

# Recipes... **RED CABBAGE**



**NOTES & TIPS:** Use red cabbage leaves to hold side dishes or salads on the plate for an attractive and colorful accent. Cabbage heads can be hollowed out and used as unique serving containers for cold dips and spreads.

Red cabbage can be used interchangeably in most standard cabbage recipes but be aware that the color will leach into any other ingredients. Red and purple cabbages take longer to mature, so these types are generally not as tender as green or white varieties.

Many cooks prefer to trim away the bitter white core of the cabbage before shredding or cooking. If you need the leaves whole to stuff, you'll find it easier to separate them if you core the cabbage and plunge into boiling water for one minute. Drain well, blot dry, and proceed to separate the leaves. Repeat as necessary the closer you get to the center of the cabbage.

## **RED CABBAGE SALAD**

1/2 red cabbage, thinly sliced  
1 red onion, thinly sliced  
2 tbsp olive oil  
2-3 tbsp light red wine vinegar  
1 tsp salt  
1 tsp pepper

Slice red cabbage and onion into thin pieces and place in a large salad bowl. Add olive oil, red wine vinegar, salt, and pepper to taste mixing all ingredients together. Serve right away and enjoy.

## **RED CABBAGE**

1 med. onion, chopped  
1/2 to 3/4 stick butter  
1 tbsp. granulated sugar  
2 tbsp. brown sugar  
1 to 2 tbsp. lemon juice  
2 to 3 tbsp. vinegar  
Salt, pepper

Saute onions in butter. Place all ingredients in a baking dish and mix well. Cover the dish and bake at 350 degrees about 1 1/4 hours. After 45 minutes, stir and taste the cabbage. Adjust seasonings as needed and continue baking.

## **RED SEA CABBAGE**

1/3 c. cooking oil  
1 c. chopped onion  
2 tbsp. honey  
1 tbsp. vinegar  
1 tbsp. salt  
2 lbs. red cabbage  
2 c. apples, peeled, diced

Heat oil in Dutch oven or heavy pot. Add onion and cook until tender. Stir in honey, vinegar and salt. Add red cabbage and apples. Cook over low heat, stirring occasionally, until the cabbage is tender, about 1 hour.

## **RED CABBAGE WITH GINGER AND BALSAMIC VINEGAR**

# Recipes... **RED CABBAGE**



2 tbsp. (1/4 stick) unsalted butter  
1/4 c. olive oil  
3/4 c. chopped red onions  
1 head red cabbage, shredded  
1 tsp. grated peeled fresh ginger  
1 c. dry red wine  
3 tbsp. firmly packed brown sugar  
Salt and freshly ground pepper  
1/4 c. balsamic vinegar

Melt butter with oil in heavy large skillet over medium heat. Add onion and saute until tender, about 6 minutes. Increase heat to high. Add cabbage and ginger and cook until cabbage is tender, stirring frequently, about 6 minutes. Reduce heat to medium, add red wine and boil until wine evaporates and cabbage appears dry, stirring occasionally, about 4 minutes. Reduce heat, cover and simmer 10 minutes. Add sugar, season with salt and pepper; transfer cabbage to large bowl. Cover and refrigerate overnight. Cook cabbage in heavy skillet over medium heat until heated through, stirring occasionally; mix in vinegar, taste and adjust seasoning.

## **RED CABBAGE COOKED WITH CIDER AND APPLE**

2 lbs. red cabbage (discard coarse outer leaves), coarsely chopped  
4 tbsp. butter  
1 med. onion, chopped  
2 tart cooking apples, chopped  
1/2 tsp. salt  
4 tbsp. brown sugar  
1 c. cider  
2 tbsp. cider vinegar

Place cabbage in colander. Rinse thoroughly. Drain well. Melt butter in a large skillet. Saute onion until tender but not brown. Add cabbage and remaining ingredients. Cover. Cook slowly until cabbage is tender and liquid is reduced, about 1 hour. Cabbage should be a rich, red color and sauce just enough to moisten the vegetable.

