

12 ways of preparing savoy cabbage

RAW

With scallion, baby leaf spinach, mustard, and vinaigrette

Cut savoy cabbage into thin slices. In a bowl, combine with thinly sliced scallion and baby leaf spinach. Whisk together 1 part whole grain Dijon mustard, 1 part vinegar, 3 parts olive oil, salt, and pepper. Add to the bowl and stir.

BOIL

With red onion, apple, and vinaigrette

Cut savoy cabbage into slices and boil in a saucepan of salted water. Drain, rinse in cold water, and drain again. Place in a bowl with sliced red onion and chopped apples. Whisk together 1 part apple cider vinegar, 3 parts olive oil, salt, and pepper. Add to the bowl and stir to combine.

In soups and stews

Shredded savoy cabbage adds extra flavor to soups and stews.

With onion, cream, and cranberry

Cut savoy cabbage into slices. Sauté in a skillet with butter and sliced onion until soft. Add a splash of cream and cook for about 5 minutes. Season with salt and pepper, then add fresh cranberries.

With onion, garlic, white wine, stock, and lemon

Cut savoy cabbage into slices. Sauté in a skillet with butter, sliced onion, and garlic until soft. Add a splash of white wine, cover with vegetable stock, and simmer, covered, for about 5 minutes. Season with grated lemon zest, salt, and pepper.

With onion, cream, apple, and hazelnuts

Cut savoy cabbage into thin slices. Sauté in a skillet with butter and sliced onion until soft. Add heavy cream and simmer for a few minutes.

Add apple slices, cook until warmed through. Season with salt and pepper, then sprinkle with chopped hazelnuts.

FRY

With leek, garlic, mushrooms, pork, and parsley

Cut the savoy cabbage into slices. Fry in butter together with sliced leek and garlic over a low heat until soft. Place on a platter. Fry mushrooms and diced pork in the same skillet until golden brown. Add to the cabbage. Season with salt and pepper and top with parsley.

With onion, cream, apple, and mustard

Cut savoy cabbage into thin slices. Sauté in a skillet with olive oil, butter, and finely chopped onions until soft. Add cream and simmer until smooth. Add diced apple and season with Dijon mustard, salt, and pepper.

With onion, garlic, crème fraîche, and Parmesan

Cut savoy cabbage into thin strips. Sauté in a frying pan with olive oil, chopped onion, and garlic until soft. Add crème fraîche and fold into freshly cooked pasta. Season with salt and pepper, top with grated Parmesan cheese.

In the wok

Savoy cabbage can be stir-fried in a wok.

ROAST

In cabbage meat loaf or cabbage rolls

Replace white cabbage with savoy cabbage to make meat loaves with cabbage or stuffed cabbage rolls.

With white wine, stock, butter, and thyme

Cut savoy cabbage into wedges. Place on a baking tray or in an ovenproof dish, season with salt and pepper, then add equal parts of white wine and stock. Dot with butter and thyme and bake at 350 °F (175 °C) for 20–30 minutes.



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