

Jeweled Cabbage

1 red onion, chopped

1-2 inch piece of fresh ginger, julienned

Oil for sautéing

1/4 – 1/2 red cabbage (depending on how large the head is), sliced thinly

1 red apple, cored and julienned (optional)

2 T dried hibiscus flowers, chopped

2 T red wine vinegar (may need more vinegar to cover the flowers)

Directions:

Combine hibiscus flowers and red wine vinegar in a small bowl, set aside

Sauté red onion and ginger in oil for a few minutes

Add sliced cabbage and cook, stir occasionally until it is tender to your preference

Pour in hibiscus flower and vinegar mixture, stir until combined and cook a minute or two longer.

Sea salt and pepper to taste. I add the salt in stages as I'm cooking, i.e. with the onion mixture and then more with the cabbage.