

Recipes... CABBAGE



Bok Choy: Chinese cabbage with dark green leaves and white stems; leaves are held together loosely. Chinese cabbages include the slightly crinkled Napa (or Napa), the tall Michihli (also called celery cabbage), the flat cabbage, the flowering white cabbage, Pe-tsai, Tai-sai, Lei-choi, and Pakchoi, also known as bok choy.

Green Cabbage: Most common variety; pale green in color; leaves are usually tightly compacted

Napa Cabbage: Chinese cabbage with pale green crinkled leaves; elongated compact shape; white stems

Red Cabbage: Dark purple red in color; similar in taste to the green cabbage; leaves are coarser than green cabbage

Savoy Cabbage: Green-yellow, crinkled leaves; less compact than the green cabbage

NOTES & TIPS: 1-1/2 pounds of cabbage is equivalent to 8 cups shredded. For storage, place cabbage in a paper bag and keep in the refrigerator or vegetable crisper. Cabbage has an exceptionally high source of vitamin C. 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. When cutting cabbage, a stainless steel knife should be used because if the knife is carbon steel, the cut edges of the cabbage will turn black.

COOKED CABBAGE

Wash cabbage and cut into pieces or wedges. Put about 1" water in the bottom of a heavy non-reactive pan, add cabbage and salt if you like (I always do), put lid on pan, turn burner on high, when boiling turn heat down to medium (make sure you don't cook all of the water out, but resist lifting the lid too often), done in about 10 minutes. This is basically steaming without the steamer basket so if you have a steamer basket you can use that instead.

PORK STUFFED CABBAGE ROLLS

2 lbs sauerkraut
1 large head green cabbage
2 tbsp olive oil
1 cup finely chopped onions
1/4 tsp of finely chopped garlic
1 lb ground lean pork
1/4 cup rice, cooked in boiling salted water (yielding 3/4 cup cooked)

Recipes... **CABBAGE**



2 lightly beaten eggs
2 tbsp sweet Hungarian paprika
1/8 tsp marjoram
1 tsp salt
freshly ground pepper
1 cup water mixed with 1 cup tomato puree
1 cup sour cream

Rinse the sauerkraut in cold water. If needed, soak in cold water 10-20 minutes to reduce sourness. Squeeze dry and set aside. In a large saucepan, bring to a boil enough salted water to cover the cabbage. Add the cabbage, turn the heat to low and simmer 8 minutes. Remove the cabbage and let it drain while it cools enough to handle. Pull off 16 large unbroken leaves and lay them on paper towels to drain and cool further.

In a 10-inch skillet, saute the onions and garlic in olive oil, until the onions are lightly colored. In a large mixing bowl, combine the pork, rice, eggs, paprika, marjoram, the onion-garlic mixture, salt and a few grindings of black pepper. Mix well with a fork or wooden spoon.

Place 2 tablespoons of the stuffing in the center of one of the wilted cabbage leaves and, beginning with the thick end of the leaf, fold over the sides, then roll the whole leaf tightly, as you would a small bundle. Repeat with more leaves until all the stuffing has been used.

Spread the sauerkraut on the bottom of a 5-quart casserole and arrange the cabbage rolls on top of it. Add the water mixed with the tomato puree. Bring the liquid to a boil, then cover the pan tightly and cook the stuffed cabbage over low heat for 1 hour. Transfer the rolls from the casserole to a warm plate. Stir in the sour cream to the sauerkraut. Simmer another 5 minutes. Lift the sauerkraut onto a serving platter with a slotted spoon. Arrange the cabbage rolls on the sauerkraut and pour some of the sauce over them. Serve the rest of the sauce in a sauceboat.

BRAISED CABBAGE AND SAUSAGES



1 medium head cabbage, thinly sliced
1 cup water
1/4 cup olive oil
1 cup dry white wine
Salt
A generous pinch of dried red pepper flakes
4 Italian sausages, sweet or hot
Handful of grape tomatoes or cherry tomatoes

Recipes... **CABBAGE**



Start by cutting the cabbage into halves and remove the core. Then slice the cabbage into thin strips. Place them on the pan or skillet. To cook, add oil, water, wine and season it with salt & pepper. If you want it spicy then you can add red pepper flakes as well. Cover over medium heat.

