

Southern Fried Cabbage

To serve 4

1	small green cabbage, cored and shredded	1
3 to 4 tbsp	rendered bacon fat	3 to 4 tbsp
2 tsp	red chili pepper flakes	2 tsp
	salt	

Heat the bacon fat in an iron casserole, toss in the cabbage and stir until it is all glistening. Lower the heat, add the pepper flakes, season with salt and continue cooking and turning the cabbage until it is barely tender—about 10 minutes.

MIRIAM UNGERER
GOOD CHEAP FOOD

Poached Stuffing in Cabbage Leaves

Le Farci au Pot ou Fars

For instructions on how to tie up the stuffing in the cabbage leaves, see the demonstration on page 42.

To serve 6

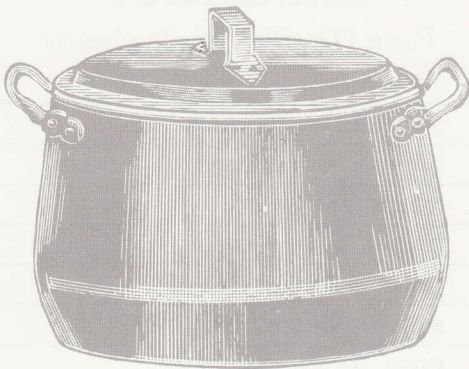
6 to 8	large cabbage leaves, blanched, rinsed and drained	6 to 8
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Stuffing

500 g	sorrel, finely chopped	1 lb
250 g	lettuce, finely chopped	8 oz
250 g	spinach, finely chopped	8 oz
2	small onions, finely chopped	2
2 tbsp	finely chopped parsley	2 tbsp
2	shallots, finely chopped	2
400 g	green bacon, finely chopped	14 oz
6	eggs	6
40 g	bread, crusts removed, crumbled	1½ oz
1 tbsp	flour	1 tbsp
5 tbsp	single cream	5 tbsp
	salt	

In a large bowl, blend together all the stuffing ingredients. Spread out a string net in a shallow dish, and line it with some of the cabbage leaves. Place the stuffing in the centre, press the remaining cabbage leaves on to the top, and draw the string together very tightly. Put the wrapped stuffing into a large pan of boiling salted water and simmer, covered, for about 2 hours. Transfer the cabbage-wrapped stuffing to a bowl and remove the string net. Serve sliced.

AUSTIN DE CROZE
LES PLATS RÉGIONAUX DE FRANCE



Provençal Stuffed Cabbage

Chou Farci à la Provençale

The technique of wrapping a whole stuffed cabbage in a string net is demonstrated on page 42.

To serve 4 to 6

1	large cabbage, trimmed	1
	salt	
250 g	chard greens, blanched and chopped	8 oz
200 g	lean green bacon, diced and sautéed	7 oz
100 g	onion, chopped and lightly fried in butter	3½ oz
2	large tomatoes, skinned, seeded and chopped	2
100 g	rice, parboiled and drained	3½ oz
125 g	freshly shelled green peas	4 oz
750 g	sausage meat, seasoned with a crushed garlic clove	1½ lb
2 litres	beef stock	3 to 4 pints

Blanch the cabbage for 8 minutes in salted water, rinse it in cold water, drain it, and remove the large outer leaves.

Trim off the ribbed stems and spread the leaves out flat on a stringnet or piece of damp muslin, stretched out on the table.

Chop the inside leaves of the cabbage. To stuff the outer leaves place layers of the chopped cabbage and chard leaves, bacon, onion, tomatoes, rice, peas and sausage meat on to the centre of the cabbage leaves.

Shape the stuffing into a ball and fold the cabbage leaves round the stuffing. Tie up the net or muslin.

Put the cabbage into a pan of boiling stock, cover and simmer gently for about 3½ hours. Drain the cabbage and remove the net or muslin. Place the cabbage on a round dish, pour over a few tablespoons of the cooking liquid and serve.

PROSPER MONTAGNÉ
LAROUSSE GASTRONOMIQUE