



Bratwurst with Caramelized Onions and Sweet Apples

One-dish dinner brought by German and Bohemian immigrants

- 1 pound bratwurst sausages,
- 1 11 oz. bottle beer
- 1 Tablespoon avocado oil
- 1 Tablespoon unsalted butter
- 1 large onion, sliced thin
- 4 ounces wild mushrooms, sliced
- 2 cups chicken stock
- 2 cups shredded green cabbage
- 1 red apple, cored, sliced thin, halved
- 1 to 2 teaspoons dried parsley
- Salt and black pepper to taste
- Garnish: Fresh herbs as desired

Marinate the Sausages:

- Place brats in a bowl; cover with beer. Cover bowl with plastic, refrigerate at least 1 hour or overnight. The sausages will be juicy and have a wonderful flavor.
- When ready to cook, remove the sausages from the beer; cut diagonally into ½ inch pieces.

Cooking the Sausages:

- Heat oil and butter in large saucepan over medium heat. Add onion and mushrooms, sauté for about 5 to 8 minutes to soften.
- Add the sausages, cook over medium-to-medium high heat for about 15 minutes or until reaches a golden-brown color; stir often.
- Add the chicken stock, cabbage, sliced apples, and parsley; cook just until the apples are tender yet have some crispness, about 10 minutes; stir frequently. Season as desired with salt and black pepper.
- Garnish with fresh herbs as desired.
- Serve hot with good poppyseed rolls or rustic bread. Serves 3 to 4

Cook's Note: I used a bag of fresh coleslaw with cabbage and carrots to make the preparation easier. The flavor was delicious and didn't need any additional salt or black pepper. I served the meal in a shallow pasta bowl. Loved the recipe since it was so easy to prepare and had a fantastic broth for bread dipping.

About the Recipe: This one-pot meal is filled with bratwurst sausage pieces, cabbage, and sweet apple slices. It has a brothy sauce and should be served in a deep plate or shallow pasta bowl. Letting the sausages marinade in beer provided a rich flavor and juicy sausages.

Story about Sausages:

German and Bohemian immigrants brought their knowledge of curing and smoking meats to the Heartland in the nineteenth century. The typical house built by an immigrant family was surrounded by a vegetable garden, a chicken coop, a fenced hog yard, cow stalls, a toolshed, outhouse, and a smokehouse. Hams, bacon, sausages, and cheese were smoked to help preserve them during the winter. Smoked meats are widely available from midwestern purveyors to this day.

For More Information See:

p. 201, 416 *Prairie Home Cooking* by Judith M. Fertig