



MINUS8
VINEGAR & VERJUS

RECIPE CARD

SWEET & SPICY BRAISED CABBAGE WITH DEHYDR8



DEHYDR8 VINEGAR

5% ACETIC ACID VINEGAR | 200 ml, 1 litre
Vinegar is made from the sweet Riesling raisins of hand-picked and air-dried Riesling grapes. French oak and bottle aged several years.

Serves 4

- Ingredients:**
- 1 tbsp sesame seed oil
 - 1 medium cabbage (about 3 lbs), divided into 8 wedges
 - 1 medium carrot, grated (about 3/4 cup)
 - 1 ¼ cups + 2 tsp water, divided
 - ¼ cup Dehydr8 vinegar
 - 1 tsp raw demerara sugar
 - ½ tsp cayenne powder
 - ½ tsp red pepper flakes
 - 2 tsp cornstarch



- Method:**
- Preheat the pressure cooker (by pressing brown/sauté mode).
 - Add the sesame oil and brown the cabbage wedges on one side (about 3 minutes). In the meantime, grate the carrot. To the pressure cooker add the 1 ¼ cups water, vinegar, sugar, cayenne, and hot pepper flakes and swish around. Then add the cabbage wedges (browned side facing up) and sprinkle carrots on top.
 - Close the lid and pressure cook for 5 minutes at high pressure. When time is up, open the pressure cooker with Normal Pressure Release (twist the valve on the lid to the "open" or "venting" position). Remove the lid tilting it away from you.
 - Arrange the wedges and any loose leaves onto a serving platter. Reheat the cooking liquid (by pressing brown/sauté mode) to a boil. In a small bowl, mix the cornstarch and 2 teaspoons of water to make a slurry. Then pour the slurry into the pressure-cooker base.
 - Boil the cooking liquid mixture until it's just starting to thicken. Pour this sauce over the cabbage wedges and serve.