KitchenBooQ

Bacon and Cabbage

Serves: 4 | Cooking Time 55 minutes | Level: Easy



INGREDIENTS

8 oz (225 g) thick-cut smoked bacon or Irish rashers
1 large head green cabbage, cored and cut into wedges
3 tbsp (45 ml) unsalted butter
1 tsp whole black peppercorns
Salt to taste
Freshly ground black pepper to taste

Notes
Traditional Irish bacon (cured pork belly) yields the most authentic flavor, but American smoked bacon works well as a substitute. For a complete meal, serve alongside boiled potatoes or colcannon. Leftovers must be cooled completely and stored in an airtight container in the refrigerator within 2 hours; only refrigerate for up to 3 days or freeze for up to 2 months. Reheat gently in a skillet with a splash of water to restore moisture. Never store this dish at room temperature.

PREPARATION

1. Place the bacon in a large pot and cover with cold water by an inch. Add the peppercorns and bring to a gentle boil over medium-high heat. Reduce heat and simmer for 25 minutes until tender but still firm.

2. Remove the bacon from the broth, let it cool slightly, then slice into thick strips. Reserve or discard the boiling liquid.

3. Bring a large pot of generously salted water to a rolling boil. Add the cabbage wedges and cook for 8 to 10 minutes until fork-tender but not mushy. Drain thoroughly in a colander and set aside.

4. In a large skillet or Dutch oven over medium heat, melt the butter. Add the sliced bacon and fry until the edges crisp up slightly and the fat renders out, about 5 minutes.

5. Toss the drained cabbage wedges into the skillet with the bacon and butter. Cook for another 3 to 4 minutes, turning gently, until the cabbage is lightly coated in the flavored butter and warmed through. Season generously with salt and freshly ground black pepper before serving immediately.