

RECIPIE

Red Cabbage & Apple with Mulberry Jelly



Tiptree Mulberry Jelly is made from fruit from the ancient orchard, if it isn't available Tiptree Blackberry Jelly is a tasty alternative.
If you have time, bake then leave overnight and reheat next day for the full flavour

Product – Tiptree Mulberry Jelly

Ingredients

1/2 a large Red Cabbage
1 tablespoon White Wine Vinegar
2 tablespoons Tiptree Mulberry Jelly
1 small Red Onion
1 large Bramley Cooking Apple
Olive Oil
Butter
Thickening: Kneaded butter – Butter & Flour

Method

Set oven at 175c or 160c fan
Slice cabbage thinly and blanch in boiling water for 1 minute then refresh with cold water
Slice onion then peel, core and slice apple
Heat about a tablespoon of olive oil then add a knob of butter
Cook onions until soft – but not coloured.
Add apples and cook for 2-3 minutes.
Butter a casserole dish
Put half the cabbage into the dish and sprinkle with wine vinegar
Add apple and onion
Put Mulberry Jelly in a small bowl and beat until smooth, add 2 tablespoons of water, mix
Pour Mulberry onto apples
Add remaining cabbage
Dot with blobs of butter and cover with a buttered sheet of greaseproof paper pressed onto cabbage, then crimp the edge of the paper over the rim of the dish to keep in place.
Cook for 1 ½ hours (2hrs if not reheating), check after 45 minutes and add a little water if necessary. Cool overnight and reheat in oven for 30 minutes before serving.
If the cabbage produces a lot of liquid this can be thickened by the addition of kneaded butter

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