

Drop in with **Dirk**



Dirk Lakeman

**COMMUNITY
NETWORK**

**A quenelle of minced pork,
wrapped in cabbage.**

A very simple and inexpensive
quenelle of minced pork, wrapped
in cabbage. A light, healthy meal
cooked in no time at all!

Ingredients

- A sweetheart cabbage
- 250 grams of minced pork/turkey
- 1 finely chopped onion
- 1 finely grated apple
- 4 cloves of garlic finely chopped
- Breadcrumbs
- 2 teaspoons of salt
- ½ teaspoon of ground black pepper
- ¾ teaspoon of ground cumin
- Mushrooms

Method

- Remove the stem from cabbage and remove the whole leaves.
- Take five of the largest leaves and put them in a pot of water with ½ teaspoon of salt.
- Boil for about five minutes (lid on) until they are soft and pliable.
- When they are on the cooker, mix the minced pork/turkey with chopped onion, grated apple, four cloves of garlic, breadcrumbs, two teaspoons of salt, ½ teaspoon of ground black pepper and ¾ teaspoon of ground cumin.
- Wrap the cold cabbage leaves around five pork/turkey parcels to make a quenelle shaped and steam them for about 25 to 30 minutes.
- Slice mushrooms and toss them in some flour. Sauté the mushrooms in butter.



**HEALTHY
EATING**

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- Add some stock or water, Worcester sauce and grainy mustard to give a perfect flavour.
- Alternatively mix a tin of chopped tomatoes with chopped onions, garlic, vinegar, salt, pepper, sugar and mixed herbs.
- Put them in the oven for 10 to 15 minutes and top the cabbage with the tomato concasse and some cheese.
- Serve with Penne Pasta or Potatoes.

Bon appétit!

*Enjoy this light, delicate
French dumpling dish.*



**HEALTHY
EATING**



*Buying milk directly from
local farmers is a simple way
to support local producers.*

*Where possible, choose
locally produced milk and
support the farmers who work
hard to provide fresh, quality
produce whilst helping to
sustain Northern Ireland's
farming communities.*



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