

Verza al Forno

The cabbage dish that convinces even doubters!

Ingredients for 4 people

- Oil a large gratin dish
Preheat the oven to 200 degrees
- 1 savoy cabbage, as fresh as possible, cut into 4 wedges.
Cut out the inside of the stalk, but so that it still holds together,
put the wedges into the dish, salt them well,
- 1 tsp fennel seeds scatter over them, and with
5 – 6 tbsp olive oil drizzle the wedges.
Put the dish into the oven for 15 – 20 minutes, until the wedges are well browned.
- In the meantime
- 200 g tangy mountain cheese, grate on the coarse grater
600 g ! cream season with a little nutmeg and a little salt
- take the dish out of the oven
pour the cream over the wedges
and scatter the cheese over them.
- Finish baking in the oven for about 20 minutes.
- Serve with mashed potato, polenta or simply with plenty of bread.



VERONICA'S TIP

The sauce is delicious – so be sure to eat it up / mop it up. That is why a modest quarter of a cabbage per person is enough. If there are just two of you, the other half makes a delicious tart or a pasta sauce.
(after an idea from the NZZ)