

Taste is in our nature



Savoy cabbage with variations

Serves 6

Savoy cabbage is green and crinkly and quite mildly flavoured. Cooking cabbage quickly helps to reduce the unpleasant smell that is associated with cooked cabbage.

This method is a mix of boiling and frying.

INGREDIENTS:

- 500g Savoy cabbage
- 3 tablespoons butter
- ¼ cup water
- salt and freshly ground pepper

DIRECTIONS:

Remove and discard the dark, outer leaves of the cabbage.

Cut the cabbage in half, lengthwise, remove and discard the core.

Cut each half in half again and then slice finely.

Place in a colander under running cold water and shake to remove excess water.

In a deep, wide frying pan or wok place the water, salt and two tablespoons of the butter over a high heat and bring to the boil.

Add the shredded cabbage and toss over a high heat for 3-5 minutes until the cabbage has softened.

Turn off the heat, cover and allow to rest for a minute or two. Toss the remaining butter and freshly ground black pepper through the cabbage before serving.

VARIATIONS:

- Add 2 cloves crushed garlic to the butter and water mix.
- Stir through half cup diced ham as soon as you take the cabbage off the heat.
- Add a teaspoon curry powder to the butter and water mix.
- Add a teaspoon finely grated ginger to the butter and water mix.

*Tassie cabbages
have loads of
excess
cabbage.*