Cabbage Wedges with Creamy Mustard Potatoes

2 generous plates, each with 2 cabbage wedges and half the creamy potatoes · Active 25 min · Total 45 min

Skills: Everyday cooking

Ingredients

- 4 thick green cabbage wedges with a narrow strip of core attached (450 g trimmed)
- 2 teaspoons neutral oil (10 ml)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon ground black pepper (0.5 g)
- 1 lb 2 oz potatoes, scrubbed and cut into 3/4-inch/2 cm chunks (500 g)
- 1 tablespoon butter (14 g)
- 1 1/2 tablespoons all-purpose flour (12 g)
- 3/4 cup milk (180 ml)
- 1/2 cup reserved potato cooking water (120 ml)
- 1 tablespoon prepared mustard (15 g)

Set out

Large baking tray, Saucepan, Colander, Small saucepan, Whisk, Wide spatula

Allergens

Milk, Wheat, Mustard. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Pat cabbage dry, rub cut faces with oil and season with half the salt and the pepper. Place cut-side down on the tray. Roast for 30–35 minutes, turning carefully after 18 minutes, until the edges brown and a knife slides through the thick core.

2. Meanwhile put potatoes in a saucepan and cover with cold water. Bring to a boil and simmer for 12–15 minutes until tender but not collapsing. Reserve 1/2 cup/120 ml cooking water, then drain.

3. Melt butter in the small saucepan over medium-low heat. Stir in flour for 1 minute. Gradually whisk in milk and reserved potato water until smooth. Bring to a gentle simmer and cook for 3–4 minutes, stirring, until lightly thickened and no longer floury.

4. Stir in mustard and remaining salt, then fold in drained potatoes. Warm gently for 2–3 minutes without vigorous stirring. Divide creamy potatoes between two plates and place two hot cabbage wedges on each.

Keep the shopping simple

Use scrubbed potatoes if their skins are sound. This avoids peeling waste and does not require a special small-potato variety.

A useful detail

A knife should pass through the cabbage core without resistance. Brown outer leaves alone do not tell you that the center is ready.

Keep it well

Cool cabbage and potatoes promptly in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C throughout; loosen potatoes with a little milk or water, and reheat cabbage separately if you want to keep some browned edges.