

CL 0103-1

# green beans with dill

*grüne bohnen mit dill*

- 1 9-ounce package frozen cut green beans
- 1/3 cup boiling water
- 1 beef bouillon cube
- 1 teaspoon dillweed or dillseed
- 2 tablespoons butter

Place frozen green beans in saucepan with boiling water, bouillon cube, and dill. Cover; bring to a boil. Separate beans with fork, reduce heat, and simmer 10 minutes or until tender. Drain. Stir in butter. Makes 3 to 4 servings.

# brussels sprouts in beer

*rosenkohl in bier gedünstet*

- 1 pound fresh Brussels sprouts
- Beer (enough to cover sprouts)
- 1/2 teaspoon salt
- 2 tablespoons butter

Trim and wash sprouts. Place in medium-size saucepan and pour over enough beer to cover. Bring to boil, reduce heat, and simmer for 20 minutes or until tender. Add more beer if needed, as liquid evaporates. Drain; add salt and butter. Serve hot. Makes 3 to 4 servings.

# skillet cabbage

*gedünstetes weisskraut*

- 2 tablespoons vegetable oil
- 3 cups finely shredded cabbage
- 1 cup chopped celery
- 1 small green pepper, chopped
- 1 small onion, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Heat the oil in a large frypan about 20 minutes before serving time. Add ingredients and cook over medium to low heat about 15 minutes. Stir often. Cover pan during last 5 minutes of cooking time. Stir once or twice. Serve immediately. (Vegetables will be crisp.) Makes 4 servings.

# sweet-and- sour red cabbage

*süss-saures rotkraut*

OK

- 1/4 cup butter
- 4 medium apples, peeled and sliced
- 1/2 red onion, chopped
- 1 head red cabbage, finely shredded
- 1 cup red wine
- 4 whole cloves
- 1/3 cup brown sugar
- 2 bay leaves
- 1/4 cup vinegar
- 1/4 cup butter
- Juice of 1/2 lemon

Melt butter in 4-quart Dutch oven. Add apples and onions; sauté slightly. Add cabbage, red wine, cloves, sugar, and bay leaves. Simmer, covered, for 1 hour, then add the remaining ingredients. Heat to melt the butter and serve immediately. Makes 6 servings.

**red  
cabbage**  
rotkohl

CL0603-2

- 2 tablespoons vegetable oil
- 2 small onions, sliced
- 2 pounds red cabbage,  
shredded
- 2 tablespoons vinegar
- Salt to taste
- 1 teaspoon sugar
- 1 large tart apple, peeled,  
cored, and finely chopped,  
or ½ cup applesauce
- ½ cup red wine
- ½ cup hot beef broth

1 slice bacon

Heat oil in a Dutch oven and sauté onions 3 minutes. Add cabbage and immediately pour vinegar over cabbage to prevent it from losing its red color. Sprinkle with salt and sugar. Add chopped apple or applesauce and piece of salt pork. Pour in red wine and hot beef broth. Cover and simmer for 45 to 60 minutes. Cabbage should be just tender, not soft. Shortly before end of cooking time, remove salt pork; cube and return it to cabbage if desired. Correct seasonings and serve. Makes 4 servings.

red cabbage



**westphalian  
cabbage**  
*kohl westfälisch*

*good*

- CLO103-3
- 1 head cabbage,  
approximately 2 pounds
  - 3 tablespoons vegetable oil
  - 1 teaspoon salt
  - 1 teaspoon caraway seeds
  - 1 cup hot beef broth
  - 2 to 3 small tart apples
  - 1 tablespoon cornstarch
  - 2 tablespoons cold water
  - 3 tablespoons red wine  
vinegar
  - ¼ teaspoon sugar

Shred cabbage.

Heat vegetable oil in Dutch oven, add cabbage, and sauté for 5 minutes. Season with salt and caraway seeds. Pour in beef broth, cover, and simmer over low heat about 15 minutes.

Meanwhile, peel, quarter, core, and cut apples into thin wedges. Add to cabbage and simmer for another 30 minutes.

Blend cornstarch with cold water, add to cabbage, and stir until thickened and bubbly.

Season with vinegar and sugar just before serving. Makes 4 to 6 servings.

*westphalian cabbage*

