

Balsamic soaked red cabbage

Takes 2 hours 45 minutes, serves 4 and uses a baking tray and a frying pan.

INGREDIENTS

1 whole small red cabbage
1 teaspoon olive oil

1 tablespoon olive oil
2 tablespoons balsamic vinegar
A small handful sultanas
150 ml apple juice

DIRECTIONS

Preheat the oven to gas mark 6, 400°F, 204°C, 184°C fan.

Rub the 1 teaspoon of olive oil into the outside of the cabbage, so that it's covered all over. Place in the oven and cook for 2 hours, 30 minutes.

Once cooked, you can remove the outer, burned, blistered and crispy leaves and discard them as they're too bitter to eat. Leave the ones which are discoloured, but soft.

You can now leave the cabbage for as long as you want, up to several days, before doing the rest of the recipe, or make it immediately. Just leave to cool then cover and store in the fridge until you want to cook it.

Slice the stalk off the bottom of the cabbage then cut the cabbage into roughly 2cm thick slices, ideally 4 slices total.

Heat the 1 tablespoon of olive oil in a large frying pan over a medium heat for a few minutes, making sure the pan has really warmed up.

Add the cabbage slices and cook for 3-5 minutes on one side, it should have coloured from the cooking, leave for longer (or turn up the heat a bit) if not. Turn them over and cook for a further 3-5 minutes on the other side. Whilst cooking the second side, put the sultanas in the pan and pour 1/2 a tablespoon of balsamic vinegar over each slice.

After the second side has cooked, turn off the heat, remove the cabbage slices (not the sultanas) and put them onto plates for service. Pour the apple juice into the pan, swill it around and with your spatula quickly scrape any charred bits off the bottom of the pan and mix into the juice. Pour this along with the sultanas over the cabbage slices and serve!

