



UNIT 9 - Recipe 21

White Cabbage Steak With Tomato Sauce, Caraway Seeds, Mustard

for 2 Persons

Quantity / Ingredients

1 head (approx. 2 pounds) of white cabbage,
the outermost leaves removed

4 tbsp extra virgin olive oil
(tbsp = tablespoon)

3/4 tsp salt, divided

3/4 tsp ground pepper, divided

1 medium onion, halved and sliced

4 large garlic cloves, sliced

2 g caraway seeds

2 g cumin

3 tbsp tomato purée

2 cups (100g) vegetable stock

1 tsp mustard, medium hot

Chopped parsley, to garnish

wholemeal mustard, to serve

Preparation:

- Preheat the oven to 200°C.
- Cut the cabbage in half through the root. Cut each half into 4 wedges, leaving the root intact. Heat 1 tablespoon oil in a large cast-iron or other heavy ovenproof skillet over medium heat. Add 4 cabbage wedges and fry for 3 to 5 minutes per side, until lightly browned on both sides. Transfer to a plate and sprinkle both sides with 1/4 teaspoon each salt and pepper. Repeat the process with 1 tablespoon of oil, the remaining cabbage and 1/4 teaspoon each of salt and pepper.
- Add the remaining 2 tablespoons of oil, the onion, garlic, caraway seeds and cumin to the pan and stir-fry for 2 to 3 minutes, until the cabbage begins to soften and brown. Add the tomato paste and cook, stirring, until it begins to darken, about 2 minutes. Add broth, dry mustard, and remaining 1/4 teaspoon salt and pepper; increase heat to medium-high and bring to a simmer. Return cabbage to Ovenplate, overlapping wedges as needed. Bake, turning once, until the cabbage is very soft and the sauce has thickened slightly.





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