

Cabbage & caramelised onion pie

SERVES 8



From the garden

cabbage or Tuscan kale,
onions, eggs



Extra equipment

- ☐ 1 litre baking dish
(I used a ceramic dish
measuring 20 x 26 cm)
- ☐ Pastry brush



Ingredients

Salt

6–8 large outer cabbage
leaves (or large Tuscan
kale leaves)

3 large onions, halved
and sliced

3 tablespoons extra-
virgin olive oil, plus 1 extra
teaspoon for brushing

3 free-range eggs

200 ml sour cream
or crème fraîche

4 tablespoons plain
yoghurt

125 g cheddar, grated
(or any favourite
combination of cheeses)

Freshly ground black
pepper

Paprika

This unusual and delicious pie was introduced to the Kitchen Garden repertoire by teacher Ema Parrino, who was an enthusiastic supporter of our Program at Meadows Primary School and then Eltham Primary School in Melbourne for many years. I have made just a few minor changes. It involves using large cabbage leaves to form the pie 'crust'.

The technique for caramelising the onions is one I have used for several years and is referred to many times in this book. The microwave method shortens the time and saves the surface of your frying pan.

Use a family favourite cheese variety. I think it works best if the selected cheese has character and a bit of a bite. You could use a mixture of vintage cheddar and something more unusual such as Manchego or Gouda with cumin seed. The best cabbage to use is a bright-green savoy cabbage with crinkly leaves. I have also used Tuscan kale.

Line a tray with a clean dry tea towel.

Bring a large pot of lightly salted water to the boil. Once the water is boiling, immerse the cabbage leaves in the pot and boil for 3–4 minutes. Using tongs, carefully transfer the leaves from the pot to drain on the cloth-covered tray. Allow to cool. You may have to do this in two batches.

Put the onion in a microwave-safe container with the oil, cover and microwave on High for 4 minutes. Stir to mix and repeat this step twice. After the third lot of 4 minutes the onions will look collapsed and soft. Scoop all the onion and the oil into a heavy-based frying pan over medium heat and saute for 5–10 minutes, stirring often, until all the onion is a deep-golden colour. Set aside and allow to cool.

Break the eggs into a mixing bowl and whisk lightly. Add the sour cream and yoghurt and stir to mix. Add the grated cheese and mix it in. Now stir in the cooked onion, mix well with a spoon and season to taste.

Preheat the oven to 200°C (180°C fan-forced).

Using a small sharp knife, shave away enough of the central rib of each cabbage leaf so that the leaf can be flattened. Brush a baking dish with extra-virgin olive oil and arrange the leaves in the dish to completely cover the base and sides. There should be some overlapping. Extra leaves can be used on the bottom.

Pour the filling mixture into the cabbage-lined dish. Bake in the oven for 25–30 minutes or until it is set. Allow to settle for 5–10 minutes before attempting to cut it. Sprinkle with paprika before serving. It will need to be cut with a very sharp knife.

Add Kale
and spinach
sliced w
onions