

Red Cabbage and Apples with Currant Jelly

- 1 tablespoon butter
- 8 cups thinly sliced red cabbage
- 1 medium onion, chopped
- 1 teaspoon lemon juice
- 1/4 cup sugar
- 1 teaspoon salt
- 3-4 medium gala apples, chopped
- 5 tablespoons red currant jelly

In a large Dutch oven or deep skillet, heat oil and add the cabbage, onion, lemon juice, sugar and salt, stirring to mix well. Cover and cook over medium heat for 10-15 minutes or until cabbage is crisp-tender, stirring occasionally. Add apples and cook 10-15 minutes longer or until cabbage and apples are tender, adding a few tablespoons of water, if necessary. Stir in jelly until melted. Transfer to serving bowl and serve immediately.

UT Extension

**Seasonal
Eating**

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**November 2012
Cole Crops**

Garlic Parmesan Baked Cauliflower

- 1/4 cup olive oil
- 2 tablespoons butter, melted
- 1 tablespoon minced garlic
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 medium head cauliflower, cut into florets (about 5 cups)
- 1/2 cup crushed Ritz type crackers
- 2 tablespoons butter, melted
- 1/2 cup grated parmesan cheese

In a large bowl whisk together the olive oil, butter, garlic, lemon juice, salt and pepper. Add the cauliflower and toss to coat the florets. Pour into a casserole dish, cover and bake at 400 degrees for 20 minutes, stirring after 10 minutes. Meanwhile, combine crackers and melted butter. Remove from oven and uncover. Sprinkle with cheese and crumbs and bake 10 more minutes or until cauliflower is tender and crumbs are browned.

Roasted Pork with Apples, Cabbage and Turnips

- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 (3-5) pound boneless pork loin roast
- 2 cups finely chopped onion
- 3 slices bacon, chopped
- 3/4 cup dry white wine
- 2 tablespoons maple syrup
- 2 tablespoons cider vinegar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 5 cups thinly sliced peeled tart apples (Granny Smith - about 2)
- 3 cups thinly sliced green cabbage (about 1/2 a small head)
- 3 cups cubed peeled turnips (2-3 medium)

Heat a large Dutch oven over medium high heat. Add olive oil. Sprinkle pork with salt and pepper and add to pan, browning on all sides, about 15 minutes. Remove pork from pan and place in a large baking dish or roasting pan. Add onion and bacon to Dutch oven and sauté until bacon is cooked and onion is tender. Add wine, syrup, vinegar, salt and pepper. Scrape up any bits from the bottom of the pan. Add the apples, cabbage and turnips. Bring to a simmer. Pour mixture around the pork in the baking dish. Bake at 375 degrees for about 1 hour or until a thermometer register 145 degrees, turning pork after 30 minutes, and stirring vegetable mixture. Let pork rest for 5-10 minutes covered with foil before slicing.