

INGREDIENTS

- 2 QUARTS CHICKEN STOCK
- 2 LBS GREEN CABBAGE (½ A MEDIUM HEAD)
- 2 LBS LEEKS (TWO BUNCHES)
- 1 YELLOW OR SWEET ONION, SLICED THINLY
- SALT AND FRESH GROUND PEPPER

**LEEK & CABBAGE SOUP**

*mmm...  
CABBAGE!  
Try some everyday.*

1. PLACE A LARGE POT OVER MEDIUM HEAT AND ADD THE CHICKEN STOCK. COVER WHILE YOU PREPARE THE VEGETABLES FOR THE SOUP.
2. CUT OUT THE CORE OF THE CABBAGE AND DISCARD. CUT INTO 1/2" PIECES.
3. CUT THE LEEK IN HALF AND RINSE UNDER RUNNING WATER. THEN CHOP THE HALVES INTO 1/2" PIECES, DISCARDING THE ROOT.
4. ADD ALL THE INGREDIENTS TO THE STOCK. COVER, BRING TO A BOIL, REDUCE HEAT TO ALLOW THE SOUP TO SIMMER FOR 45 MINUTES.
5. ADJUST SEASONING AS NECESSARY. SERVE.

RECIPE: WWW.HOME-ECIOL.COM DESIGN: COTTAGE-INDUSTRIALIST.COM

INGREDIENTS

- 1 LB POTATOES, UNPEELED
- 1 LB CABBAGE, SHREDDED
- 1 ONION, CHOPPED
- ~3 OZ CHEDDAR CHEESE, SHREDDED & DIVIDED (1 USED MORE)
- 1/4 CUP MILK
- 1 TBSP BUTTER
- SALT & PEPPER TO TASTE

**COLCANNON**

*not just for  
Irishmen anymore!*

1. BOIL THE POTATOES IN LIGHTLY SALTED WATER UNTIL TENDER, BUT NOT MUSHY. DRAIN, RESERVING THE WATER, AND SET ASIDE.
2. ADD THE CABBAGE AND ONION TO THE RESERVED WATER AND BOIL FOR ABOUT 5 MINUTES.
3. WHILE THE CABBAGE IS COOKING, PEEL AND MASH THE POTATOES WITH THE BUTTER AND MILK.
4. DRAIN THE CABBAGE/ONION AND ADD TO THE POTATOES, SALT AND PEPPER, ADD 1/3 OF THE CHEESE. STIR.
5. DUMP THE MIXTURE INTO A GREASED BAKING DISH, TOP WITH REMAINING CHEESE AND BAKE UNTIL THE CHEESE IS LIGHTLY BROWN AND BUBBLY. THERE IS NO PARTICULAR TEMP—WHATEVER YOUR OTHER ITEMS ARE COOKING AT IS JUST FINE (SOMEWHERE BETWEEN 350° AND 425°).

RECIPE: WWW.HOME-ECIOL.COM DESIGN: COTTAGE-INDUSTRIALIST.COM

INGREDIENTS

- 1 RUTABAGA, PEELED TRIMMED AND DICED
- WATER OR STOCK FOR STEAMING
- 1-2 TBSP BUTTER
- SALT & PEPPER TO TASTE

OPTIONAL: HERBS USED IN MAIN DISH (THYME OR ROSEMARY, FOR EXAMPLE)

**MASHED RUTABAGA**

*Try this as a  
seasonal variation  
on mashed potatoes!*

1. STEAM THE DICED RUTABAGA UNTIL FORK TENDER.
2. USE A STICK BLENDER OR FOOD PROCESSOR TO PUREE.
3. ADD BUTTER, SALT, PEPPER & OPTIONAL HERBS TO TASTE. SERVE HOT.

RECIPE: WWW.HOME-ECIOL.COM DESIGN: COTTAGE-INDUSTRIALIST.COM

INGREDIENTS

- 1 BUNCH BROCCOLI CUT INTO BITE-SIZED FLORETS, STEMS PEELED & CUT INTO 1/8" DISCS
- 1/4 CUP OLIVE OIL
- 2 CLOVES GARLIC, SMASHED
- PINCH CRUSHED RED PEPPER, OPTIONAL
- 1/8 CUP GRATED PARMESAN CHEESE
- SALT & FRESH GROUND PEPPER TO TASTE

**ROASTED BROCCOLI**

*I've heard  
broccoli makes  
you smarter!*

1. PREHEAT THE OVEN TO 425F.
2. PLACE THE BROCCOLI IN A LARGE BOWL.
3. OVER MEDIUM HEAT IN A SMALL, HEAVY SKILLET HEAT THE SMASHED GARLIC CLOVES AND OLIVE OIL FOR ABOUT 5 MINUTES. IMMEDIATELY REMOVE FROM THE HEAT IF THE GARLIC BEGINS TO BROWN—IT SHOULD BE GOLDEN. ADD THE CRUSHED RED PEPPER, IF DESIRED.
4. POUR THE HOT OLIVE OIL OVER THE BROCCOLI AND TOSS TO COAT EVENLY. SPREAD ON A BAKING SHEET, LIGHTLY SPRINKLE WITH SALT AND BAKE FOR 8 - 10 MINUTES, JUST UNTIL THE FLORETS BEGIN TO BROWN.
5. TOSS WITH PARMESAN CHEESE AND FRESH GROUND PEPPER. SERVE.

RECIPE: WWW.HOME-ECIOL.COM DESIGN: COTTAGE-INDUSTRIALIST.COM