

Braised Red Cabbage

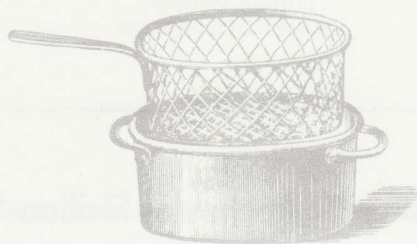
Kokt Rödkål

To serve 6 to 8

2	large red cabbages, cored and shredded or cubed	2
60 g	butter	2 oz
2 tbsp	black treacle	2 tbsp
2 or 3	apples, peeled, cored and sliced	2 or 3
1	onion, grated	1
3 tbsp	lemon juice	3 tbsp
10 cl	red wine or vinegar	4 fl oz
	salt and pepper	

Melt the butter in a large, heavy casserole or Dutch oven. Add the cabbage and black treacle and cook over a low heat, stirring constantly. Stir in the apples, onion, lemon juice, wine or vinegar and salt. Simmer gently, covered, for 2 hours, stirring occasionally. Season to taste with salt and pepper. Serve with roast goose or baked ham.

SAM WIDENFELT (EDITOR)
SWEDISH FOOD



Cabbage as Cooked in Small Restaurants

Chou à la Façon des Petits Restaurants

To serve 6

1 to 1.5 kg	whole cabbage, quartered and core removed	2½ to 3 lb
30 g	butter	1 oz
250 g	green streaky bacon, diced	8 oz
3 to 4 tbsp	finely chopped onion	3 to 4 tbsp
	salt and pepper	

Cook the cabbage, uncovered, in plenty of boiling water for 10 to 15 minutes; drain, press out as much moisture as possible, then chop. Melt the butter in a large saucepan and add the bacon and the onion. Cook gently until the onion begins to brown, then add the cabbage. Season and cook, covered, over a low heat for 15 to 20 minutes, stirring occasionally.

A. ESCOFFIER
MA CUISINE

Stewed Red Cabbage

To serve 4

1	red cabbage, cored and very thinly sliced	1
15 g	butter	½ oz
90 g	slices raw, cured ham or gammon	3 oz
40 cl	veal or beef stock	¾ pint
15 cl	vinegar	¼ pint
	salt and pepper	
1 tbsp	castor sugar	1 tbsp
<i>Garnish</i>		
12	chipolata sausages, fried	12

Put the butter and ham into a saucepan, then add the cabbage, 30 cl (½ pint) of the stock and the vinegar. Let it stew gently, covered, for 3 hours. When the cabbage is very tender, add the remaining stock, salt, pepper, and the sugar. Mix well and boil until all the liquor has evaporated; then put the cabbage into a serving dish and lay the fried sausages on it.

MRS. MARIA RUNDELL
DOMESTIC COOKERY

Cabbage Quiche

This is an unusual and delicious quiche. The same cabbage mixture baked without pastry in a bain-marie makes a delicious accompaniment for meat.

To serve 4

500 g	cabbage, cored and finely shredded	1 lb
250 g	rich shortcrust pastry (page 166)	8 oz
125 g	butter	4 oz
3	eggs	3
30 cl	single cream and milk, mixed	½ pint
4 tbsp	freshly grated Gruyère cheese	4 tbsp
3 tbsp	freshly grated Parmesan cheese	3 tbsp
	salt and freshly ground black pepper	
	grated nutmeg	

Preheat the oven to 220°C (425°F or Mark 7). Roll out the pastry and use it to line a 22.5 cm (9 inch) tart tin with a removable base. Line the pastry with greaseproof paper or foil, fill with dried beans and bake blind for 15 minutes. Remove the paper and the beans and let the base dry out for a further 5 minutes in the oven. Reduce the oven temperature to 180°C (350°F or Mark 4).

Meanwhile, put the cabbage in a colander and slowly pour a kettle of boiling water over it. Shake off excess moisture. In a large, heavy saucepan melt the butter. Add the cabbage,