LAZELL VINSON'S AWARD-WINNING CABBAGE CASSEROLE

Lazell Vinson—grandmother of Jessica Phillips, one of the authors of *Travels with Foxfire*—has been cooking since she was a little girl. She went from home chef to cooking at the historic Dillard House. Her award-winning recipes have been handed down from generation to generation, but the secret to their success has always been that they are made with love. We hope you enjoy her recipe for Cabbage Casserole which is included in the chapter featuring her in *Travels with Foxfire.*

INGREDIENTS:

1 large head of cabbage
1 teaspoon salt
½ stick margarine or butter
3 cups Basic White Sauce (below)
2 cups grated cheddar cheese
1 ½ cups buttered bread crumbs

METHOD:

Preheat oven to 300 degrees. Shred cabbage and cook it on the stovetop 5–8 minutes in boiling water with 1 teaspoon of salt (cabbage should remain crisp). Drain well. Layer half of the cabbage into a buttered 2-quart casserole dish. Pour half of the White Sauce over the cabbage to cover it. Then, add a second layer with the remaining cabbage, covered with the remaining sauce. Next, spread the cheese evenly over the second layer. Top with the bread crumbs. Bake in the oven for 15–20 minutes. This will feed about 8 people.

BASIC WHITE SAUCE

INGREDIENTS:

1 cup margarine
3 tablespoons all-purpose flour
Salt and pepper to taste
1 quart milk

METHOD:

Melt margarine in a sauce pot. Add the flour, salt, and pepper to make a paste. Add milk and cook until thick, stirring constantly.