

Stuffed Cabbage

Le Vrai Fassum Grassois

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

To serve 4

1	cabbage, trimmed	1
250 g	chard (or 1 lettuce), finely chopped	8 oz
200 g	green bacon, finely chopped	7 oz
60 g	parboiled rice	2 oz
75 g	freshly shelled peas	2½ oz
3 tbsp	olive oil	3 tbsp
	salt and pepper	
2 litres	beef or veal stock, or salted water	3 to 4 pints
1	garlic clove (optional)	1
1	bouquet garni, including parsley and chervil (optional)	1

Blanch the cabbage in salted water for 10 to 15 minutes until the outer leaves are just supple. Turn back the leaves of the cabbage and remove the heart. Finely chop the heart and squeeze out any excess water. Mix the heart with the chard or lettuce and the green bacon. Add the rice, peas, olive oil and seasoning. Put this mixture into the centre of the cabbage and fold down the leaves to enclose it. Tie up the cabbage in a string net and simmer in the stock or salted water for 2 to 3 hours. The garlic and bouquet garni may be added to the cooking liquid according to taste. Remove the cabbage from the pan, untie the net and serve the cabbage in a bowl.

AUSTIN DE CROZE
LES PLATS RÉGIONAUX DE FRANCE

Stuffed Cabbage Greek-Style

Chou Farci à la Grecque

There is no fixed rule for stuffings à la grecque. Cooked peas, even currants, may be added. Vine leaves are often used instead of cabbage leaves, and the dish served hot or cold.

To serve 4

1	cabbage, leaves removed, blanched, rinsed and drained	1
2	aubergines, peeled and diced	2
2	sweet peppers, skinned and diced	2
20 cl	olive oil	7 fl oz
150 g	cooked rice	5 oz
	salt and pepper	

Cooking liquid

10 cl each	white wine and water	4 fl oz each
4 to 6 tbsp	lemon juice	4 to 6 tbsp
8 cl	olive oil	3 fl oz
1 tsp	mixed coriander seeds and pepper-corns, tied in a piece of muslin	1 tsp
15	small onions	15
1	bouquet garni	1

Put all the aromatic cooking liquid ingredients into a saucepan. Simmer for 10 minutes and set aside to cool.

Sauté the aubergines and peppers lightly in about 15 cl (¼ pint) of the olive oil, and mix with the rice. Season well with salt and pepper. Spread out the cabbage leaves, two or three at a time—about 16 will be needed in all—and put a spoonful of the stuffing mixture in the centre of each leaf. Roll up each leaf, tucking in the ends.

Choose a large sauté pan and lightly oil the base with the remaining olive oil. Arrange the stuffed leaves side by side in the pan with no space between them, or fill any gap with a potato to prevent the stuffed leaves unrolling during cooking. Pour over the aromatic cooking liquid, cover with greaseproof paper and put the lid on the pan. Bring to the boil and cook over a low heat for 30 minutes.

CURNONSKY
CUISINE ET VINS DE FRANCE

Braised Cabbage Italian-Style

Capousy à l'Italienne

This recipe is from a book published anonymously, but attributed to Louis-Auguste de Bourbon, Prince de Dombes.

To serve 4 to 6

1	large white or green cabbage, core removed, quite finely chopped, blanched and drained	1
3 tbsp	chopped parsley	3 tbsp
3 to 4 tbsp	chopped Welsh or spring onions	3 to 4 tbsp
3 to 4 tsp	chopped garlic	3 to 4 tsp
3 to 4 tbsp	chopped shallots	3 to 4 tbsp
4 tbsp	oil	4 tbsp
	salt and pepper	

Sauté the parsley, spring onions, garlic and shallots in the oil. This done, toss in the cabbage, season well with salt and pepper, cover and simmer gently without adding any liquid for about 25 minutes, or until cooked. Serve from the pan.

LE CUISINIER GASCON