



Roasted cabbage with onion and sourdough cream

By Michael Meredith

30 minutes

Preparation time

2 hours 40 minutes

Cooking time

4 serves

Serves

INGREDIENTS

1 small to medium white cabbage
approximately 1.4kg
4 medium onions, skin on
Olive oil
Salt to taste

Sourdough cream

Roasted pulp of 4 onions, outside skins
removed
300ml reduced chicken stock
60g sourdough, roughly chopped
2 tbsp Dijon mustard
50g butter
50ml white wine vinegar
80ml cream
½ cup chives, finely chopped

To serve

¼ cup olive oil
Juice of ½ lemon
Salt to taste

METHOD

Roasted cabbage and onion

1. Using a thin metal skewer, put a few deep holes into the cabbage and the onions.
2. Place on a grilling and roasting insert onto a multi-purpose tray and drizzle some olive oil and salt over the cabbage and rub it into the cabbage. Place the whole onions around it.
3. Place into the oven on Moisture Plus Fan Plus at 160°C for 2 hours and 10 minutes with 3 bursts of steam, releasing each burst of steam 40 minutes apart.
4. Remove the onions and continue cooking the cabbage for another 30 minutes.
5. Turn off the oven and rest in the oven for 20 minutes.

Sourdough cream

1. In a saucepan add onion pulp, chicken stock, cream and sourdough then bring to a light boil on medium heat, induction setting 6 and remove from heat.
2. Add vinegar and place into a blender and blend till smooth.
3. Return into the saucepan and set on low heat, induction setting 2, whisk in mustard and butter. Check seasoning, add chives and set induction to Keep Warm setting.

To serve

1. Combine olive oil and lemon juice.
2. Remove cabbage from the oven and portion into even wedges.
3. Season with salt and brush with olive and lemon juice.
4. Serve with sauce.

Hints and tips

- Chicken stock can be replaced with vegetable stock for a vegetarian alternative.