

# Recipe's from our pub kitchen

by Amanda Pritchett

## Cauliflower, potato and cabbage stew with paprika, dill and sour cream

This is a hearty vegetable dish, flavoured and thickened with paprika. There are basically four types of paprika - smoked hot, smoked sweet, unsmoked sweet and unsmoked hot. This recipe calls for unsmoked sweet, and if you can get Hungarian, it is one of the best.

### Ingredients (Serves 6)

1.5 litre vegetable stock  
1 - 2 tsp salt (less if your stock is salty)  
70ml olive oil  
25g Hungarian unsmoked sweet paprika (about 7 teaspoons)  
2 tsp caraway seeds  
Chilli flakes (optional)  
30ml apple cider vinegar  
2 bay leaves  
2 onions chopped  
2 large carrots chopped  
2 large potatoes - cut into large chunks about 4cm  
1 small organic cauliflower - separate into large florets  
½ a savoy cabbage - remove the outer leaves for another dish - cut out the stalk and then into chunks.  
Black pepper  
Chopped Dill  
300ml sour cream - or for vegans - Greek oat yoghurt let down with a little water

### Method

In a large casserole dish, heat the oil and add the onions, carrots and 1 tsp salt. Stir well, turn down the heat to very low and place a lid on the dish. Cook for 10 minutes, stirring every now and then. When the onions are glossy and soft, turn up the heat a bit, add the caraway seeds and paprika, stir well to cook out the paprika without burning it - just half a minute or so, then immediately add the vinegar, then the stock and bring to the boil. Add a little more salt if your stock is unseasoned. Add the potatoes, and a pinch of chilli if you like heat, and put the lid back on to simmer for 10 mins. Add the cabbage and cauliflower remember to keep the lid on and cook for another 6-8 mins or until the cauliflower and potatoes are just tender. Turn off the heat and let it rest for a few hours.

Reheat gently with the lid on, adding a bit more stock if necessary - the sauce should be rich and not too wet. Just before serving, stir in 160ml sour cream /oat yoghurt, a few grinds of black pepper, and lots of chopped dill. Serve on its own, or with rye bread.