

Red Cabbage Soup

Ingredients

- 250g Red Cabbage (1/4 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 the ingredients and equipment to hand
- Shred the cabbage
- Dice the onion, but it is much easier to use frozen diced onion

Method

Soften the onion in the saucepan with a splash of vegetable oil and a small knob of butter.

Add the flour and mix through for a couple of minutes to “dry” the onions.

Add the water and bring to the boil.

Add the cabbage, stock cube, bay leaf and thyme

Bring back to the boil and simmer for 15 minutes.

Add the wine and simmer for another 15 minutes.

Remove the bay leaf and you are ready to serve.

Notes

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

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.

You can skip the red wine. It's added to bring some acidity to the sweetness of the cabbage and help bring out the flavour of the caramelisation on the onions. Clearly the wine is not there to add colour to the soup!



Portions

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

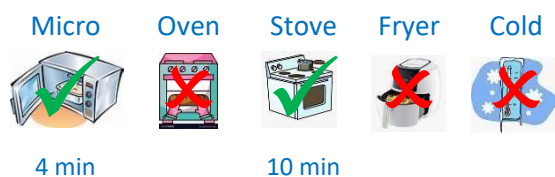
Storage

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.



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 milk or 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.

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.

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