

Sorrel Casserole

Far à l'Oseille dans la Cocotte

To serve 4

800 g	sorrel leaves, chopped	1 $\frac{3}{4}$ lb
50 g	green streaky bacon, chopped	2 oz
3	lettuces, chopped	3
2	onions, finely sliced	2
8	garlic cloves, chopped	8
	salt and pepper	
4	eggs, lightly beaten	4
2 tbsp	double cream	2 tbsp
50 g	dry breadcrumbs	2 oz

Lightly fry the bacon in a fireproof casserole over a low heat, then add the sorrel, lettuce, onion and garlic. Mix all together; cover the casserole and cook very gently for 2 hours. Season the mixture with salt and pepper and, a few minutes before serving, whisk the eggs, cream and the breadcrumbs together and stir them into the sorrel. It is customary to serve this dish with fried slices of raw cured ham.

JOHN MERCIER AND IRENE LABARRE
LA CUISINE DU POITOU-VENDEE

The Cabbage Family

Fried Cabbage

To serve 4

1	small cabbage, cored and finely shredded	1
	salt and pepper	
15 g	lard	$\frac{1}{2}$ oz
10 cl	double cream	4 fl oz
3 tbsp	vinegar	3 tbsp

Season the cabbage with salt and pepper, stir well and allow to stand for 5 minutes. Drop the lard into a heated, heavy iron pan, add the cabbage, and cook over a high heat, stirring briskly until quite tender (10 to 20 minutes, depending on the quantity of cabbage in relation to the size of the pan). Add the cream and continue to stir until the cream and cabbage are well mixed. Remove the cabbage from the heat and add the vinegar. Stir and serve.

THE BUCKEYE COOKBOOK



Cabbage Rolls with Mushrooms

Bandhgobi Parcha

The spiced salt called for in this recipe can be made by seasoning table salt or crushed rock salt with a little ground coriander, cumin, mace, cayenne pepper and black pepper. The lovage and pomegranate seeds are obtainable from Indian or Middle Eastern grocers.

To serve 6

6	large white cabbage leaves, blanched and drained	6
30 g	butter	1 oz
$\frac{1}{4}$ tsp	ground turmeric	$\frac{1}{4}$ tsp
$\frac{1}{2}$ tsp	spiced salt	$\frac{1}{2}$ tsp
2 to 3 tbsp	water	2 to 3 tbsp

Filling

250 g	potatoes	8 oz
4 tbsp	double cream	4 tbsp
60 g	butter	2 oz
125 g	mushrooms, washed, drained and finely chopped	4 oz
2 tbsp	chopped chives	2 tbsp
1 tbsp	chopped parsley or coriander leaves	1 tbsp
60 g	almonds, blanched and quartered	2 oz
$\frac{1}{8}$ tsp	lovage seeds	$\frac{1}{8}$ tsp
1 tbsp	ground pomegranate seeds or chopped capers	1 tbsp

To make the filling, boil the potatoes, drain, and then purée them with the cream and butter. Add the mushrooms, chives, parsley or coriander, almonds, lovage seeds and pomegranate seeds or capers and mix.

Place one-sixth of this filling in the middle of each cabbage leaf. Wrap up the leaves securely and fix each one with cocktail sticks or tie with thread.

Heat the butter in a frying pan or casserole and put in the cabbage rolls. Sauté over a high heat until the leaves brown lightly on all sides. Dust the rolls with turmeric and spiced salt. Moisten with a few tablespoons of water. Cover the pan tightly and raise the heat very high for 1 minute. Then reduce the heat and steam until all the moisture has dried up. Uncover the pan and continue cooking until the cabbage leaves start to stick a little to the bottom of the pan. Serve.

DHARAMJIT SINGH
INDIAN COOKERY