

# One Dish Cabbage and Sausage Bake

In honor of St. Patrick's day we offer a load of cabbage cooked with flavorful meat. This time, sausage instead of corned beef. This recipe started with English writer Tamasin Day-Lewis (sister to Daniel) and ended up in the New York Times, which suggested par-boiling the cabbage before assembling the casserole. I don't parboil the cabbage. I layer it in a deep casserole with the sausage, sometimes adding sliced potatoes as well. I've also layered it with uncooked sausage in a slow-cooker to cook on high for 6 to 8 hours.

## Ingredients:

- 2 tablespoons olive oil
- 2 pounds coarse ground sausage of your choice (i.e. breakfast, chorizo, Italian, etc)
- 1 large green cabbage, about 4 pounds, cored and shredded
- 6 to 8 large cloves garlic
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper



## Cooking Instructions:

Heat oven to 300 degrees. Use olive oil to coat a baking dish somewhat larger than a 9- by 13-pan (or the inside of a slow cooker). Cook sausage in a wide, heavy skillet. Meanwhile cut the cabbage and peel the garlic. Place a thick layer of cabbage in the pan. Using a slotted spoon, remove sausage from pan and scatter half of it over cabbage. Add garlic and sprinkle with half the salt and pepper. Repeat layers, then top with last of cabbage. Cover tightly and cook 2 hours. Serves 8.

--Sarah Fritschner, Kentucky Food Writer