

SPIGED SAUTE CABBAGE

1 Whole Homegrown Cabbage
1 Spanish Onion
Cumin Seeds
Dried Cumin
½ Glass White Wine (optional)
Freshly picked Parsley

Prep time: 10 mins
Cooking time: 20-25 mins

Take 1 whole cabbage (homegrown of course), remove outer leaves and wash thoroughly. Slice the cabbage finely or use a food processor if you're stuck for time.

Next peel one whole white onion sweet Spanish variety, dice finely and set aside.

In a large pot or heavy duty frying pan add some butter – about 1 good teaspoon full and 3 good tablespoons of olive oil. We would recommend Spanish olive oil with the white cabbage as it has a less intense flavour.

Heat up your pot or pan, when it is sizzling add your onion, 2 tablespoons of cumin seeds and half a teaspoon of dried cumin powder.

When your diced onion is nice and soft, throw in your cabbage. Add in ½ a glass of white wine, which is of course optional and a few whole peppercorns.

Once you have reduced the white wine, add half a cup of water and cover with a lid.

Sweat down for 20 minutes until your cabbage is tender and cooked. Season to taste with freshly ground black pepper and finish with a generous covering of freshly chopped Parsley. In under just 25 minutes, you'll have the perfect tasty homegrown compliment to any roast!

Happy Growing!

