

Flemish red cabbage

The Belgians like to make the most of fresh vegetables and this casserole is one of their favourite dishes. Red cabbage is slowly cooked in red wine with butter, onions and apples to accompany roast pork

VEGETABLE

Serves 4

Overall timing 2½ hours

Equipment Large saucepan or casserole

Freezing Not recommended

INGREDIENTS

1	Red cabbage	1
2oz	Onions	50g
1 tbsp	Butter	15ml
2 tbsp	Vinegar	2×15ml
	Salt and pepper	
½ pint	Red wine	300ml
2	Apples	2
½ tsp	Caster sugar	2.5ml

METHOD

- 1 Remove core and tough outer leaves from the cabbage, then cut into quarters and wash. Drain, then cut into thick slices. Peel and slice the onions.
- 2 Melt the butter in a large saucepan. Add the onion slices, cover and simmer gently for 10 minutes.
- 3 Add 2 tbsp (2×15ml) vinegar to onions and boil, uncovered, for 2–3 minutes.
- 4 Add the cabbage slices and season well with salt and pepper. Pour over the wine, cover and cook for 1½ hours over a low heat.
- 5 Peel, core and slice the apples. Half an hour before the end of the cooking time of the cabbage, add the apple slices and then sprinkle the caster sugar over the top.

TO SERVE

This red cabbage is a good accompaniment for pork roasts, sausages, chops or ham.



Prepared cabbage leaves are arranged on muslin, then stuffing is placed in centre

Chou farci à la niçoise

This is cabbage stuffed in the French style. Delicious and easy

MAIN MEAL

Serves 6

Overall timing 2 hours 10 minutes

Equipment Large saucepan, frying pan, large pieces of muslin, colander

Freezing Not recommended

INGREDIENTS

1	Green cabbage	1
2 tbsp	Oil	2×15ml
8oz	Streaky bacon	225g
2	Onions	2
2	Tomatoes	2
1	Garlic clove	1
1¾lb	Sausage meat	750g
4oz	Rice	125g
4oz	Frozen peas	125g
	Salt and pepper	
1¾ pints	Hot beef stock	1 litre

METHOD

- 1 Prepare whole cabbage (see page 331).
- 2 Heat oil in frying pan. Chop bacon into small pieces, add to pan and cook till crisp. Peel and finely chop onions, add to pan and cook gently for 10 minutes.
- 3 Remove all large outer leaves of cabbage. On a large piece of muslin make two layers of leaves in a circular shape.
- 4 Finely chop the remaining cabbage (the heart) and place in a mixing bowl. Finely chop the tomatoes and add, then mix in peeled and crushed garlic, sausage meat, rice and peas. Season well. Mix well and form into a ball.
- 5 Place sausage meat mixture in the centre of the cabbage leaves, then remake the cabbage shape so that the leaves cover stuffing. Lift corners of the muslin and tie at top, but not loosely.
- 6 Place cabbage in stock, cover and simmer for 1½ hours.
- 7 Lift out wrapped cabbage and place in a colander to drain. Unwrap muslin and invert stuffed cabbage on to a pudding dish, then invert right way up on to a serving dish. Spoon over a little of the cooking stock and serve immediately.



Above: Chou farci à la niçoise – cabbage stuffed in a different way



Leaves are lifted over stuffing and muslin is pulled up and tied on top



Wrapped cabbage is simmered in stock – which can be made into excellent soup