

TIME: 150 mins**SERVING:** 4 people**INGREDIENTS:**

8 pork sausages or 12 chipolatas
3 tablespoons runny honey
1 tablespoon whole-grain mustard
1 small red cabbage
2 medium onions
2 dessert apples
4 tablespoons apple juice
3 tablespoons cider vinegar
2 teaspoons ground allspice
1/2 a teaspoon ground cinnamon
1 finely-chopped garlic clove
3 tablespoons brown sugar
25g butter, sea salt
Freshly-ground black pepper



Heat the honey and mustard in a large saucepan, add the sausages and turn to coat well then tip the contents of the pan into a foil-lined roasting pan. Quarter, de-core and shred the red cabbage, peel and slice the onions and peel and slice the apples. In a deep casserole build up layers of cabbage, onion and apple, seasoning with salt and pepper and the spices as you go. Top with the finely-chopped garlic and the brown sugar, dot with the butter and pour in the cider vinegar and apple juice. Cover firmly and transfer to an oven preheated to 170C gas mark 3. Cook for an hour, remove and stir the contents, then replace in the oven. Add the sausages in their roasting pan and cook for another hour. Serve with crusty bread.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: