

Low FODMAP red cabbage

Red cabbage can be difficult to navigate on the Low-FODMAP diet. Although a 'safe' serving of red cabbage is 80g I would struggle with this amount.

Whether it's the fibre or an extreme reaction to the oligo-fructans any brassica in large quantities can poleaxe me. The reaction does seem slightly less severe when the cabbage is cooked though.

Also I really need that deep purple on my Christmas plate.

Whether you're having goose, turkey or ham this slightly aromatic, sweet pile of purple can lift a festive plate.



Ingredients

Serves 6 as a side dish

- 250g shredded red cabbage, (core removed shredded in 5mm slices)
- 6tbsp (90ml) water
- 2 tbsp non-brewed condiment or cider vinegar
- 20g butter
- ¼ tsp mixed spice
- 2tsp dark muscavado sugar
- Large pinch of salt flakes
- ¼ tsp ground white pepper

Method

Rinse the red cabbage and place in a small-ish lidded pan with all the other ingredients.

Cover with the lid and bring to the boil over a high heat, as soon as it has started to boil turn it down to a low simmer for 10 minutes.

Remove the lid and simmer for a little longer (around 5 minutes) until the water has evaporated and the cabbage is glossy.

Keep an eye on the cabbage, as it is important the pan doesn't boil dry and burn the sugar.

Remove to a warm serving dish.