



Red Cabbage with Ale

Kriek Cabbage combines German and Bohemian flavors

1 cup sliced red onions

Water to cover

1/2 cup dried cherries or dried cherry cranberries

12-ounce bottle Pilsner beer

1 Tablespoon olive oil

12 ounces red cabbage, cored, quartered and thinly sliced

3 Tablespoons red wine vinegar

1/2 teaspoon salt

1/2 teaspoon ground black pepper

Garnish: As desired chopped fresh parsley

Place onions into microwave safe bowl; cover with water; cook in microwave high power for 1 minute. Remove; set aside for 5 to 10 minutes; drain off water; rinse onions.

In medium bowl, stir dried cherries and beer together; set aside for 5 minutes. Stir in drained onions; set aside for 5 minutes. Drain onion/cherries, reserve liquid ale mixture in small bowl.

In large sauté pan, heat oil over medium heat. Stir in reserved onion/cherries; sauté about 2 minutes; add red cabbage; toss to combine, about 2 minutes. Stir in vinegar, reserved liquid ale mixture, salt, and pepper; bring to a boil; reduce heat to medium low; cook about 5 minutes covered; stir; continue cooking for about 5 to 10 minutes or until cabbage is tender and liquid reduces. Stir frequently. Serve warm. Garnish with fresh chopped parsley. Yield: 4 to 6

Cook's Note: The taste of this German side dish is completely different from the red cabbage in a jar. You just can't beat making it fresh. If ale is not available, you can use ginger beer or water. Also, red cabbage has potent antioxidant and anti-inflammatory properties.

About Pilsner Beer: Pilsner styles of beer originate from Bohemia in the Czech Republic and are medium to medium-full bodied that impart floral aromas and a crisp finish. For More Information See:
http://allaboutbeer.com/beer_style/pilsner/

About the Recipe: Just like magic, a little vinegar turns the purple cabbage into a vibrant red. This German inspired dish adds a touch of Bohemian beer and sweet cherries, creating a sweet and tangy braised red cabbage. It is a delicious must-have side dish for any German dinner.

What is Kriek?

Kriek is a Flemish word which uses cherries — specifically, sour Morello cherries. Historically, Krieks were made in Belgium by adding whole or macerated cherries (important, though, the pits were intact) to a lambic beer base and letting the beer re-ferment on the fruit. After sitting for a few months, the beer would be blended with fresh lambic and bottled. The style falls into a category of fruited lambics that also includes Pêche (peaches) and Cassis (black currants).

Belgian breweries like Cantillon, Boon, and Drie Fonteinen have made some of the most well-regarded examples of the Kriek style. For More Information See:

<https://www.hopculture.com/what-is-a-kriek-lambic/>

What is Lambic?

Lambic is a type of **beer** brewed in the Pajottenland region of **Belgium** southwest of Brussels. Lambic beers differs from most other beers in that it is fermented through exposure to wild yeasts and bacteria native to the Zenne valley. This process gives the beer its distinctive flavor, dry, **vinous**, and cidery, often with a tart aftertaste. For More Information See: <https://en.wikipedia.org/wiki/Lambic>