While that's happening, Pour olive oil on a pan and brown the sausages on all sides. Cut the tomatoes in half then cook them in the sausage oil. After browning the sausage and lightly cooking the tomatoes add them both and the rest of the content to where the cabbage is. Cover it up and cook it until the sausage are cooked thoroughly. The cabbage should be soft. The whole process should take about 20 minutes. bon appetit!

SWEET AND SOUR CABBAGE WEDGES



2 tablespoons olive oil
1/2 head green cabbage, quartered through the core
1/2 cup cider vinegar
2 tablespoons sugar
course salt and ground pepper

Start by putting olive oil in a pan (skillet can be used) over medium heat. Then add the cabbage and cook it until it's golden brown. Around 3 minutes per each side. Then add vinegar, sugar and 1.5 cups of water. Bring to a simmer. Cook the cabbage until it is tender. You can use a shopstick or fork to test it. Cook about 12 to 15 minutes then serve with salt and pepper. You can also replace the salt with soy sauce which I do from time to time.

CABBAGE AND CARROT SALAD



This is a very healthy and easy salad to make. Great for lunch time and light snacking.

1 pound Napa or Savoy cabbage, cored and shredded
2 carrots, peeled and grated

Recipes... **CABBAGE**



2 or 3 scallions, minced
1/4 to 1/3 cup peanut (preferred) or canola oil
2 tablespoons freshly squeezed lime juice
1 teaspoon soy sauce
Salt and freshly ground pepper to taste

Start by combining the vegetables in a bowl. Then mix the oil, lime juice and soy sauce. The original recipe says you can add salt but I think the soy sauce is good enough. Add fresh ground black pepper if you wish. Toss the veggies and dressing then serve cold.

SISTER SLAW

1 bunch Lacinato kale (dinosaur kale), shredded
1/2 head green cabbage, shredded
1/2 head red cabbage, shredded
2 carrots, shredded
1 small red onion, minced
2/3 cup olive oil
1/3 cup balsamic vinegar
1 tablespoon fresh lime juice
1 teaspoon maple syrup
1 pinch salt
1 pinch ground black pepper

Stir together the kale, green cabbage, red cabbage, carrots, and onion in a very large bowl; set aside. Whisk together the olive oil, vinegar, lime juice, maple syrup, salt, and pepper. Pour the dressing over the vegetables, and stir thoroughly, making sure to coat the vegetables very well. Chill in the refrigerator for two hours before serving.

CHINESE CABBAGE SALAD

1 (3 ounce) package ramen noodles, crushed
10 ounces cashew pieces
1 (16 ounce) package shredded coleslaw mix (or 5 cups of shredded cabbage)
1 bunch green onions, chopped
1/2 cup white sugar
1/2 cup vegetable oil
1/4 cup cider vinegar
1 tablespoon soy sauce

In a preheated 350 degree F oven (175 degree C), toast the crushed noodles and nuts until golden brown. In a large bowl, combine the coleslaw, green onions, toasted ramen noodles and cashews. To prepare the dressing, whisk together the sugar, oil, vinegar and soy sauce. Pour the dressing over the salad, toss and serve.

MARINATED COLE SLAW

1 med. head cabbage, shredded
1 med. onion, sliced thin

Cover this with 1/2 cup sugar.

Recipes... **CABBAGE**



Bring to boil:

- 1 c. mild vinegar
- 1 tbsp. sugar
- 1 tsp. prepared mustard
- 1 tbsp. celery seed
- 1 tbsp. salt
- 1 c. salad oil

Pour over cabbage mixture while hot. Seal and refrigerate overnight. Very good.

CABBAGE AND SPINACH SALAD WITH DRESSING

- 1/4 c. olive oil
- 1 tbsp. minced fresh parsley
- Salt & freshly ground pepper
- 2 oz. green olives
- 2 oz. spinach, stemmed & torn into pieces
- 2 tbsp. fresh lemon juice
- 2 tsp. minced fresh thyme
- 1/2 sm. head green cabbage, shredded
- 1/2 sm. red onion, thinly sliced
- Onion & garlic croutons

Mix olive oil, lemon juice, parsley and thyme in blender until slightly thickened. Season dressing with salt and pepper. Mix cabbage, olives and onion in bowl. Add dressing and toss. Just before serving, add spinach and croutons; toss together.

