

Recipes... NAPA CABBAGE



NOTES & TIPS: Often used raw in salads and slaws. It can be cooked by boiling or steaming to be eaten as a side dish or as an ingredient added to various Asian dishes. It is also pickled with spices to make Kimchi. Napa Cabbage can be stored in a plastic bag for 5 to 7 days in a refrigerator. Since it easily absorbs other odors, keep it wrapped securely to retain the best flavor. When you are ready to use, clean under running water, making sure to remove any excess water before using.

Napa Cabbage can be also be used as a substitute in any recipe that uses Cabbage.

NAPA CABBAGE SALAD

1 head napa cabbage
1 bunch minced green onions
1/3 cup butter
1 (3 ounce) package ramen noodles, broken
2 tablespoons sesame seeds
1 cup slivered almonds
1/4 cup cider vinegar
3/4 cup vegetable oil
1/2 cup sugar
2 tablespoons soy sauce

Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.

Preheat oven to 350 degrees F (175 degrees C).

Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.

Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.

Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

SNOW PEA AND NAPA CABBAGE SLAW

1/2 pound snow peas
1 1/2 pounds shredded cabbage
2 carrots, shredded
1 green bell pepper, thinly sliced
3 green onions, chopped
1 tablespoon lemon juice
1 tablespoon rice wine vinegar
3 tablespoons olive oil

In a large pot of boiling water, blanch snow peas 15 seconds, strain and transfer to a bowl of cold water to chill. Drain and slice thin.

In a large bowl, combine the snow peas, cabbage, carrots, bell pepper, green onions, lemon juice, vinegar and olive oil. Add salt and pepper to taste; toss and serve chilled.



SWEET & SPICY PORK AND NAPA CABBAGE STIR-FRY

12 ounces dry Chinese noodles
3 tablespoons soy sauce
3/4 cup sweet chili sauce
1/2 teaspoon garlic powder
1/4 teaspoon ground ginger
3 tablespoons sesame oil
1/2 cup soy sauce
1/2 teaspoon garlic powder
1 (1 pound) pork loin, cut into 2-inch strips
2 tablespoons cooking oil
2 onions, cut into bite-size pieces
1/8 teaspoon crushed red pepper flakes
3 tablespoons sweet chili sauce
3 cups chopped napa cabbage
3/4 cup sliced celery
1 cup sliced carrots
3 red bell peppers, chopped
2 teaspoons cornstarch
1/4 cup cold water

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the Chinese noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.

Whisk together the 3 tablespoons soy sauce, 3/4 cup sweet chili sauce, 1/2 teaspoon garlic powder, the ground ginger, and the sesame oil in a large bowl; add the drained Chinese noodles and toss to coat; set aside

Whisk together the 1/2 cup soy sauce and 1/2 teaspoon garlic powder in a large bowl; add the pork and stir to coat. Allow to marinate 5 minutes.

Heat the cooking oil in a wok or a large, deep skillet over medium-high heat. Add the pork, onions, and red pepper flakes to the oil; cook until the pork is browned completely. Stir in 3 tablespoons sweet chili sauce, the napa cabbage, celery, carrots, and bell peppers; cook and stir until vegetables are completely heated, about 5 minutes.

Whisk together the cornstarch and water and add to the stir fry, stirring until the mixture thickens. Serve the stir-fry over the noodles.

NAPA CABBAGE SALAD WITH LEMON-PISTACHIO VINAIGRETTE

1 teaspoon lemon zest
1 tablespoon lemon juice
1 tablespoon pistachio oil
3 cups thinly sliced napa cabbage
2 cups thinly sliced romaine lettuce leaves
1/4 cup chopped fresh Italian flat-leaf parsley
1 tablespoon finely sliced fresh basil
1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
2 tablespoons chopped pistachios

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In a small bowl, whisk together lemon zest and lemon juice. Slowly drizzle in the pistachio oil, whisking constantly, until the dressing is mixed well.

