

Braised Cabbage and Grilled Brats

OktoberFest all year long? Yes Please!!! This is a fun recipe that really shows off the versatility of your Big Green Egg and adds some amazing flavors to this not so seasonal dish. Ring in the Fall (or summer) and celebrate with some Braised Cabbage

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

Yield: Serves 4-6

Prep time: 25 Minutes

Cook time: 30-40 minutes

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
6 Slices	Bacon, Applewood, Thick	Cut into medium pieces
1 ea	Onion, Yellow, Medium	Julienned Small
1 tsp	Garlic, Minced	or squeeze tube
1 ea	Apple, Red, Large	Cored and Julienned
1 Cup	Carrots, Shredded	
1.5 Cup	Cabbage, Red, Shredded	Shredded Thin
1.5 Cup	Cabbage, Green, Shredded	Shredded Thin
2 tsp	Caraway Seed	
2 Tbsp	Rub a Dub, 5280 Culinary Seasoning	
3 Tbsp	Sugar, Brown, Dark	
½ tsp	Pepper, Smoked, Black Ground	
2 Cups	Chicken Stock, Low Sodium	
1 Cup	Beer, Dark or Amber	

Prep Directions:

- See above for all prep directions – under Prep Notes

Cooking Notes:

- Be sure to use thick heat resistant gloves or tongs when holding or handling the cast iron dutch oven

Cooking Directions:

- Load your Big Green Egg 2/3 Full, Light the fire and bring the temperature to 450 Degree
- Open the lid carefully, using the Burp and place your cast iron skillet or dutch oven onto the grill grate, close the lid and pre heat on high heat (450 degree) for 5-7 Minutes
- **Open the Lid and With the Lid remaining open, adjust the lower and upper damper to 85% closed to control the heat and keep it from flaring up**
- Add the bacon and cook until rendered and bacon starts to caramelize
- Add the caraway, onions and garlic. Sauté in the bacon fat until onions are soft and translucent
- Add the carrots, apples and cabbage. Sauté for 5 minutes to soften
- Add the Rub a Dub seasoning, pepper, sugar and mix well
- Add the Chicken stock and choice of Beer – we prefer an amber or darker beer
- Cover the cast iron dutch oven
- Close the Big Green Egg lid
- Adjust the bottom damper and bring temp back to 400, cook on medium heat for about 20 minutes
 - i. Add the sausage here if grilling while cooking
 - ii. Add the sausage around the sides of the dutch oven
 - iii. Cook on each side for 5-7 minutes or until internal temp reaches 165°
 - iv. Carefully remove sausage when fully cooked and hold until serving
- Remove cover, stir well and continue to cook on medium heat until 80% of liquid has evaporated
- Adjust seasoning as needed. If too much liquid evaporates add more stock
- Best served hot
- Goes great with Grilled Sausage, Bratwurst or Kielbasa

Grills / Grill Gear Used:

- Big Green Egg, Large
- Lump Charcoal, Big Green Egg
- Looftlighter
- Rub a Dub Seasoning, 5280 Culinary

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