CABBAGE AND FRUIT SALAD WITH SOUR CREAM DRESSING

- 2 cups raw cabbage, shredded
- 1 medium apple, peeled and diced
- 1 tablespoon lemon Juice
- 1/2 cup raisins
- 1/4 cup pineapple juice
- 1 1/2 teaspoon lemon juice
- 1/4 teaspoon salt
- 1 tablespoon sugar
- 1/2 cup sour cream

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

CARROT, POTATO AND CABBAGE SOUP

- 4 large carrots, thinly sliced
- 2 large potatoes, thinly sliced
- 1 large onion, thinly sliced
- 1/4 medium head green cabbage, thinly sliced
- 2 cloves garlic, smashed
- 6 cups chicken stock

Recipes... CABBAGE



1 tablespoon olive oil
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1 teaspoon dried parsley
1 teaspoon salt
ground black pepper to taste

Combine the carrots, potatoes, onion, cabbage, garlic, chicken stock, olive oil, thyme, basil, parsley, salt, and pepper in a stock pot over medium-high heat; bring to a simmer and cook until the carrots are tender, about 20 minutes. Transfer to a blender in small batches and blend until smooth.

CREAMED CABBAGE SOUP

2 cups chicken broth
1 medium onion, diced
1 cup diced celery
1 medium head cabbage, shredded
1 carrot, diced
1/4 cup butter or margarine
3 tablespoons all-purpose flour
1 cup milk
2 cups light cream
2 cups diced fully cooked ham
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon dried thyme
Chopped fresh parsley

In a large kettle, combine broth and vegetables. Cover and simmer until vegetables are tender, about 20 minutes. In a saucepan, melt butter stir in flour. Gradually add milk and cream; cook and stir until thickened. Stir into vegetable mixture. Add ham, salt, pepper and thyme; heat through. Garnish with parsley.

CABBAGE AND RICE SOUP

3 tbsp. margarine
4 to 5 c. shredded cabbage
1 c. onion, thinly sliced
4 cans (13 3/4 oz.) each, chicken or beef broth
1/8 tsp. freshly ground pepper
1/8 tsp. ground nutmeg
1/2 c. long grain rice
1 c. shredded Swiss or Gruyere cheese

Melt margarine in 4 quart kettle. Rinse cabbage in cold water and drain leaving a little water clinging to the cabbage. Add cabbage and onion to kettle. Cover, cook over medium heat, stirring occasionally, until golden and almost tender, about 10 minutes. Add broth, pepper and nutmeg. Cover and simmer about 10 minutes. Add rice and continue simmering covered 15 to 20 minutes or until rice is tender. Stir frequently to keep rice separated. Season with salt and pepper to taste. Serve in deep soup bowls sprinkled with the grated cheese.

HOMEMADE VEGGIE CABBAGE SOUP

Recipes... **CABBAGE**



1 lb. beef cubes (sm.)
1 can tomato paste
1 sm. head cabbage
4-5 med. carrots, peeled & sliced
Fresh or frozen peas, corn, limas, green beans or any veggie you want
1 1/2 c. shell noodles
2-3 stalks celery, chopped
1 med. onion, diced
1/2 tsp. salt
1/8 tsp. garlic powder
1/8 tsp. pepper
1/8 tsp. oregano
1/8 tsp. parsley flakes
Use any veggies you want

Fry beef cubes and onions in Dutch oven until brown. Add water about 1/2 pan. Add veggies and seasonings. Bring to boil, lower heat and simmer 2-3 hours. Add tomato paste and stir well. Let simmer another 1/2 hour and noodles and cook until soft. Serve. Freezes nicely.

CABBAGE SAUTE

1 medium onion, chopped
2 tablespoons butter
4 medium carrots, thinly sliced
6 cups chopped cabbage
1/2 cup chicken broth
1 teaspoon salt
1 teaspoon sugar

In a large skillet, saute onion in butter until tender. Add carrots; cook and stir for 2-3 minutes. Stir in the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 5-7 minutes or until vegetables are tender. Serve with a slotted spoon.

