

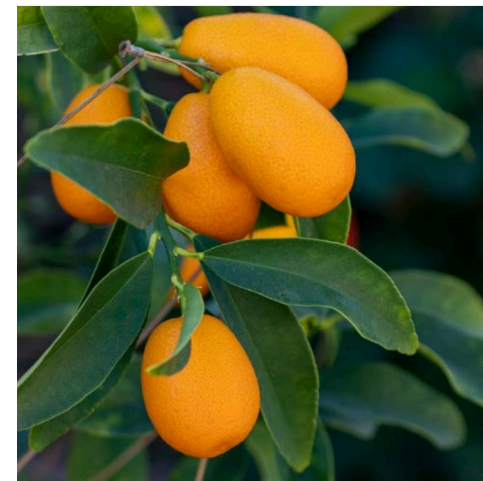
cavolo rosso con kumquats

Red cabbage with kumquats

This recipe is so delicious that it turns straight into a vegetarian main course.
Polenta, chickpeas or couscous go well with it!

Ingredients for 4 people

120 g kumquats	Put the whole fruits into boiling water, bring to the boil once, drain and rinse in cold water (this removes some of the bitterness).
600 – 700 g red cabbage, trimmed	Halve them across the fruit, carefully remove the pips and halve or quarter them again. A job for the patient!
1 onion	cut into fine strips,
2 tbsp butter and 1 tbsp olive oil	cut into small cubes.
3 tbsp sugar	warm in a large pot, add the onion and sweat until translucent, add, and the kumquats as well, stirring constantly, and caramelize lightly.
juice of an orange 4 tbsp aceto balsamico 1 bay leaf	add and as well as
	Add the cabbage straight away and turn it carefully, season with salt, pepper, cinnamon (important) and a little ground clove. A little peperoncino does it good too.
3 dl water	add, cover, turn now and then. Pour in more water if needed. Let it cook gently for 45 – 60 minutes.



VERONICA'S TIP

Fresh kumquats (dwarf oranges) from a tree in a sheltered spot in Massa Marittima (and research on the internet) inspired us to make this dish. Buy kumquats from organic growers in Europe or use quinces!