

Cauliflower & cabbage recipes

Cauliflower with Bacon and Crème Fraiche - Serves 2

Preparation Time:- Approx 10 minutes.

Cooking Time:- Approx 10 – 15 minutes.

Ingredients:- 1 medium cauliflower, Parsley (approx a handful, or vary depending on how much you like), 4fl oz/100ml crème fraiche, Small knob of butter (optional)
100g/4oz pancetta/smoked bacon, Salt & Pepper to season

Instructions:- Cut the Cauliflower up into good size florets. Finely chop the parsley. Cut the bacon up into small bite size pieces.

Fry the bacon in a little butter, or if you prefer to cut down those calories, just in its own fat. Steam the cauliflower, or cook in boiling water, for approx 5 minutes until almost tender. Drain and add the cauliflower to the frying pan with the bacon. Stir in the crème fraiche. Season to taste and add the parsley. Stir and bring slowly to the boil and then simmer for a couple of minutes until tasty and tender!

Handy Hint:- *This dish makes a tasty alternative to cauliflower cheese, if you fancy something different. Its lovely also served up as a main meal, you can just double the quantities and serve it with jacket potato or mash – yummy! You can substitute the bacon for ham if you prefer. Its also nice to sprinkle some grated cheese on top just before serving.*

Cauliflower curry – Serves 2

If, like me you sometimes get left with a cauliflower at the end of the week, then what better way to use it up than in a curry. You can cheat and just add one of the ready made sauces, but if you want to try something a bit more authentic then the following recipe is a good one.

Preparation Time: 20 minutes

Cooking Time: 20-30 minutes

Ingredients: 1 cauliflower, chopped, ½ onion, peeled & sliced, 1 tbsp olive oil, pinch each of turmeric, cumin seeds, paprika & ground pepper, ¼ cup vegetable stock, splash white wine, 3 tbsp tomato puree, 2 tbsp red wine vinegar.

Instructions: Heat the oil in a pan and sauté the onion with all the spices for a few minutes. Add the wine, puree and stock and heat for 3-4 minutes. Stir in the cauliflower & vinegar and heat gently for 10-15 minutes. Serve hot.

Cumin and Chilli Cauliflower - Serves 2

We love our spicy food and this is a great side dish for curries. Cauliflower works particularly well in spicy dishes. This dish is easy and quick to cook too!

Preparation Time:- Approx 5 minutes.

Cooking Time:- Approx 10 minutes.

Ingredients:- 12oz/350g cauliflower, 2 tablespoons chopped coriander, 1 teaspoon cumin seeds, 3 tablespoons thick chilli sauce, 1 tablespoon of vegetable or groundnut oil.

Instructions:- Cut the cauliflower into florets and steam or boil for approximately 5 minutes until just tender (still with a little bite to them). Heat the oil in a wok or frying pan and add the cumin seeds. Cook briefly until lightly toasted. Then add the cauliflower and chilli sauce and stir fry for a couple of minutes. Season and add the coriander and serve straight away.

Handy Hint:- *This dish is also great served on its own as a snack with some naan bread or chapattis. You can always vary the dish and add other types of vegetables too.*

Braised summer cabbage with Bacon – serves 6

Cabbage and bacon is one of the classic combinations and this has a nice twist on it to make it a little more interesting.

Preparation Time:- Approximately 20 minutes

Cooking Time:- Approximately 20 minutes

Ingredients:- 1 summer cabbage, cored and shredded, 120g chopped smoked streaky bacon, 60g butter, glass dry white wine, 2 tbsp fresh chopped parsley, 2 tsp fennel seeds, 2 tbsp crème fraiche, salt & pepper to season

Instructions:- Melt the butter in a large pan and fry the bacon for 3-4 minutes. Add the cabbage and mix well together. Add the white wine and season well. Cover and cook for approx. 10 minutes until the cabbage is tender. Stir in the parsley, fennel seeds and crème fraiche and serve.

Handy Hint: *Any type of cabbage can be done in this way including black and savoy cabbage. To spice it up add some cumin seeds, garlic & chilli flakes.*

Cabbage, Celeriac & Cheese Bake. (Serves 4 – 6)

Ingredients:- 1 Savoy cabbage, washed and coarsely chopped, 1 or 2 celeriac, depending on size, 2 tbsp olive oil, 1 onion, finely sliced, 2 cloves garlic, finely sliced, 1 tsp of fresh thyme or parsley, ¼ tsp of chilli flakes (optional), 100g (1/4 lb) cheese, preferably organic, such as Gruyere, Gouda, or Cheddar, grated. 2oz parmesan cheese (for topping)

Instructions:- Peel and thickly slice celeriac, blanch for about 5 minutes, then drain. Lightly sauté the onions, garlic and chilli (if using) in olive oil until soft. Add prepared cabbage to onion mix. Stir in cheese of your choice and place in a buttered baking dish and cover with sliced celeriac and sprinkle with a little parmesan cheese.

Cook in a preheated oven, 200C (400F), gas mark 6, for approximately 25 minutes or until tender and golden brown.

Preparation Time:- Approximately 15 minutes

Cooking Time:- Approximately 25 minutes

Handy Hint:- *A crumble topping can be used if preferred or a sprinkling of paprika. You could also sauté some chopped ham or bacon and add to the filling.*

Stuffed Cabbage Leaves Serves 4

Preparation Time:- Approximately 30 minutes.

Cooking Time:- Approximately 10 minutes in the oven (after allowing approx 15 minutes frying time for the stuffing).

Ingredients:- 1 savoy cabbage, 4oz/125g mushrooms, 8oz/225g leeks, 2 garlic clove, 2oz slivered almonds, 1 medium egg, beaten, 1 oz unsalted butter, 2-3 teaspoons lemon juice, 2 teaspoons paprika, ¼ pt/150ml vegetable stock
Salt & pepper to season

Instructions:- Preheat the oven to gas mark 6/200C. Choose 8 of the large outer leaves of the cabbage (if you only have a small cabbage then halve the stuffing ingredients and the dish will serve 2 instead of 4) and steam them for a couple of minutes until slightly softened. If you don't have a steamer you can boil them for a couple of minutes. Then chop away the tough centre stalks. Finely chop the garlic cloves, mushrooms and leeks. Then finely chop 8oz/225g of the remaining cabbage. Gently fry the garlic, mushrooms, leeks and chopped cabbage in the butter for approx 10 minutes. Then add the almonds, lemon juice and paprika and cook for a further 5 minutes.

Then cool the mixture down. Beat the egg and mix well into the stuffing mixture, then season to taste. Divide the stuffing between the cabbage leaves and roll them up tightly, making sure you tuck in the sides. Then place the cabbage leaves, with the join side down into an ovenproof dish, cover with the vegetable stock and then cover the dish with tin foil and bake in the oven for approximately 20 minutes.

Handy Hint: *- This makes a lovely side dish for a dinner party, a really different way to serve cabbage and a lovely way to persuade non-cabbage lovers to eat cabbage!*