



## Germany

### **Bratwurst and Red Cabbage**

*Bratwurst und Rotkohl*

12 oz. uncured Bavarian bratwurst  
1 Tablespoons olive oil  
1 (12 oz.) bottle Pilsner or other lager, divided  
1 medium red onion, chopped  
1/2 medium head of red cabbage, thinly sliced  
1 medium red beet, peeled, coarsely grated  
Kosher salt, freshly ground pepper  
1/2 cup apple cider vinegar  
1 Tablespoon light brown sugar  
1/4 teaspoon ground allspice

**Garnish:** Crushed seasoned croutons; fresh herb sprig

#### **Cook Bratwurst in Beer:**

Prick bratwurst in several places with a knife and place in a large skillet. Add oil and half of beer, then add water until liquid comes a little over halfway up sides of sausages. Bring to a simmer over medium heat. Cook turning once, until just barely cooked through 12-15 minutes.

**Brown Bratwurst:**

Increase heat to medium high; cook until liquid is evaporated 5-10 minutes. Roll sausages to edge of skillet and add onion to center. Cook, turning sausages often and stirring onion occasionally until sausages are browned and onion is soft 5-8 minutes. Transfer sausages to a plate.

**Cook Cabbage:**

Add cabbage and beet to skillet; season with salt and pepper. Cook, stirring often until cabbage is wilted, about 5 minutes. Add vinegar, brown sugar, allspice, and remaining beer. Cover; cook until tender, 20 to 25 minutes. Serve sausages with cabbage mixture, topped with crushed seasoned croutons; garnish with fresh herb sprig

Yield: 4 servings

**Recipe Adapted from:** *bon appetit* magazine, February 2015, *Best of the Wurst*.

**About the Recipe:** Celebrate a German festival any time with this one pan method crispy bratwurst dish, served with Pilsner's Best. sweet/sour cabbage and flavored with a grated beet that adds a delightful contrasting tang to the dish. Great to serve as a quick lunch or supper.

**Are Bratwurst and Red Cabbage Served in Germany?**

Bratwurst's history has its roots in Germany, where it's been a popular dish for centuries. It's believed that bratwurst was first made by Germanic tribes, who would grind pork, beef or veal to create these savory sausages. Bratwurst holds symbolic significance as well. For example, during certain festivals and public holidays like Oktoberfest, bratwurst stands as an emblem of communal harmony and celebration. Red Cabbage is a staple side dish that is served throughout Germany. It has a distinct sweet and sour flavor profile achieved by braising the red cabbage with apples, vinegar, and spices.

**For More Information See:**

<https://www.daringgourmet.com/traditional-german-rotkohl-sweet-sour-red-cabbage/>  
<https://travellinggermany.com/what-is-bratwurst/>