BRAISED RED CABBAGE & APPLES

1 small Red cabbage; quartered
1/2 Onion, peeled and sliced thin
3 McIntosh apples, peeled, sliced thin
1/4 cup of firmly packed brown sugar
1 teaspoon of salt
Pepper to taste
1/4 cup of red wine vinegar
1 cup of chicken stock

Place cabbage, onions, and apples into a baking pan. In a saucepan, combine sugar, salt, pepper, red wine vinegar and chicken stock. Heat until sugar is dissolved. Pour the liquid over the cabbage mixture. Cover and bake in a preheated 350°F oven for 1 hour, until cabbage is soft.

CREAMED CABBAGE CASSEROLE

Recipes... CABBAGE



1 medium Cabbage, chopped
2 tablespoons of butter
2 tablespoons of flour
1/4 teaspoon of salt
1 cup of milk
1 cup of grated American cheese
1 cup of buttered bread crumbs

Boil the cabbage in salted water until tender, drain. melt the butter, blend in flour and salt. Gradually add milk, cook until thickened, stirring constantly. Fold in cheese, stir until melted. Pour cream sauce over cabbage in casserole, top with crumbs. Bake at 375°F for 40 minutes.

CORNED BEEF & CABBAGE

3 carrots, cut into thick slices
One 3 pound corned beef brisket
2 medium onions, quartered
1 cup of water
1/2 to 1 small head of cabbage, cut into wedges

Place all of the ingredients, except the cabbage wedges into your crock pot in the order listed above. Cover and cook on LOW 8 to 10 hours (HIGH 5 to 6). Add the cabbage wedges to the liquid, pushing down to moisten. Turn to HIGH and cook and additional 2 to 3 hours. Serve and Enjoy!

HUGARIAN STUFFED HEAD OF CABBAGE

1 head of cabbage, cored
2 cups of cooked brown rice
Sea salt to taste
freshly ground black pepper, for taste
1 teaspoon of fresh minced garlic
1/8 teaspoon of minced fresh ginger
1 teaspoon of sesame oil
1/4 teaspoon of soy sauce
1/4 cup of peas

Sweet and sour sauce Ingredients:

2 teaspoons of honey
1 teaspoon of tamari
1 teaspoon of dried mint
1/4 teaspoon of dried oregano
1/4 cup of firm tofu, grated
curly parsley for garnish

To remove the core from the cabbage, heat boiling salted water and cook the cabbage until it is tender. Drain the water and scoop out the center. Season the cooked rice with sea salt, pepper, garlic, ginger, sesame oil and soy sauce. Stuff the rice into the cabbage and add the peas. Place the cabbage into a deep baking dish. To prepare the sauce, mix the honey, tamari, mint and oregano together. Preheat your oven to 350°F. Cover the cabbage with the sweet and sour sauce and top with grated tofu. Bake for 20 minutes. Garnish with the curly parsley.

Recipes... CABBAGE



STIR FRIED CABBAGE WITH SQUASH

2 c. cut up yellow straight neck squash, 2 x 1/4 inch strips
1/4 tsp. salt, divided
Dash each ground thyme & white & black pepper
1 c. thinly sliced red cabbage
1/4 tsp. lemon juice
1/4 tsp. chopped fresh parsley

Heat skillet sprayed with oil, add squash, 1/8 teaspoon salt, thyme and peppers. Saute over high heat until squash is tender, but not limp, 1 to 2 minutes. Do not over cook. Transfer squash to plate and set aside. Reduce heat to medium and combine cabbage mixture and heat thoroughly.

BAKED CABBAGE

1 large head green cabbage
4 small red tomatoes, diced
1 small white onion, chopped
1/2 teaspoon garlic powder
1/2 teaspoon salt
1 teaspoon black pepper
1/8 teaspoon cumin
1/8 teaspoon caraway seed
1/8 cup water or chicken stock

Preheat oven to 325 degrees.

Quarter the cabbage and boil it in a large pot for 10 minutes. Remove cabbage sections and place in a shallow baking dish. Combine other ingredients in small bowl and pour over cabbage. Bake for 30 minutes, or until liquid is absorbed. Turn cabbage pieces halfway through cooking time so top side does not overcook.