

Gerard Phelan,
AUSTRALIA

BUTTERED CABBAGE WITH ORANGE SYRUP

This stunning cabbage dish is a great shared side for dinner parties or barbecues and makes a very satisfying vegetarian meal all by itself.

Serves: 2-4 as a part of shared spread



Time: approx. 1 hour 30 minutes



INGREDIENTS

- 1 ridiculous amount of butter (see Tips)
- 1 whole young cabbage, outer leaves removed (see Tips)
- 500 grams (17 oz) orange juice (see Tips)
- 20 grams (0.7 oz) raw sugar (see Tips)
- 100 grams (3.5 oz) unsalted macadamias (see Variations)
- 50-70 grams (1.5 oz-2.5 oz) stracciatella (see Tips)
- 1/2 bunch fresh dill leaves, finely chopped
- Salt and pepper, to taste



METHOD

1. Preheat oven to 160°C (320°F). Melt butter over medium heat in a pot that will snugly hold the cabbage. Add the cabbage and cover with a lid. Cook over low heat, adjusting from time to time; you want a little bubbling but not a fierce boil.
2. Place orange juice and sugar into a small pot and reduce over high heat. Or, in a Thermomix, cook **35 min/Varoma/speed 2**, MC off. Whether it's pot or Thermomix, cook until the juice has reduced to the consistency of gravy, thick enough to coat the back of a spoon. See Tips.
3. Place macadamias on a roasting tray and roast for 6 minutes. Toss them and roast a further 6 minutes to golden brown. Remove and turn oven up to 190°C (375°F).
4. Cook the cabbage until you can poke a skewer through easily, with the slightest resistance. Depending on your cabbage this will take between 30 minutes and 2 hours 30 minutes.
5. Removed cooked cabbage from butter, cut it in half down the core, season it with salt and place it face down in a hot griddle pan or charcoal barbecue. Once it is dark and almost burnt, put the cabbage halves onto an oven tray and bake for 5 minutes to get colour on the outer leaves. See Tips.



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To assemble, remove cabbage from oven and drizzle cut side with some of the orange glaze, letting it soak in.

Top with macadamias, stracciatella and chopped dill, then drizzle more orange glaze on top. Serve warm.

Tips

- Don't you love chefs! The 'ridiculous' quantity of butter that Gerard uses actually covers the whole cabbage. I have butter to a depth of about 2 cm (1 in).
- You can use cut portions of larger cabbages too. Choose a pot which holds your cabbage snugly and turn it every 10 minutes of so to cook it evenly.
- If using cut cabbages, you may find that you can skip step 5 because the cabbage will already be nicely coloured on all sides from its time in the butter pot.
- Use good quality orange juice, freshly-squeezed and strained, if possible. Gerard sometimes adds a dash of rice wine vinegar to round it out and give it another dimension.
- Use sugar of choice, eg coconut sugar or maple sugar, or omit sugar altogether.
- Stracciatella is a fresh, milky, white cheese. You can also use bocconcini, fresh mozzarella, or Greek yoghurt. Use sugar of choice, eg coconut sugar or maple sugar, or omit sugar altogether.

Variations

- Use hazelnuts instead of macadamias if desired, Rub their skins off after roasting.

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SHOPPING LIST:

- Ridiculous amount of butter (approx. 200 grams (7 oz))
- Whole young cabbage, outer leaves removed (1)
- Orange juice (500 grams / 17 oz)
- Raw sugar (20 grams / 0.7 oz)
- Unsalted macadamias (100 grams / 3.5 oz)
- Stracciatella (50-70 grams / 1.5 oz-2.5 oz)
- Fresh dill leaves (½ bunch)
- Salt
- Pepper



NOTES & TIPS:

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