

McDougal's Farm LLC

What's Growing On !

Recipes

Creamed Cabbage & Peas

Creamed Cabbage & Peas with Smoked Bacon & Baby Onions

From the Gourmet- Food- Revolution.com

Serves 6

1 medium size Savoy Cabbage
6oz prepared fresh peas (or if unavailable, use frozen)
6oz peeled pearl (button) onions
1 tablespoon olive oil
1 oz (25g) butter
6 smoked bacon slices (rashers) cut into strips
½ cup (125ml) water
½ cup (125ml) heavy (double) cream
Salt & freshly milled black pepper

- Remove the large outer leaves from the cabbage, quarter it and cut out the stalk. Finally shred and wash the cabbage.
- Heat the olive oil in a large pan. Over a high heat add the bacon strips and fry quickly until crisp. Remove the bacon from the pan. and set aside.
- Add the butter to the pan. Add the pearl (button) onions and fry over medium heat for a couple of minutes turning occasionally. Now add the sliced cabbage, the peas and the water. Season well with salt & freshly milled black pepper. Now cook the contents of the pan, stirring frequently for about 5 minutes or until the cabbage and peas are tender.
- Add the bacon strips & cream to the pan. Slowly bring the pan back to a simmer stirring frequently. Adjust the consistency by adding a little more cream if necessary. Check the seasoning.

This creamed cabbage recipe can be prepared up to 2 days in advance:

- *Blanch the cabbage in boiling salted water until just tender. Drain and allow to cool before refrigerating.*
- *Cook the bacon and onions as above & allow to cool and then refrigerate.*
- *When required, heat a large pan with the butter, add the onions & bacon and fry for 1 to 2 minutes. Add the cabbage and stir frequently over a gentle heat until heated through.*
- *Add the cream bring back to simmer & check the seasoning.*