

# Red cabbage: Tart or sweet, both versions are good

Happy Thanksgiving! Hope everyone is planning a great family get-together sometime this weekend and I hope you have a wonderful time!

Before we get into this week's story, a friend of mine made an excellent point after reading last week's article. I mentioned that the safest way to stuff a bird was to prepare the stuffing in advance and chill



What's cookin'

Lori and Gerry Kentner

it before stuffing it into the cavity of the bird. What I did not mention is that this will increase the cooking time of your bird. Depending on

the size, this could cause 15 minutes to more than an hour added on to the cooking time. So be prepared to get it in the oven a little sooner. Thanks Cathy for the sharing your experience.

Today's recipe is the last of our four-week, get-ready-for-Thanksgiving series. This red cabbage recipe can be served hot or cold, can be made in advance, freezes well and can easily be reduced to half of the recipe if you don't have that many cabbage-eaters in your crowd. The cabbage will be bright in colour due to the addition of the vinegar and shiny, not dull with the addition of the jam. Red cabbage goes well with pork, turkey and ham.

This recipe is the Danish method of making red cabbage, which is a sweet version. German red cabbage is a tarter version, made with the addition of wine and often apples, but no jam.

A very dear friend of the family introduced this recipe to us over 20 years ago at a roast pork dinner

## Local United churches unite for 'transformation' session

Local United churches will make history this weekend when they gather for the largest faith event their denomination has ever staged in this area.

Sunday morning they will jam Nashville North for a special joint worship service, following two days of workshops, music, and celebration designed to transform their faith and their communities.

Three years in the planning, the "I Believe Faith Matters" event will bring together members of St. Andrew's, St. John's, Ballinafad, Hillcrest, and Norval United Churches. Throughout the weekend, Linnea Good of British Columbia will provide musical leadership, including a concert Saturday evening at St. Andrew's Church. The author of five compositions in the church's hymn book, she has also produced eight albums of songs of the spirit. Sunday morning, her special music will inspire worshippers.

Keynote speaker is Janet Wolf, an ordained minister in the United Methodist Church in Nashville, Tennessee where she helped transform her dying urban congregation into an active church deeply connected to its community.

"She's marvellous," said Jim Ball, minister at St. John's United of Georgetown and Glen Williams. "She's among the top five speakers for all of North America who do this kind of event."

Wolf will speak Friday evening at St John's United, lead workshops all day Saturday, and join local clergy for the Sunday morning service at Nashville North in Norval. It is hoped one outcome of the weekend will be better service to a growing town. Representatives of the churches started meeting together three years ago to talk about how to energize their own congregations, and how to welcome the many newcomers in the area, without adding more church buildings. By re-charging their own faith, they hope, those attending this weekend's events will be ready to make a difference in the lives of others.

Everyone is welcome to the 10 a.m. Sunday service at Nashville North. There is a modest charge for the Friday and Saturday workshops, and for Linnea Good's Saturday concert. For information call St. Andrew's United Church at 905-877-4482.

—By Janet Duval, special

that she prepared for us. This was her specialty. This recipe came from our friend's mother, and although our friend is no longer with us, we think of her every time we make it.

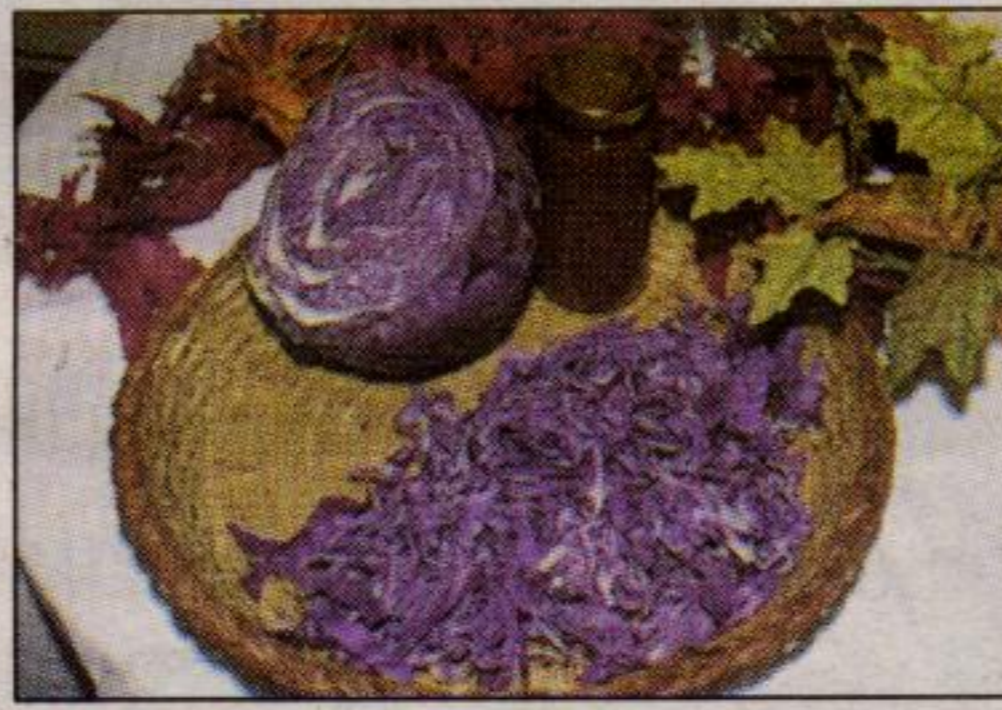
If you are making the roast pork that was featured last week and the red cabbage featured today, other nice additions to your meal would be fried apples and

onions, roasted root vegetables (parsnips, carrots, turnip, sweet potato, onions drizzled with olive oil and slowly roasted in the oven until caramelized). We featured the rosemary potatoes (Sept. 27) and a plum tart (Sept. 20) that would complete the meal.

Have fun and keep cooking!

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### Red Cabbage



### Ingredients

- 1 head red cabbage, thinly sliced
- 1/2 cup water
- 1/4 cup white vinegar
- 1 cup strawberry jam

### Method

1. Combine red cabbage, water

and vinegar in a large pot. Cover and simmer on medium-low heat until cabbage reduces and softens a bit (approximately 20 minutes).

2. Add strawberry jam and mix in. Continue cooking, covered over low heat for approximately one hour until cabbage is reduced and soft.

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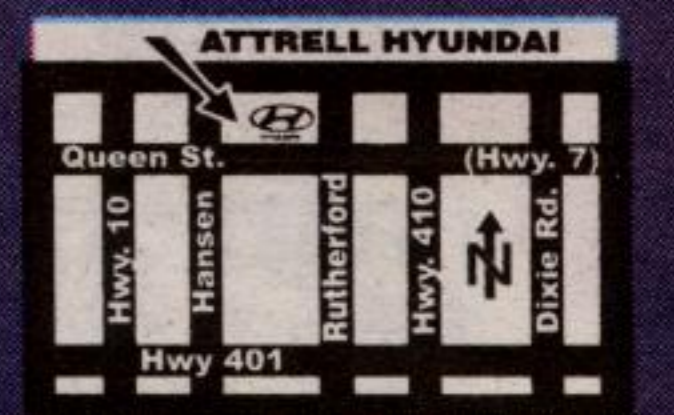
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