

French Cabbage Soup

Ingredients

- 250g Cabbage (½ small cabbage)
- 100g Onion (1 medium)
- 1 litre cold water
- 1 Knorr Beef Stock Cube
- Dessert spoon of flour
- Teaspoon Dried Thyme
- 2 Bay leaves
- ½ Glass of Red Wine
- Splash of Vegetable or Rapeseed Oil
- Small knob of butter

Options

- If serving fresh, you can add a large cheesy crouton.

Equipment

- Sharp knife
- Kitchen Scales
- Measuring Jug
- Large Saucepan
- Spatula
- Dessert Spoon
- Teaspoon

Preparation

- Get your ingredients and equipment to hand
- Shred the cabbage
- Dice the onion, but it is much easier to use frozen diced onion

Method

Soften the onions in a saucepan with the oil and butter – maybe 8 to 10 minutes but the timing is not critical.

Add flour and stir it in for 1 minute or so. This soaks up the oil and butter and stops the soup feeling “greasy”.

Add the water, cabbage and the stock cubes and bring to the boil.

Throw in the bay leaves and thyme at this thyme(!) and simmer for 15 minutes.

Add the red wine and simmer for a further 15 minutes. You should probably cover the pot when simmering (for all sorts of reasons!)

Remove the bay leaves and you are done.

Now, you can either serve as is, add the crouton or allow to cool before freezing.

Notes

This recipe does not really need added salt as there is enough salt in the stock cube.

If you use very old, or poor-quality thyme, it may not soften during the short cooking process and you can be left with unpleasant shards – like splinters – of thyme in your mouth. Yuk!

You probably don't need to measure out the cabbage or the water exactly as there's a lot of flexibility in these numbers. If you used 2 litres of water, you get double the portions - and still have a perfectly acceptable soup.



Portions

Number of portions	4
Final Portion Size	200g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Shredding Cabbage
- Flour in soup
- Wine in soup



Croutons

- White Bread
- Grated Cheese (Gruyere preferred but cheddar will do!)

Cut circles in white bread and top with the grated cheese.

Place the crouton on top of the soup in a bowl and stick it under the grill or in the oven until the cheese melts and bubbles.