



*After eating my fare share of gray mushy braised cabbage I yearned for a change. This recipe is the change that occurred. It is tradition for my Scottish in laws to have either brussels sprouts or braised cabbage with Christmas lunch. A few years ago I introduced this recipe to them and now they make it for Christmas lunch every year. The only member of the family that is pushed out is Granny since she is from an era which appreciates well done vegetables.*

*This recipe does not have to be limited to the realm of Christmas lunch. It is an easy and versatile side dish anytime. Sautéed cabbage complements baked ham, roast beef, lamb, turkey, chicken, also both vegetarian (omit the Prosciutto ham for a completely vegetarian dish) and meat sausages.*

Serves 6 6oz. portions

### Ingredients

2 1/2 lb cabbage

3 oz Prosciutto or Parma Ham

2 tbsp dry white wine or chicken/vegetable stock

1 tbsp butter

1 tbsp olive oil

salt and pepper to taste

### Method

Preheat broiler on high. Place ham slices on tray covered with foil and cooking spray. Broil ham with caution for about 1 minute. Then using tongs turn each piece over and continue to broil for another minute. The thin slices crisp and brown very easy so take care not to burn. The Prosciutto will become brittle as it cools making it easy to crumble with your fingers.

Wash cabbage and cut into quarters, then cut away the core from each wedge. Thinly slice each quartered wedge short ways.

Heat a large skillet with a lid over medium heat, add butter and oil. Once butter has melted add cabbage, white wine, salt and pepper. Slightly stir until cabbage begins to wilt down.

Cover cabbage and cook 3-5 minutes over medium heat. The longer the cabbage cooks the texture will soften and the color will fade.

Once the cabbage has finished cooking serve with Prosciutto Ham sprinkled on the top.