In a large bowl, toss together the sliced napa cabbage, sliced romaine lettuce, parsley and basil. Mix in the dressing, salt and pepper. Gently toss until dressing is distributed evenly. Top with chopped pistachios. Enjoy!

ASIAN CHICKEN SALAD

Dressing

- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons rice-wine vinegar
- 1 1/2 tablespoons brown sugar
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons chile-garlic sauce (see Ingredient notes)
- 3 tablespoons canola oil
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 tablespoon tahini paste
- 3/4 cup reduced-sodium chicken broth or reserved chicken-poaching liquid

Salad

- 2 tablespoons sesame seeds
- 8 cups shredded napa cabbage (1 small head; see Ingredient notes)
- 1 1/2 cups grated carrots (2-3 medium)
- 5 radishes, sliced (about 1 cup)
- 1/2 cup chopped scallions
- 3 1/2 cups shredded skinless cooked chicken (about 1 1/2 pounds boneless, skinless chicken breast)

To prepare dressing: Combine soy sauce, vinegar, brown sugar, sesame oil and chile-garlic sauce in a glass measuring cup; stir to blend. Heat canola oil in a small saucepan over medium-high heat. Add ginger and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add the soy sauce mixture to the pan; bring to a simmer. Whisk in tahini and broth (or poaching liquid); cook until reduced slightly, 3 to 4 minutes. Let cool.

To prepare salad: Heat a small dry skillet over medium-low heat. Add sesame seeds and cook, stirring, until lightly browned and fragrant, 1 to 2 minutes. Transfer to a small plate to cool.

Combine cabbage, carrots, radishes, scallions and chicken in a large shallow bowl. Stir dressing to recombine and drizzle over the salad; toss to coat. Sprinkle the sesame seeds on top.

SESAME-GINGER DRESSING

Mix this zippy dressing with shredded napa cabbage for an Asian slaw.

- 1 garlic clove
- 1/2 cup reduced-fat mayonnaise
- 1 tablespoon minced fresh ginger
- 1 tablespoon chopped scallions
- 1 1/2 teaspoons rice wine vinegar
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey

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Mash the garlic clove and rub the inside of a small bowl with it; discard. Add mayonnaise to the bowl along with ginger, scallions, vinegar, soy sauce, sesame oil, mustard and honey; stir to blend.

CHINESE PORK & VEGETABLE HOT POT

2 cups baby carrots
2 medium white turnips (8 ounces total), peeled and cut into 3/4-inch-wide wedges
2 1/4 pounds boneless pork shoulder (picnic or Boston-butt), trimmed and cut into 1 1/2-inch chunks
1 bunch scallions, sliced, white and green parts separated
2 cups chicken broth
1/2 cup water
1/4 cup reduced-sodium soy sauce
3 tablespoons medium or dry sherry
4 teaspoons brown sugar
2 tablespoons minced fresh ginger
1 tablespoon rice vinegar
2-4 teaspoons Chinese chile-garlic sauce
4 cloves garlic, minced
1 star anise pod or 1 teaspoon aniseed
1 cinnamon stick
4 teaspoons cornstarch mixed with 2 tablespoons water
2 tablespoons toasted sesame seeds for garnish

Place carrots and turnips in the bottom and up the sides of a 4-quart or larger slow cooker. Top with pork and scallion whites. Bring broth, water, soy sauce, sherry, brown sugar, ginger, vinegar, chile-garlic sauce to taste and garlic to a simmer in a medium saucepan over medium-high heat. Pour over the pork and vegetables. Nestle star anise pod (or aniseed) and cinnamon stick into the stew. Cover and cook until the pork and vegetables are tender, 3 to 3 1/2 hours on high or 5 1/2 to 6 hours on low.

Discard the star anise pod and cinnamon stick. Skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture, cover and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with scallion greens and sesame seeds.