



## Rick Stein's Spicy Cabbage Stew

I love Rick Stein for his simple recipes and love of fish which we share. I have stayed at his hotel and eaten in his restaurants in Padstow many times. There is a great May Day celebration in Padstow at the time of my birthday every year so we use to gravitate there to enjoy the Obby Oss. I met him one year and he cooked me lunch! This is a simple nutrient rich cabbage based recipe with a spicy kick.

**Serves: 2, Prep time: 00:15, Cook time: 01:30**

### Instructions

1. Add the butter or olive oil to a sturdy pan like a Dutch oven and saute onion and garlic, medium heat until onion is translucent.
2. Add the two pastes and chili flakes if you are using them and cook on a low/medium heat for at least 6 minutes to develop flavour.
3. Add the tomatoes and minced lamb and cook out, on a low/medium heat until tomatoes reduce and the oil starts to split. If using leftover lamb add it when the tomatoes are nearly reduced, cooking out for 10 minutes.
4. Pile the chopped white cabbage on top of the tomato mix and add a couple of ladles full of water or stock and plenty of

### Ingredients

- 250 grams Minced Lamb, or other minced meat (9 oz)
- 1 Red Onion, Chopped
- 2 Garlic, cloves, minced
- 1 Tomato, canned in tomato juice, or lots of fresh tomatoes, skin off
- 1 tablespoon Hot pepper paste, Biber Salcasi
- 1 tablespoon Sun dried tomato paste, Domates Salcasi
- 300 milliliters Stock, Your choice (I used vegetable) (10 oz (U.S.))
- 1 pinch or to taste Salt and Pepper, To taste
- 1 Chili Flakes, Pinch
- 1 White cabbage, Chopped or sliced
- 1 tablespoon Butter or Olive oil, For initial frying

salt, you can add more during stirring though. Cover with a lid and let the stew cook on a low heat. I used an iron dutch oven with a heavy lid. The cabbage will be very stacked and lid may be high but as it cooks the cabbage will release water and soften and the lid will seal. Don't add too much water or stock as the cabbage will add lots.

5. Stir when when you are able due to the cabbage having become more manageable due to cooking down. It might take a while for the cabbage to cook how you like it. Check for salt as you go, add pepper at the end.

This can be made without the lamb, which is an equally delicious veggie dish, or healthy side. You can use any minced meat. Adding some paprika will give it a smokey flavour.

Cabbage is packed with nutrients, can improve digestion (soluble fibre), it's high in Vitamin C, contains potassium to help with lowering blood pressure and a good source of Vitamin K that helps with blood clotting.

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