

Bacon and Cabbage
with Parsley White Wine Sauce
and Cinnamon



Garth McColgan

“In the best
Irish tradition”



“You probably won’t need reminding, but Tuesday March 17th is St. Patrick’s Day, which is the perfect excuse, if excuses were needed, to invite your family round for a spot of good, old Irish bacon and cabbage. My recipe this week contains the traditional ingredients, with one or two special surprises. It’s straightforward to prepare too, so you can get stuck into the celebrations while it’s cooking. Enjoy!”

Garth McColgan



Bacon celebration

Classic Irish fare, fantastic Aldi value

Garth McCollgan

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Ingredients

700g Back Bacon (one piece)	200ml Cream
2 kg Potatoes	200ml cooking liquid
1 head of Cabbage	4 tbs Fresh Parsley, finely chopped
60g Butter	10 Cloves
3 tbs White Flour, heaped	1 Onion, roughly chopped
200ml White Wine	1 stick Cinnamon
	1 tsp coarse Ground Black Pepper

Method

Place the bacon in the pot with the cloves and onion, cover with cold water. Bring to the boil and skim the white scum off the top. Simmer gently for 1 hour 10 minutes. Meanwhile, peel and wash potatoes; remove the centre stalk from the cabbage and wash. In a saucepan, gently heat the flour and butter together until you have a thick paste. Cook for 2 minutes. Add the cinnamon stick. Mix the wine, cream and cooking liquid together in a jug. Gradually add this mix to the flour and butter, keeping heat on medium, stirring constantly until all the liquid is used up. You should have a smooth thick sauce. Boil the potatoes in the bacon liquid for approximately 30 minutes, add the cabbage and cover. Cook for a further 10 minutes until the cabbage is tender.

To serve

Carve the bacon, drain the vegetables and stir the pepper and fresh parsley into the sauce. Serve with the potatoes and cabbage.



Perfect with...

Pinot Grigio Trentino

"With its enticing straw yellow colour, intense nose with fabulous floral notes, this is a wine that truly delights the senses – and especially the taste buds as it dovetails beautifully with the classic flavours of Irish Bacon and Cabbage."

€8.99
EACH

€8.99 per 75cl

