



Steamed Cabbage with Crisp Bacon

Ingredients (Serves 8)

- 175g rindless bacon, cut into thin strips
- 1.5kg cabbage, finely shredded
- 40g butter, chopped
- 1 tabsp Worcestershire sauce

Method

Place bacon in a frying pan over medium-high heat. Cook, stirring often, for 4 minutes or until crisp. Transfer to a plate lined with paper towel. Meanwhile, pour 2 cups water into a large saucepan.

Bring to the boil. Add cabbage and cook, covered, on medium-high heat for 5 minutes or until tender. Drain well.

Return cabbage to hot saucepan. Add butter, Worcestershire sauce and bacon.

Toss until well combined. Season with salt and pepper. Serve.



Cheese and Herb Mash

Ingredients (serves 8)

- 2kg Desiree potatoes, peeled, cut into large chunks
- 125g butter, chopped
- 1 1/2 cups milk
- 1 cup grated tasty cheese
- 1/3 cup flat-leaf parsley leaves, roughly chopped
- 1/3 cup mint leaves, roughly chopped
- 1/4 cup dill sprigs, roughly chopped

Method

Place potatoes in a saucepan and cover with cold water. Bring to the boil over high heat. Reduce heat to medium and simmer for 20 to 25 minutes or until potatoes are tender. Drain well. Return potatoes to saucepan over low heat. Shake pan gently until any remaining water evaporates. Roughly mash potatoes. Add butter and milk. Mash until potatoes are fluffy. Stir in cheese, parsley, mint, dill and salt and pepper. Serve.

Slow Cooked Lamb Shanks

with

Cheese & Herb Mash & Steamed Cabbage with crisp bacon.

Serves 8 - Ideal with Bonking Frog Merlot



Slow-Cooked Lamb Shanks

Ingredients (serves 8)

- 1 cup plain flour
- 8 large French-trimmed lamb shanks
- 2 tablespoons olive oil
- 2 large onions, unpeeled, cut into 1cm slices
- 2 garlic cloves, crushed
- 2 cups beef consomme
- 3/4 cup wine - **Bonking Frog Merlot**
- 1/3 cup maple syrup
- 2 tablespoons cornflour
- 2 tablespoons cold water

Method

1. Preheat oven to 180°C. Place flour and salt and pepper in a shallow dish. Lightly coat shanks with flour. Heat oil in a saucepan over high heat. Cook shanks, in batches, for 3 to 4 minutes or until browned. Transfer to a large roasting pan.
2. Add onions and garlic to saucepan. Cook over medium heat for 2 to 3 minutes or until soft. Add consomme, wine and maple syrup. Stir to combine. Bring to the boil. Season with salt and pepper. Pour over shanks and cover pan tightly with foil. Roast for 1 1/4 hours. Remove foil. Turn shanks and roast for 45 minutes or until tender.
3. Transfer shanks to a platter and cover to keep warm. Strain cooking liquid through a sieve. Discard onions. Return liquid to pan. Mix cornflour and water in a bowl until smooth. Stir into liquid and bring to the boil, stirring, over high heat. Reduce heat to medium-low and simmer for 5 minutes or until reduced slightly.

Serve shanks with gravy, cheese and herb mash and steamed cabbage.

Source: Super Food Ideas - June 2005, Page 37
Photography by Ian Wallace & Ben Dearnley