



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

Stir Fry Cabbage

Ingredients: 4 portions

Small whole cabbage
A little oil and butter mixed.
Salt and pepper to taste

Method:

1. Cut the cabbage into quarters
2. Remove the centre stalk and any unsuitable outer leaves
3. Shred the cabbage nice and fine
4. Wash well and drain
5. Add butter and oil to a wok or frying pan
6. Heat until hot
7. Add cabbage, salt and pepper to taste
8. Stir fry the cabbage until cooked using a lid to produce steam between tossing or stirring the cabbage
9. Check seasoning and serve.