



# Arun's recipes for demo at Corrigan's Mayfair

January 2012

## Savoy 'stuffed' cabbage cake

A delicious 'cheffy' accompaniment to lots of different dishes. This one is really quite posh with the use of 'fois gras', but I'd normally use the liver, heart etc of the bird it was served with. Chicken livers are a brilliant substitute otherwise.

### Ingredients:

- 1 large Savoy cabbage – outside woody leaves removed
- 4 'Banana' Shallots (*the long ones*) – peeled and finely chopped for the stuffing
- 1 clove of peeled and finely diced garlic
- 1 tsp fresh thyme leaves
- 3 good size real pork sausages - skins removed
- 100g cleaned fois gras
- 100g streaky bacon, roughly chopped
- 75g white bread crumbs
- 1 whole egg
- 1 tsp fresh black Pepper
- 2tsp Green Saffron Quatre Epice Spices**
- 25g finely chopped fresh curly parsley
- 50-100g Unsalted Butter for frying

### Method

1. Take a 175mm, 7in flan or pie tin
2. Peel about 10 of the largest bright green leaves from the cabbage, blanch them in rapidly salted boiling water for no more than 60 seconds, then pop into a bowl of ice-cubes.
3. Next, slice the remaining cabbage into very thin strips, a chiffonade if we're being all posh!
4. Sweat the sliced cabbage 'chiffonade' gently in 50g of butter for around 5 minutes, then take off the heat allow to cool completely
5. Take the offal and cleaned chicken livers if using, chop them roughly and using the same pan as the cabbage, quickly fry until they're just lightly browned
6. Pop into a separate bowl
7. Then in the same pan, add the streaky bacon, the garlic, the chopped shallots, thyme and spices and cook for 3-5 minutes,
8. Then, add the breadcrumb, cook for a further 2-3 minutes adding more butter as required
9. Now, scrape the fry pan out into a bowl, add the liver mix, mix all gently but well together
10. Add the sausage meat and the egg to bind making sure the mix isn't too wet

### Cabbage Assembly

1. Take the blanched leaves, remove the hard central spine of the leaves, then layer the base of a buttered flan dish so that they overhang well
2. Put half the sautéed chiffonade cabbage, followed by the meat mix into the dish then cover with the remaining 'chiffonade' press down gently, place one large leaf over the mix then fold over the other leaves so you have a neat 'pie'
3. Cover with a sheet of grease-proof, then foil and place into a 'bain marie' with enough water so as the water goes half way up the side of the flan dish.
4. Roast for 45-55minutes at 180°C, gas mark 4,
5. Rest covered for 10 minutes, then turn out on to a serving plate and cut into wedges

T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: [eatwell@greensaffron.com](mailto:eatwell@greensaffron.com), W: [www.greensaffron.com](http://www.greensaffron.com).  
Unit 16 Nordic Enterprise, Knockgriffin, Middleton, Co Cork, Ireland

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