

Dutch baked cabbage

A little touch of curry gives this dish a taste of the East Indies.

A good meal for vegetarians – add more nuts to increase the protein if you like

MAIN MEAL

Serves 4

Overall timing 45 minutes

Equipment Large saucepan, casserole, small saucepan, bowl

Freezing Not recommended

INGREDIENTS

1	White cabbage	1
8fl oz	Hot stock	220ml
8fl oz	Water	220ml
1	Bay leaf	1
1	Garlic clove	1
1	Onion	1
2	Cloves	2
	Salt and pepper	
2oz	Butter	50g
3 tbsp	Flour	3×15ml
1 tsp	Curry powder	5ml
8fl oz	Carton of single cream	227ml
2 tbsp	Ground hazelnuts or breadcrumbs	2×15ml

METHOD

- 1 Cut out core and remove tough outer leaves of cabbage. Wash the rest and stand it upright in a saucepan. Pour over the stock and the water, add the bay leaf, garlic and onion spiked with cloves. Season with salt and pepper.
- 2 Bring to the boil, then cover and cook over a moderate heat for about 10 minutes. Carefully lift out the cabbage and cut it into wedges. Place these in a greased casserole. Measure $\frac{1}{2}$ pint (300ml) of the cooking liquor. Preheat oven to 425F (220C) Gas 7.
- 3 Melt the butter in a small saucepan over a low heat. Stir in the flour and curry powder, then the cooking liquor. Heat through gently, stirring constantly, to just below boiling point.
- 4 Season sauce with salt, add the cream, reduce heat and cook for a further 5 minutes, stirring all the time.
- 5 Pour the sauce over the cabbage, sprinkle the top with hazelnuts or breadcrumbs. Cook towards the top of the oven for 15 minutes till sauce is lightly browned.

Right: Dutch baked cabbage – a creamy sauce and a topping of hazelnuts

Cabbage with garlic and rosemary

Strong flavourings are used to enhance the texture of the cabbage

VEGETABLE

Serves 4

Overall timing 55 minutes

Equipment Large saucepan with lid

Freezing Not recommended

INGREDIENTS

1	White cabbage	1
4oz	Bacon fat	125g
1	Garlic clove	1
1	Sprig of rosemary	1
3fl oz	Dry white wine	90ml
	Salt and pepper	

METHOD

- 1 Remove outer leaves and core of cabbage. Wash cabbage and cut into slices.
- 2 Cut bacon fat into pieces and melt in a large saucepan. Add the peeled and chopped garlic clove and the sprig of rosemary. Fry till garlic turns golden.
- 3 Remove the rosemary from the pan and add the cabbage. Season with salt and pepper, cover and simmer over a low heat for 15 minutes.
- 4 Add the wine, stir well, then cook for a further 30 minutes. Serve with roast beef, pork chops or sausages.

Sweet-sour cabbage

A piquant mix to accompany any bland, grilled or roasted meat

VEGETABLE

Serves 4

Overall timing 1 hour

Equipment Bowl, large saucepan

Freezing Not recommended

INGREDIENTS

1	White cabbage	1
1oz	Butter	25g
1	Bacon rasher	1
2oz	Sultanas	50g
	Cinnamon	
	Nutmeg	
	Cayenne	
5 tbsp	Brown sugar	5×15ml
5 tbsp	Wine vinegar	5×15ml

METHOD

- 1 Remove the tough outer leaves and core from the cabbage. Shred and chop the rest, and wash well.
- 2 Melt the butter in a large pan. Drain the cabbage well, then add to the pan, together with the finely chopped bacon rasher, sultanas, a pinch each of cinnamon, nutmeg and cayenne, the brown sugar and vinegar.
- 3 Cover the pan and cook over a low heat for 45 minutes, stirring occasionally. Serve hot.

