



Olive



CABBAGE

CABBAGE AND FENNEL SALAD WITH POPPY SEEDS AND ORANGE

INGREDIENTS

1 WHOLE WHITE CABBAGE, SHREDDED
1 TSP POPPY SEEDS
2 TBLS OLIVE OIL
1 LARGE ORANGE ZEST AND JUICE
1/2 BULB FRESH FENNEL FINE SLICED
2 TBLS RICE VINEGAR
CORIANDER
ROCK SALT, BLACK PEPPER

METHOD

- SLICE FINELY CABBAGE AND FENNEL.
- ADD POPPY SEEDS, ZEST AND JUICE OF ORANGE.
- ADD RICE VINEGAR AND SALT AND PEPPER AND OLIVE OIL.
- MIX TOGETHER WELL AND ADD CHOPPED CORIANDER.
- ADD ORANGE ZEST, POPPY SEEDS AND OLIVE OIL.
- REFRIGERATE FOR 1 HOUR, SERVE COLD WITH GRILLED SEA BASS OR SMOKED SALMON.

GARBURE GASCONNE (CABBAGE SOUP)

INGREDIENTS

3 TBLs BUTTER
3 LEEKS FINE SLICED
1 TURNIP FINELY CHOPPED
1 WHITE ONION FINELY CHOPPED
1 CELERIAC FINELY CHOPPED
2 PARSNIPS PEELED FINELY CHOPPED
1 GREEN CABBAGE
2 CELERY STICKS
6 GARLIC CLOVES
6 NEW POTATOES PEELED
ROCK SALT, WHITE GROUND PEPPER
2 BAY LEAVES
1 CAN OF WHITE BEANS
1.5 LTR VEGETABLE OR CHICKEN STOCK
1 BUNCH CHOPPED PARSLEY

METHOD

- MELT BUTTER IN PAN ADD TURNIP, LEEK, ONION, CABBAGE, CELERY, PARSNIP AND POTATOES.
- ADD GARLIC, CELERIAC AND BAY LEAF, SALT AND PEPPER.
- SWEAT VEGETABLES ON A VERY LOW HEAT FOR 20 MINS, (NO COLOUR).
- WHEN ALL VEGETABLES TENDER ADD WHITE BEANS AND STOCK. (CHICKEN OR VEGETABLE).
- BRING TO BOIL AND SIMMER SLOWLY FOR 20 MINS.
- TASTE THE SOUP AFTER 20-30 MINS, SEASON AND SERVE WITH PARSLEY AND CRUSTY BREAD.
- YOU CAN ALSO ADD SHREDDED CHICKEN OR HAM FOR A MEAT VERSION.