



The Celtic Kitchen

Boiled Bacon and Cabbage with Parsley Sauce Serves 4

Ingredients

1Kg Ham Fillet Smoked or unsmoked
3 Fresh Bay leaves
4 Peppercorns I like Pink
1 head of Green Cabbage

For Parsley Sauce

50g Butter
50g Plain Flour
500ml Milk
Bunch of Fresh parsley

For Champ Potatoes

500g Potatoes (Maris Piper, King Edward or Roosters)
25g Butter
30ml Milk or Cream
Spring onions
Sale and Ground White Pepper

Method

Ham

Place the Ham in a large pot of cold water and bring to the boil. If the ham is particularly salty you can though off the first boiled water and start the process again. Add bay leaves and peppercorns. Boil the ham for 25min per 1/2 kg plus 25min extra.

Once the ham is cooked remove it from the water, set aside and cover with foil.
When you are ready to serve, reboil the ham water and cook the cabbage in it until just tender.

Parsley Sauce

Melt the butter in a non-stick saucepan. Add the flour and mix well with a wooden spoon and continue to cook the flour mix without coloring. Slowly add the milk a little at a time stirring continuously to avoid catching and lumps. Continue until all milk is add. Cook on a low heat and taste to ensure the flour is cooked out. Chop the parsley and add the fresh parsley to the sauce.





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Boiled Bacon and Cabbage with Parsley Sauce Cont.

Champ Potatoes:

Peel and wash the potatoes, cut into even size. Place in cold salted water and boil. When cooked drain off and return to the pot to dry out. Mash or put through a potato ricer. Melt the butter and add the sliced spring onions to soften. Add the butter milk and seasoning, mix well with a wooden spoon.

The Cabbage

Half the cabbage and remove the core. Slice thinly and wash well in cold salted water. Drain.

Once the ham is cooked remove it from the water, set aside and cover with foil. When you are ready to serve, reboil the ham water and cook the cabbage in it until just tender.



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Donnagh Gregson, Chairperson of Clare.ie, has worked in the very highest echelon of professional cuisine in Europe. She has experience at AA Rosette and Michelin Star restaurants and has also worked in training for three years prior to opening the Bunratty Cookery School.