



# Bacon & Cabbage



Irish bacon is typically from the back meat of the pig, rather than the belly which is traditional American bacon. Rashers are Irish bacon that have been thin sliced and then cooked. In this recipe, a large intact cut is used.

**Prep:** 20 min    **Cook:** 1hr 30min    **Total:** 2hrs 10min    **Servings:** 6

## Ingredients

2 lbs back bacon  
1 head of cabbage  
2T butter  
salt/pepper to taste

### SAUCE

11 oz whole milk  
a few slices of carrots and onion  
1 sprig of parsley & thyme  
3 peppercorns  
1T flour  
1T butter  
1t Dijon mustard  
1/2 t chopped parsley

## Directions

- Place bacon in large saucepan, cover with water and slowly bring to a boil.

- When the water gets white froth, drain the water and put in fresh bringing to a boil. This removes the salt from the bacon. Depending on how salty the cut is, this may need to be done 1-3 more times. Taste the water until happy with the flavor (not too salty but with a little salt flavor remaining)

- The final time with the fresh water, bring to a boil, cover, then reduce heat and simmer for about 40 minutes (20 minutes per pound). Skim any froth from the top of the water. Bacon is done with skewer inserted in the middle comes out easily.

- Remove the bacon from the water - keeping the water.

- Cut the cabbage into quarters, remove the core and slice thin across the grain. Bring the bacon water to a boil and drop in the shredded cabbage. Cook for about 3 minutes and drain the water. Be sure to squeeze water out if needed. Return cabbage to the pan and add butter, salt and pepper to taste.

### PARSLEY SAUCE

- Combine the milk, carrots, onion, peppercorns, and the two sprigs (parsley/thyme) in a saucepan. Bring to a boil then reduce heat and simmer 4-5 minutes. Remove from heat and allow the flavors to meld for another ten minutes.

- Make the roux: In a small saucepan over low-medium heat, melt the butter then add the flour stirring until well combines. Cook 2 minutes then set aside.

- Strain the infused milk then place back in saucepan. Bring milk to a boil and whisk in roux in small amounts until well blended. Turn heat down and simmer for another 4-5 minutes, stirring, until desired thickness.

- Stir in the Dijon mustard and chopped parsley.



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Recipe from *Rachel's Irish Family Food*, by Rachel Allen, p112, 140; published by Harper Collins

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