

Golden Sauerkraut with Apples, Red Onion and Vegan Bockwurst

This simple and delicious sauerkraut dish encompasses the feeling of Bavarian hospitality and will have you coming back for more. Did you know that recent studies have shown that eating cooked probiotic vegetables may be equally as beneficial as eating them raw? Try this dish that's bursting with flavour, bio-available vitamins, minerals and enzymes. Enjoy!

Serves 2 – Prep & Cook time: 30 minutes

INGREDIENTS:

- 1 400 ml pack Caldwell Sauerkraut (or homemade sauerkraut produced with Caldwell's starter culture)
- 2 small red apples that are suitable for cooking (ie., Pink Lady or Fuji), washed, peeled, cored and chopped into 1cm pieces (peeling is optional if using organic produce)
- 1 large red onion, halved and then sliced into 0.5 cm strips
- 2 Vegan (or traditional) Bockwurst, Bratwurst or Weisswurst style sausages
- Salted butter for frying (olive oil may be substituted)
- Salt and freshly ground black pepper to taste

ACCOMPANIMENTS:

- Fresh French baguette or, for a more authentic German take, try Kimmel Bread, Pumpernickel or Rye Sourdough
- Strong German mustard or Dijon
- Baby sour or sweet-and-sour Gherkins
- A glass of chilled Pilsner, Cider, Kombucha or Riesling (wine)

INSTRUCTIONS:

1. Begin by placing the Caldwell sauerkraut in a colander to remove the excess brine. Set aside
2. Slice the onion into thin strips. Preheat a pan and add the butter. Once the butter has melted, add in the onions and cook over med-low heat making sure the onions do not burn. (You want to slightly caramelize the onions so the sugars are released. The sweetness of the onions will compliment and mellow the tartness of the sauerkraut.)
3. Meanwhile, dice the apples and add them to the onions. Continue to fry the mixture until the apples are just tender. Add in the drained sauerkraut and heat thoroughly, until the sauerkraut is slightly golden but still crunchy. Add salt and pepper to taste.
4. Prepare the sausages on the stove or on the barbecue and serve with the sauerkraut, bread, mustard, gherkins and a cold drink.

TIP:

For an authentic flavour, try adding a splash of wine to the sauerkraut. During the last 5 minutes of cooking increase the heat to medium-high and add a 1/3 cup of dry white wine to the sauerkraut. Continue to cook until the alcohol evaporates (approx 5 minutes).

Guten Appetit!



Tried and tasted by family or friends of the Caldwell clan.

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