

Cabbage, Potato and Leek Soup

By Melissa Clark

From the article "[Cabbage Flexes Its Muscles Three Ways](#),"

The New York Times, March 9, 2012

Yield: 4 servings

Time: 1 hour 20 minutes

INGREDIENTS

6 tablespoons unsalted butter
3 medium leeks, white and light green parts, thinly sliced
8 cups shredded cabbage
2 garlic cloves, finely chopped
2 medium russet potatoes, peeled and diced
2 cups chicken or vegetable stock
2 ½ teaspoons kosher salt
2 thyme branches
½ teaspoon black pepper
Grated Parmigiano-Reggiano, to serve

PREPARATION

1. Melt the butter in a large pot over medium-high heat, add the leeks and cook until soft and golden around the edges, 5 to 7 minutes. Add the cabbage and garlic and cook, stirring occasionally, until cabbage begins to caramelize, about 10 minutes.
2. Stir in potatoes, stock, 4 cups water, salt and thyme. Bring soup to a simmer and cook, partly covered, until potatoes begin to fall apart, 45 to 50 minutes. Add more water, as needed, to reach the desired consistency. Season with black pepper and serve, topped with cheese.

From the "Cooking Notes" that appears after the recipe, I followed a suggestion that recommended roasting the shredded cabbage in a 400° for 15 minutes. First, drizzle some olive oil over the cabbage and season salt and pepper then toss before roasting. You can even the finely chopped garlic to the mix.

Another suggestion was to add a rind of Parmesan cheese to the soup another layer of flavor.