

# McDougal's Farm LLC

What's Growing On!

Recipes

## Cabbage Supreme

### **Cabbage preparation:**

1 medium head of cabbage

1 teaspoon of salt

Chop cabbage coarsely, put in large kettle with a little water and a tsp of salt, boil for 7 minutes. drain; set aside

### **White sauce:**

½ cup butter

3 Tablespoons of flour

1½ cups milk

1/8 teaspoon pepper

½ teaspoon salt

In small sauce pan melt butter, and then add flour. Slowly add milk, cook stir till thick and then add pepper and salt. Set aside

### **Toppings**

1 cup grated parmesan cheese

1 cup cracker crumbs

4 Tablespoons butter

Butter a 9 x 13 pan, put ½ of the drained cabbage in dish, top with ½ of the white sauce, ½ of the parmesan and ½ of the cracker crumbs. Dot with butter and repeat. Bake at 350 degrees for 30 minutes. Serves 6