

## **Bacon and Cabbage with Mashed Potatoes or Champ and Parsley or Mustard Sauce**

### **Bacon and Cabbage**

1.75kg/4lb joint of ham or loin or shoulder

1 head Savoy or spring cabbage

Serves 8

Soak the ham/bacon overnight in water in the refrigerator or a cold place. Next day, drain the meat and place in a large saucepan, cover with cold water and bring slowly to the boil. When a white scum or froth forms, drain the cooking water, rinse the meat in cold water, and begin again.

Cover again with cold water and bring to the boil- if the meat is excessively salty it may be necessary to replace a water a few times. Once cleared, bring the pot back to the boil and allow to simmer and continue to cook giving a cooking time of 20 minutes per pound/per 450 grams.

Meanwhile prepare the cabbage.

Remove the outer tough leaves and discard. Cut the head of cabbage into four and remove the core from each wedge

Cut the cabbage into thin strips, cutting against the grain.

When the meat is about 25 minutes from the its full cooking time, add the cabbage to the cooking meat and allow to cook until soft for the remaining 25 minutes.

*Alternatively, you can quickly cook finely shredded cabbage in a little bit of the ham/bacon liquor.*

Finely shred the cabbage and place in a separate cooking pot.

Add in just enough ham/bacon liquor to keep it from burning.

Cook on a high heat from 3-4 minutes, adding it move cooking liquor, if necessary.

Strain and return the cooked cabbage to the pot.

Add in a good knob of butter and mix well through the cabbage.

Season with pepper.

To serve

Drain the ham/bacon (and cabbage, if cooked with the meat).

Slice the meat and serve with cabbage and in-their jackets boiled floury potatoes or mashed/champ potatoes and parsley or mustard sauce.

### **Mashed Potatoes/Champ**

2kg/4 lb floury potatoes

Salt

100-150g/4-6oz butter, cut into small cubes

300ml/10 fl oz milk

6-8 spring onions or scallions, finely chopped

Wash and scrub the potatoes.

Place in a large pot with plenty of cold water and a little bit of salt.

Bring to the boil and cook until tender.

Drain and peel the potatoes to return to the pot

Meanwhile, put milk and onions in a saucepan and slowly bring to the boil.

When its just at boiling point, reduce the heat and simmer for a few minutes.

Mash the potatoes, add in the butter and mix well.

Once the butter is melted through the potatoes, slowly add in the heated milk and mix well to form a soft mixture.

### **Parsley or Mustard Sauce**

50g butter

30-50g flour

300 ml milk, or more to loosen the sauce

Flavour: 1-2 tablespoons finely chopped flat-leaf parsley or 1 tablespoon mustard, English or Dijon, to your taste.

In a heavy-bottomed sauce pan, heat the butter and flour over a gentle heat, whisking constantly until the butter is melted and the flour is well mixed through.

Continue to stir the blended butter and flour mixture for another minute or two.

Slowly add in the milk, whisking all the time.

Once all the milk is added, bring to the boil, then reduce the heat and add in the parsley or mustard and cook for 3-4 minutes, stirring or whisking all the time.

If the sauce is too thick, loosen up with a little more milk and heat through.