliced
 - 2 sprigs fresh thyme (or 1 tsp/5 mL
dried thyme)
 - 1 tbsp (15 mL) white vinegar
 - ½ tsp (2.5 mL) salt
 - ¼ tsp (1 mL) ground black pepper
 - ½ cup (125 mL) beef broth



DIRECTIONS

1. Preheat the oven to 190°C (375°F).
2. Heat a heavy, oven-safe skillet or cast iron frying pan over medium heat. Add 1 tablespoon (15 mL) of oil and brown the sausages for 3 minutes per side (or until golden brown).
3. Remove sausages from the pan and set aside. Add the remaining oil and onion. Cook for 2 minutes, or until slightly soft.
4. Add the garlic, apple, cabbage and thyme, and continue to cook for 2 minutes.
5. Add vinegar, salt, pepper, and beef broth. Return the sausages to the pan and cover with a tight-fitting lid or tin foil. Bake in preheated oven for 30 minutes.
6. Remove the lid and stir gently. Return to the oven and bake for another 15 minutes. Serve hot.

Stovetop Variation: Prepare steps 2-5 but, once covered, instead of baking in the oven, raise the heat to high and cook for 10 minutes. Then lower the heat to medium-low and cook on the stovetop for 45-60 minutes, stirring once or twice.



TIPS

- » Chill leftovers for up to 3 days in the fridge.
- » To freeze, let it cool, then transfer to food safe containers, removing all excess air, and freeze for up to 3 months. When ready to use, thaw in fridge overnight and heat to serving temperature 74°C (165°F) or higher.