



Allotment Gardening In North Essex -- At Home In The Kitchen

Plated Cabbage

Ingredients: 4 portions

1 small whole cabbage
Salt and pepper to taste

Method:

1. Cut the cabbage into quarters
2. Remove the centre stalk and any unsuitable outer leaves
3. Find 3 or 4 nice green leaves and remove the centre leaf vein
4. Wash the green leaves and cook gently in boiling salted water
5. Shred and wash the rest of the cabbage
6. Cook in plenty of boiling salted water
7. Drain the two sets of cabbage
8. Place half the green whole leaves on to a small plate covering the plate completely
9. Add the drained shredded cabbage on top of the green leaves
10. Cover the shredded cabbage with the remaining green leaves
11. Cover with another small plate and gently squeeze the plates together removing all the water
12. Remove top plate and cut the cabbage into portions and serve.