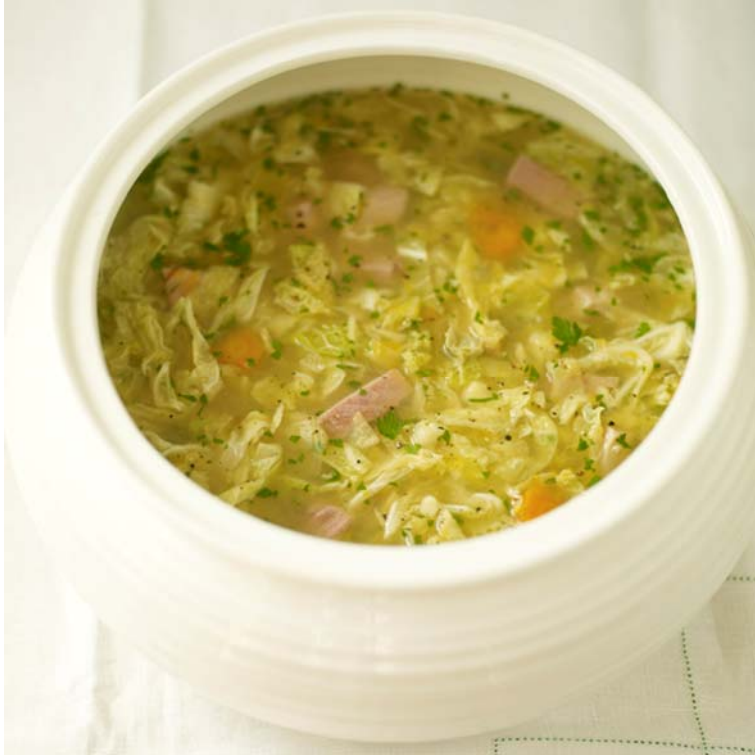


October Recipe

Cabbage and Pork Pot

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.