

Spring cabbage with anchoïade

Anchoïade is a creamy sauce made by slowly cooking garlic in milk to mellow its flavour, then mixing with oil, anchovies and vinegar.

Serves 6

Prepare 30 minutes + cooling

Cook 1 hour 10 minutes

- 1 large or 2 small pointed spring cabbages
- 1½ tbsp olive oil, plus extra to serve
- ¼ tsp chilli flakes
- ¼ x 20g pack chives, finely chopped
- ½ x 100g pack Cooks' Ingredients Croutons, roughly chopped

ANCHOÏADE

- 2 small bulbs garlic (split into cloves and peeled)
- 215ml whole milk
- 15 anchovy fillets (from a jar)
- 1 tsp white wine vinegar
- 1 tsp lemon juice
- 40ml vegetable oil

1 For the anchoïade, start by making the garlic paste. Put the garlic, milk and 175ml water in a medium saucepan over a low heat and simmer very gently for about 30 minutes. Once softened, use the back of a fork to mash the garlic, then increase the heat to medium-high and continue to cook for about 15 minutes, stirring occasionally, until it has reduced to a thick paste. Remove from the heat and leave to cool.

2 Once cool, put the garlic paste in the small bowl of a food processor with the anchovies, vinegar and lemon juice; whizz together. With the motor still running, gradually add the vegetable oil, adding a little water if the anchoïade is too thick; it should have a similar consistency to tomato ketchup. This can be made in advance and will keep in the fridge for up to 5 days.

3 When ready to cook, set a colander or sieve over a pan of simmering water. Remove and discard the large outer leaves from the cabbage(s), then cut them lengthways into wedges. Put the wedges in the colander (you may need to do this in batches), cover with a lid and steam for around 6 minutes or until almost tender. Transfer to a tray and pat dry with kitchen paper.

4 Heat a large frying pan over a high heat and coat the flat sides of the steamed cabbage in the olive oil. Add the cabbage to the pan in 2 batches, and cook for 2-3 minutes on each flat side, until charred. Transfer to a platter and season, adding a drizzle of olive oil. Dress the charred cabbage with the anchoïade and top with the chilli flakes, chives and croutons.

GOOD HEALTH LOW IN SAT FAT

Per serving 861kJ/207kcal/14g fat/2.3g saturated fat/12g carbs/5.1g sugars/3.1g fibre/6.3g protein/1.6g salt/1 of your 5 a day