

# Pan-Roasted Bratwurst

*with Sweet and Sour Red Cabbage & Crispy Potatoes*

This combination of sweet and sour flavors with traditional Bavarian ingredients is sure to warm you up. Toothsome, tangy cabbage and (twice-cooked) crispy potatoes are perfect, wintertime companions for our classic brats. We've included a signature German spice blend to add a little mirth to every aspect of this dish.



## Ingredients

- 2 Bratwurst
- 1 Bunch Parsley
- 1 Pound Russet Potatoes
- ½ Head Red Cabbage
- ¼ Cup Sugar
- 2 Teaspoons Winter Harvest Spice Mix (Allspice, Cinnamon, Nutmeg)
- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoon Whole Grain Mustard



Makes 2 Servings  
About 650 Calories Per Serving



# Instructions



1

## *Prepare the ingredients:*

Preheat the oven to 500°F. Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce. Remove the bratwurst from the refrigerator to bring to room temperature. Remove the core of the cabbage and discard. Thinly slice the cabbage leaves. Pick the parsley leaves off the stems; roughly chop the leaves. Peel the potatoes and cut them into 1-inch pieces.



2

## *Cook the potatoes:*

Once the water is boiling, add the **potatoes** and cook 5 to 6 minutes, or until tender on the outside but firm in the center when pierced with a knife. Drain the potatoes and spread in a single, even layer on a sheet pan.



3

## *Roast the potatoes :*

Drizzle the **boiled potatoes** with olive oil and season with salt and pepper. Toss to thoroughly coat. Roast for 25 to 30 minutes or until browned and crispy, stirring halfway through.



4

## *Make the caramel:*

While the potatoes are cooking, heat the **sugar** in a medium pot on medium-high. Cook for 3-4 minutes, not stirring. The sugar will begin to melt and thicken as it heats, turning light amber in color. Continue cooking until it becomes a deep reddish-brown. (The caramel will continue to cook in the pan, so be ready to begin the next step almost immediately.)



5

## *Cook the cabbage:*

In the same pot, carefully stir the **cabbage** into the caramel. Season the mixture with a little salt and pepper and mix until thoroughly combined. Cook 1 to 2 minutes, then stir in the **spice mix**, seasoning again with salt and pepper to taste. Cook 22 to 25 minutes, or until the cabbage has cooked down and is dark purple in color. Remove from heat and stir in the **red wine vinegar** and **parsley**.



6

## *Cook the bratwurst & plate your dish:*

While the potatoes and cabbage cook, in a medium pan, heat 1 teaspoon of olive oil on medium until hot. Add the **bratwursts** and cook 2-4 minutes per side, or until golden-brown and heated through. (Loosely cover the pan with aluminum foil to help the bratwurst cook faster.) To plate your dish, divide the cabbage, potatoes and bratwursts between 2 plates—slicing the bratwursts if you'd like. Garnish with the **whole grain mustard**.