

*October Recipe*

## Cabbage and Pork Pot Soup

A few basic ingredients make a calming and reviving soup. It is gorgeous to behold and nectar for the taste buds.

**SERVES 4**



2 tbsp olive oil  
50g / 2oz butter  
1 onion peeled and chopped  
1 leek cleaned, trimmed and chopped  
4 carrots peeled and chopped  
550g / 1 1/4lb cured smoked pork loin  
1/2 Savoy cabbage trimmed, cored and sliced  
1 handful of chopped fresh flat-leaf parsley  
Sea salt and freshly ground black pepper

Heat the oil and butter in a large pan, and dump in all the vegetables except the cabbage. Season with pepper and fry until soft – about 20 minutes.

Add the pork to the pot and cover with water. Bring to gentle simmer and cook for 1 hour.

Remove the meat from the pot, throw in the cabbage and cook for 5 minutes. Slice the meat into finger-sized pieces and plop back into the soup with the parsley.

Season to taste and serve once the cabbage is cooked.