



Cabbage Stew

This is based on a peasant dish from south-west France, called garbure, which is served with everything from duck to fish.

Ingredients:

1. small knob of butter
2. 5 rashers smoked streaky bacon, chopped
3. 1 onion, finely chopped
4. 2 celery sticks, diced
5. 2 carrots, diced
6. small bunch thyme
7. 1 savoy cabbage, shredded
8. 4tbsp white wine
9. 300 ml chicken stock
10. 410g can flageolet beans in water, drained
11. 4 fillets sustainable white fish, such as hake, about 140g/5oz each, skin on
12. 2tbsp plain flour
13. 2tbsp olive oil

Directions:

1. Heat the butter in a large sauté pan until starting to sizzle, add the bacon, then fry for a few mins. Add the onion, celery and carrots, then gently cook for 8-10 mins until softening, but not brown. Stir in the thyme and cabbage, then cook for a few mins until the cabbage starts to wilt. Pour in the wine, simmer until evaporated, then add the stock and beans. Season, cover the pan, then simmer gently for 10 mins until the cabbage is soft but still vibrant.

2. When the cabbage is done, cook the fish. Season each fillet, then dust the skin with flour. Heat the oil in a frying pan. Fry the fish, skin-side down, for 4 mins until crisp, then flip over and finish on the flesh side until cooked through. Serve each fish fillet on top of a pile of cabbage with a few small potatoes, if you like.