

INGREDIENTS

1½lb	White cabbage	700g
2	Bananas	2
3 tbsp	Lemon juice	3×15ml
2	Oranges	2
2 tbsp	Sultanas	2×15ml
Marinade		
2 tbsp	Oil	2×15ml
1 tbsp	Honey	15ml
2 tbsp	Orange juice	2 tbsp
	Salt	
	White pepper	

METHOD

- 1 Remove any marked outer leaves of the cabbage. Wash and shred. Bring water to the boil in a saucepan, add a little salt, then the cabbage. Blanch for 5 minutes, then drain into a colander. Rinse under cold running water. Leave to drain well.
- 2 Peel and slice bananas diagonally. Put into a salad bowl and sprinkle with lemon juice. Peel oranges, remove pith and cut into pieces. Put sultanas into a bowl, pour boiling water over and then drain.
- 3 Add cabbage, oranges and sultanas to bananas and mix in.
- 4 To make the marinade mix oil, honey, orange juice, salt and pepper, then pour over the salad. Mix well. Leave for 1 hour in the fridge before serving.



Above: Stir-fried liver and cabbage — a full-of-goodness Chinese dish

Stir-fried liver and cabbage

The crinkly texture and good colour of the savoy cabbage are used to advantage in this Chinese dish. It's a marvellous way of serving greens and liver to those who are not enthusiastic about either

MAIN MEAL

Serves 4

Overall timing 40 minutes

Equipment Bowl, heavy-based pan

Freezing Not recommended

INGREDIENTS

1lb	Lambs liver	450g
	Salt and pepper	
2oz	Plain flour	50g
5 tbsp	Sunflower oil	5×15ml
1	Large onion	1
1	Red capsicum	1
1	Green capsicum	1
3 teasp	Soy sauce	3×5ml
2 tbsp	Chinese rice wine or medium sherry	2×15ml
4fl oz	Stock	120ml
7oz	Savoy cabbage	200g
8oz	Fresh bean sprouts	225g
4oz	Can of bamboo shoots	125g

METHOD

- 1 Wash liver and dry on kitchen paper. Cut into thin strips and dip into a bowl of seasoned flour. Heat oil in pan, add liver pieces and fry quickly, for about 10 minutes. Remove from pan and keep warm.
- 2 Peel and slice onion, add to pan and fry for 5 minutes.
- 3 Deseed and slice capsicums. Add to pan with soy sauce, rice wine or sherry, stock (made up with 1 cube if necessary). Cook for 5 minutes. Wash cabbage and cut into fine strips. Add to pan with bean sprouts and drained bamboo shoots. Bring to the boil and cook, stirring, for 5 minutes. Add the cooked liver and cook for a further 1–2 minutes until heated through. Serve immediately.

