

Piquant cabbage

This dish comes from Hungary where soured cream and dill are a popular culinary combination

VEGETABLE

Serves 4

Overall timing 20 minutes

Equipment Large saucepan

Freezing Not recommended

INGREDIENTS

1	Green cabbage	1
$\frac{1}{4}$ pint	Carton of soured cream	150ml
1 teasp	Dill seeds	5ml
1 teasp	Salt	5ml
	Freshly-ground black pepper	

METHOD

- 1 Remove the tough outer leaves and the core of the cabbage. Wash remaining cabbage and shred. Place cabbage in saucepan of boiling salted water and cook till just tender, about 10 minutes.
- 2 Drain the cabbage well and then return it to the pan. Add the soured cream, dill, a little salt and black pepper.
- 3 Heat gently and cook, stirring, to separate the pieces of cabbage from each other, until the water that drains from the cabbage has evaporated and the leaves are well coated with the creamy sauce. Serve with pork chops.

Bubble and squeak

This is the traditional English recipe – and you take it from here. Add chopped cold meat, tomatoes, eggs, anything you like in fact. A great way of using up leftovers

LUNCH OR SUPPER

Serves 4–6

Overall timing 15 minutes

Equipment Bowl, frying pan

Freezing Not recommended

INGREDIENTS

1lb	Mashed potatoes	450g
1lb	Cooked cabbage	450g
	Salt	
	Freshly-ground black pepper	
2oz	Butter	50g

METHOD

- 1 Beat together mashed potatoes and cabbage with a wooden spoon, adding plenty of seasoning.
- 2 Heat the butter in a heavy frying pan and add the potato and cabbage mixture, spreading it over the base of the pan. Fry, turning the mixture occasionally, until crisp and golden brown. Serve immediately.

Below: Bubble and squeak – its name comes from the sounds of the cooking cabbage

Irish cabbage

This is a traditional Irish dish which is known as Colcannon. It can also be made with kale, or half cabbage and half kale for a change. If there is anything left over, fry it in bacon fat till crisp

LIGHT LUNCH OR SUPPER

Serves 4–6

Overall timing 40 minutes

Equipment 3 saucepans, food mill or potato masher, large bowl

Freezing Not recommended

INGREDIENTS

14oz	Potatoes	400g
2	Small leeks	2
	Milk	
1lb	Green cabbage	450g
	Salt and pepper	
	Pinch of mace	
4oz	Butter	125g
	Parsley	

METHOD

- 1 Cook unpeeled potatoes in lightly salted water until just tender. Trim the leeks, then roughly chop both white and green parts. Just cover with milk and gently cook until soft.
- 2 Roughly chop cabbage and cook in boiling, lightly salted water for 7 minutes. Drain and cut into smaller pieces. Keep cabbage warm.
- 3 Drain potatoes, peel and either put through a food mill or mash well. Mash in the leeks/milk mixture and season well. Place bowl over a pan of boiling water and gradually beat in the cabbage till light and fluffy. Melt butter.
- 4 Place vegetable mixture on serving dish, make a well in the centre and pour in the hot butter. Garnish with parsley sprigs and serve immediately.

cook's know-how

In Ireland this dish, which is eaten at Hallowe'en or All Hallows Eve (October 31), is used to predict the future. Into the mixture goes a gold ring, a silver coin, a thimble and a button and you gauge your luck by what you get – the ring means you will be married within the year, the coin means some money will come your way, the thimble and button indicate, respectively, that a spinster or bachelor will remain unmarried.