## **RED CABBAGE-ASPARAGUS SALAD WITH TAHINI DRESSING**

1 bunch asparagus, ends trimmed  
2 tablespoons tahini  
1 tablespoon water  
2 tablespoons lemon juice  
1 clove minced garlic  
white sugar to taste  
3/4 pound thinly sliced red cabbage  
2 radishes, thinly sliced  
2 green onions, sliced  
2 tablespoons crumbled feta  
1/4 cup toasted pine nuts  
2 sprigs dill, chopped

Bring a large pot of salted water to a boil over high heat. Blanch asparagus until just tender, drain, and immediately plunge into ice water to stop the cooking process. When the asparagus is cold, drain and slice on the diagonal into 1-inch pieces.

In a small bowl, stir together tahini, water, lemon juice, and garlic. Stir in sugar to taste.

# Recipes... **RED CABBAGE**



Toss together asparagus, red cabbage, radishes, green onions, feta, pine nuts, and dill in a large bowl. Pour in tahini dressing and mix to combine.

## **RED CABBAGE SALAD**

1/2 pound bacon  
1 large head red cabbage, shredded  
1 small head cauliflower, chopped  
1 (8 ounce) bottle Italian-style salad dressing  
1 (6 ounce) can French-fried onions  
1/4 teaspoon ground black pepper

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. In a mixing bowl, combine cabbage and dressing. Toss and refrigerate overnight.

Before serving, toss together chilled cabbage and dressing with cauliflower, French fried onions, bacon and pepper.

## **SPICED RED CABBAGE**

1/2 medium head red cabbage, diced  
1 tablespoon vegetable oil  
1/2 cup chopped onion  
1 medium tart apples, peeled and quartered  
3 tablespoons tarragon or red wine vinegar  
1 tablespoon sugar  
1 bay leaf  
1 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon ground cloves

Place cabbage in a large kettle of boiling salted water; boil for 1 minute. Drain. return to kettle; stir in remaining ingredients. Cover and simmer for 1 hour or until cabbage is tender. Remove bay leaf.

## **TANGY RED CABBAGE**

1/4 cup balsamic vinegar  
1/4 cup olive oil  
1/4 cup light soy sauce  
1 small head red cabbage, cored and shredded

Mix the balsamic vinegar, olive oil, and soy sauce in a bowl. Place the shredded cabbage in a separate bowl. Pour balsamic vinegar mixture over the cabbage, and toss to coat.

## **SAUSAGE SMOTHERED IN RED CABBAGE**

1 small head red cabbage, shredded  
1 apple, cored and diced  
3 teaspoons salt, divided  
1 tablespoon lemon juice  
1/2 cup water  
1 tablespoon butter

# Recipes... **RED CABBAGE**



- 1 small onion, chopped
- 1/8 teaspoon ground black pepper
- 1 tablespoon wine vinegar
- 1 pound kielbasa sausage, cut into 1 inch pieces

Place the cabbage in a large kettle, and add the diced apple, 2 teaspoons of the salt, lemon juice, and 1/2 cup water. Bring to a boil then simmer, covered, about 15 minutes stirring occasionally.

In hot butter, saute the onion until golden. Add the onion to the cabbage along with 1 teaspoon salt, pepper, vinegar and sausage. Cook, covered, 20 to 30 minutes until sausage is heated through. To serve, spoon the cabbage onto a heated platter, topping it with the sausage.

## **PORK SAUSAGE AND CABBAGE PITAS**

- 1 1/2 pounds ground pork sausage
  - 1 medium head cabbage, shredded
  - 1 small onion, chopped
  - 1 tablespoon crushed red pepper
  - 1 tablespoon white sugar
  - salt to taste
  - 1/2 cup water
  - 1/3 cup sour cream
  - 1 (8 ounce) package pitas, halved
- Add to Recipe Box

In skillet, brown pork sausage, drain and set aside.

Combine in wok or skillet: Shredded cabbage, onion, crushed red pepper, sugar, salt, and water. Steam covered for approximately 20 minutes or until cabbage is tender; stirring occasionally.

Return pork sausage to wok or skillet with cabbage mixture and add sour cream; mix well. Serve stuffed inside warmed pita bread.