

Miele

Caramelised witlof

By Maggie Beer

5 minutes

Preparation time

15 minutes

Cooking time

4 servings

Serves



INGREDIENTS

- 4 small to medium witlof, red or white
- 250 ml (1 cup) Maggie Beer Chicken Stock
- 1 tbsp cream
- Salt flakes and pepper, to taste
- 4 tbsp butter
- 1 tbsp Maggie Beer Extra Virgin Olive Oil

Miele Accessories

- Steam tray

METHOD

1. Split the witlof in half lengthwise leaving the core intact and arrange in a perforated steam tray and steam at 100°C for 5 minutes.
2. Bring the stock to the boil in a wide saucepan over high heat, Induction setting 8, simmer until reduced by a half, add the cream, season to taste.
3. Add 2 tbsp of butter and swirl gently to combine.
4. Add the witlof halves to the sauce and cook for 5 minutes on low to medium heat, Induction setting 4, turning 2-3 times to ensure the flavours are absorbed. Remove witlof from the pan and wipe clean.
5. Add the remaining butter back to the pan and bring to nut brown on medium-high heat, Induction setting 6, add the olive oil to stop burning.
6. Add the witlof to the brown butter, cut side down, 3-4 at a time, and continue to cook on medium to high heat, Induction setting 6, until the face of the witlof is evenly caramelised, approximately 5 minutes.
7. Remove from the brown butter and arrange on a warm serving plate. Serve warm drizzled with the remaining sauce from the pan.

Notes

- If the witlof is larger, extend the steaming step by 2-3 minutes to ensure the witlof has cooked through, this will keep the colour in the leaves even.
- Baby cos can be substituted for witlof.
- The caramelised witlof halves can be charred on the griddle plate for extra flavour.