

Easy main course

Making a meal for 2 out of Co-op's Irresistible Treacle & Ale Gammon



Method

Mix the cabbage with the salt and leave in a colander over a sink for 2 hours until deep red. Wash away the salt and pat dry. Place the vinegars, wine and sugar in a pan and cook on a medium heat for 6–8 minutes, or until reduced by half.

Place the star anise, bay leaves, black peppercorns, cloves and cinnamon stick (the spices) in a pestle and mortar and coarsely pound. When the reduction is nearly ready, add the spices and allow to infuse for 5 minutes. Pass the reduction through a fine sieve and while still warm, pour over the red cabbage.

Prepare the gammon as per instructions or roast your own. Wash and halve the potatoes and score the cut side in a crisscross. Add salt, pepper and olive oil and roast at 180° for 30-40 minutes until golden and cooked through.

Ingredients

- Co-op's Irresistible Treacle & Ale Gammon (or own choice)
- 300g red cabbage, shredded
- 80g salt
- 350ml red wine
- 350ml vinegar (all cider vinegar or a mixture of vinegars)
- 250g sugar
- 1 star anise
- 5 bay leaves
- 1 tsp black peppercorns
- 10 cloves
- 1 cinnamon stick, snapped in half
- 1 bag of white potatoes
- Olive oil, salt and pepper

**Brought to you by Co-op
Foodology**

Cook along with Co-op: <https://coop.co.uk/easy-main-course-cooking-demo>