

# 8 cabbage

## Chinese leaves with bacon

Chinese leaves, a cross between lettuce and cabbage, have an interesting texture. Here they are used to effect in a Chinese style hot vegetable dish

### VEGETABLE

Serves 4

**Overall timing** 35 minutes

**Equipment** Large saucepan, serving dish

**Freezing** Not recommended

### INGREDIENTS

2lb	Chinese leaves	900g
$\frac{1}{2}$ teasp	Salt	2.5ml
8oz	Onion	225g
4oz	Streaky bacon rashers	125g
4 tbsp	Oil	4x15ml
1	Chicken stock cube	1
4fl oz	Boiling water	120ml
3 teasp	Soy sauce	3x5ml

### METHOD

- 1 Remove any marked outer leaves and cut cabbage into quarters, then each piece in half again. Wash pieces well, drain and sprinkle with salt.
- 2 Peel and chop onion. Cut bacon into pieces. Place both in saucepan with the oil and cook till onions are transparent. Add the cabbage and fry for a few minutes without browning.
- 3 Sprinkle in the stock cube and boiling water. Cover and cook gently for 20 minutes. Stir in the soy sauce, then taste and adjust seasoning if necessary. Pour into a warmed serving dish. Serve with roast chicken or grilled chicken portions or with grilled liver.

## Soured cream bake

A vegetable dish that could easily make a substantial lunch if you increase the amount of cheese. Try it, too, with either savoy or white cabbage

**VEGETABLE OR LUNCH** Serves 4-6

**Overall timing** 1 hour

**Equipment** Large saucepan, shallow ovenproof dish, bowl

**Freezing** Not recommended



Above: Chinese leaves with bacon — a different type of cabbage simply treated

### INGREDIENTS

2lb	Chinese leaves	900g
1 pint	Chicken stock	560ml
8oz	Onion	225g
3oz	Emmenthal, Gruyère or Cheddar	75g
2oz	Butter	50g
<b>Sauce</b>		
$\frac{1}{4}$ pint	Carton of soured cream	150ml
2 tbsp	Chopped parsley	2x15ml
1	Small onion	1
	Salt and pepper	

### METHOD

- 1 Remove any marked outer leaves and cut the rest of the cabbage into 3 or 4 pieces lengthways. Wash pieces well and drain.
- 2 Bring the stock (made with 1 cube if necessary) to the boil in a large saucepan. Peel and chop onion. Add to pan with cabbage. Cook for 20 minutes then remove vegetables with a draining spoon and place in a shallow, ovenproof dish. Reserve stock.
- 3 Grate the cheese. Dot the vegetables with butter, then sprinkle two thirds of the cheese on top. Preheat the oven to 400F (200C) Gas 6.
- 4 To make the sauce, place soured cream in a bowl and mix in the parsley. Peel and finely chop the onion and add with salt and pepper. Stir in rest of grated cheese with a little of the reserved stock to make a pouring consistency.
- 5 Pour sauce over cabbage and cook in the oven for about 15-20 minutes till the cheese has melted and is brown on top. Serve immediately.

## Californian salad

Shredded white cabbage and fruit marinated in honey and orange

### SALAD OR STARTER

Serves 4-6

**Overall timing** 30 minutes plus 1 hour marination

**Equipment** Saucepan, salad bowl, bowl

**Freezing** Not recommended

Below: Californian salad—honey-sweet mixture

