

Chef Spotlight

Celebrating Foods of the World

Healthy Oktoberfest



Turkey Brats, Kraut and German-style Potatoes

Place potato pieces in a large pot, cover with water and bring to a boil. Season with salt, reduce heat and cook until tender, about 8 minutes.

Place turkey bratwurst in a cast iron skillet, add 1/2 inch of water and a drizzle of oil. Bring to a boil, reduce heat to medium and let the sausages heat through as the water evaporates. Shake pan and let the casings crisp up until they burst, 3 to 4 minutes, and are golden brown. Remove from heat and set aside.

While sausages and potatoes cook, cut cabbage into half again and trim away core. Shred the cabbage very thinly with knife and reserve.

Peel the carrots and trim the root end. Trim the celery. Peel and quarter the red onion lengthwise. Peel the apple and quarter length-wise then cut away the core.

Place the shredder blade in a food processor. Shred the carrots, celery, onion and apple through the feed tube, removing from bowl as necessary.

In a large skillet using medium-high setting, heat 2 tablespoons of olive oil. Add cabbage and vegetable

mixture and toss to combine. Season the mixture with bay leaf, grill seasoning or coarse salt and pepper, and caraway seeds. Sauté 7 to 8 minutes, tossing frequently.

While cabbage cooks, put a medium skillet on the stove with a drizzle of olive oil and heat over medium-high heat. Add chopped bacon and render 2 to 3 minutes then stir in the yellow onion and cook for 5 minutes with the bacon to soften.

Add apple cider to cabbage mixture and reduce for 30 seconds. Stir in the mustard and turn off the heat. Discard the bay leaf.

When potatoes are cooked, drain and add to bacon and onion. Douse the pan with vinegar and sprinkle with sugar. Pour stock evenly over pan, add the parsley and some pepper and turn off the heat. Stir the potatoes 1 minute to form a starchy sauce and combine flavors.

Halve crispy sausages and serve on generous bed of cabbage, with the potatoes alongside.

Brats and other Oktoberfest foods aren't normally associated with healthy eating. This recipe offers Oktoberfest spirit and health conscious eating.

Ingredients

Serves 6

- 4 large Idaho potatoes - peeled and cut into bite-sized pieces
- 2 pounds turkey bratwurst
- 3 tablespoons extra-virgin olive oil, divided
- 1/2 head red cabbage
- 2 medium carrots
- 2 1/2 stalks celery
- 1 medium red onion
- 1 Golden Delicious apple, peeled, quartered length wise, core removed
- 1 bay leaf
- 1 tablespoon grill seasoning, (e.g. Montreal Steak Seasoning by McCormick or coarse salt and pepper)
- 2 teaspoons caraway seeds
- 4 slices bacon, center cut
- 1 small yellow onion, chopped
- 12 ounces apple cider
- 1/4 cup Dijon Mustard, grainy
- 1/2 cup white wine or white balsamic vinegar
- 2 teaspoons sugar, rounded
- 1 cup chicken stock
- 1 handful flat-leaf parsley, chopped
- freshly ground black pepper
- salt to taste

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