
Cabbage 101

So much more than coleslaw.



THE 4 KINDS OF CABBAGE



Napa Cabbage:
Oblong shape, thick stems; also called Chinese Cabbage

Green Cabbage:
Wide fan-like leaves; industry standard;

Red Cabbage:
Dark, red-purple leaves with earthy taste; color bleeds

Savoy Cabbage:
Green, crinkled leaves with more tender flavor

How to store:

Cabbage has a remarkable storage capacity. Just stick dry, unwashed cabbage heads in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Cabbage can be kept for 3 months with high humidity! If you cut the cabbage head, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several weeks. Chinese cabbage is kept in the fridge for a week.

Best Uses:

Sauerkraut
Soups
Stews
Coleslaw or cabbage slaws
Stir fries
Shredded in Salad

Corned Beef & Cabbage Hash
Stir fry noodles with cabbage
Roasted cabbage wedges
Fish tacos
Braised red cabbage
Kimchi

CABBAGE

Brassicaceae

Nutritional Snapshot

- Good source of fibre, vitamin C, K, folate, magnesium, B6, calcium, potassium and manganese
- B6 and folate are essential for many important processes in the body, including energy metabolism and the normal functioning of the nervous system

Medicinal Uses

- Sulforaphane, kaempferol, and other antioxidants are likely responsible for their anti-inflammatory effect
- Insoluble fiber helps keep the digestive system healthy by adding bulk to stool and promoting regular bowel movements
- Contains more than 36 different kinds of potent anthocyanins, making it an excellent choice for heart health

Preparing Cabbage:

Rinse the cabbage under cold water before use. Cut the cabbage head first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base.

Substitutes:

Green and red cabbage, collards, kohlrabi, broccoli, Brussels sprouts, cauliflower, and kale.

How to Freeze Cabbage:

Rinse the cabbage and cut it into quarters, wedges, or shred it. Choose how to cut your heads based on your end use. Cook in a boiling pot of water for 90 seconds. Douse in ice water to

stop the cooking process. Drain the cabbage and dry as much as possible. Place in Ziploc freezer bags based on the portions you plan to use, and remove as much air as possible. Put it in the freezer.

Suggested Recipes:

Braised Red Cabbage with Bacon

Ingredients:

4 ounces bacon (about 4 slices), cut crosswise into 1/2-inch pieces

1 medium onion, thinly sliced

1 head red cabbage (2 1/4 pounds), halved, cored, and cut lengthwise into 1/2-inch-thick slices

1/2 cup cider vinegar

1/2 cup dry red wine

3/4 cup water

2 tablespoons dark-brown sugar

Coarse salt and freshly ground pepper

1 Golden Delicious apple, peeled, cored, and cut into 1/2-inch pieces (any apple will

do) **Directions:**

Cook bacon in a large pot over medium heat, stirring occasionally, until fat renders and bacon is crisp, about 8 minutes. Add onion, and cook, stirring occasionally, until translucent, about 3 minutes. Add cabbage, vinegar, wine, water, sugar, and 1 1/2 teaspoons salt; stir to combine. Raise heat to medium-high, cover, and cook for 5 minutes.

Reduce heat to medium-low, and continue to cook, covered, stirring occasionally, 30 minutes. Stir the apples into cabbage, and cook, covered, until cabbage and apples are tender, 25 to 35 minutes. Season with pepper.

EASY Stir-Fried Spicy Cabbage with Fried Eggs

Ingredients:

Vegetable oil

1/2 of a head of cabbage, shredded or chopped

Fennel, half bulb, chopped (optional)

Soy sauce (to taste) — a spoonful

Chili sauce/ sambal oelek (to taste) — a spoonful

2 eggs

Directions:

Place a wok over high heat. Let it heat thoroughly; it should even smell hot. Working quickly, pour in a glug of oil* and then immediately add the cabbage and the fennel, if using. Stir briefly to coat with oil, and then leave it alone for a minute or so, to allow the vegetables to begin to take on some color. Then add sambal oelek to taste, and stir again. (If you have a hood over your stove, turn on the fan! The hot sauce gives off spicy fumes.) Continue to cook until the vegetables are browned in spots and wilted. It won't take long. Then add a glug of soy sauce, and stir well again. Taste, and season with more soy sauce or salt as needed.

Serve hot or warm. Cook two fried eggs on the side and lay them over the top of the spicy cabbage. Call it dinner!

Cabbage Soup

Substitute homemade vegetable or chicken broth for the bouillon granules and water if you have them.

Ingredients:

3 tablespoons olive oil

1/2 onion, chopped

2 cloves garlic, chopped

2 quarts water

4 teaspoons chicken bouillon granules

1 teaspoon salt, or to taste

1/2 teaspoon black pepper, or to taste

1/2 head cabbage, cored and coarsely chopped

1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

Directions:

In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.

Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.

Stir in tomatoes. Return to a boil, then simmer for 15 to 30 minutes, stirring often.

Fish Tacos with Cabbage Slaw

This is one of Farmer Corinna's go-to meals. I always have some tilapia filets in the freezer.

Ingredients:

4 c. thinly sliced cabbage

1 c. chopped plum tomatoes

1/3 c. sliced green onions

1/4 c. chopped cilantro

2 Tbsp. lime juice

5 tsp. extra virgin olive oil

1/2 tsp. salt

1 lb. tilapia filets

1 tsp. chili powder

8 (6-inch) corn tortillas

Directions:

Combine the first 4 ingredients in a large bowl. Add juice, 1 tbsp oil, and 1/4 tsp salt. Toss well.

Heat 2 tsp oil in a large skillet over medium-high heat. Sprinkle fish with chili powder and remaining 1/4 tsp. salt. Add fish to the pan. Cook for 3 minutes on each side or until the fish flakes easily. Remove from heat and cut into bite-sized pieces.

Warm tortillas. Spoon 1/4 cup cabbage mixture down center of each tortilla. Add fish to

the tortilla as desired.

Spicy Cabbage Slaw with Cilantro Dressing

Adapted from Epicurious.com

Ingredients:

1/4 cup rice vinegar

3 teaspoons sugar

1 tablespoon grated peeled ginger

1 tablespoon vegetable oil

1 tablespoon sesame oil

1 fresh serrano chile, finely chopped, with seeds

1 small head Napa or green cabbage (1 1/2 pounds), cored and cut crosswise into 1/2-inch slices

1 bunch scallions, sliced

1 pepper, chopped small (optional)

1 carrot, grated (optional)

1/2 cup coarsely chopped cilantro

handful of toasted peanuts, chopped

Directions:

Whisk together vinegar, sugar, ginger, oils, chile, and 1/2 teaspoon salt. Add remaining ingredients and toss well. Let stand, tossing occasionally, 10 minutes.

Cabbage Rolls (Slow Cooker)

Ingredients:

12 leaves cabbage

1 cup cooked white rice

1 egg, beaten

1/4 cup milk
1/4 cup minced onion
1 pound extra-lean ground beef
1 1/4 teaspoons salt
1 1/4 teaspoons ground black pepper
1 (8 ounce) can tomato sauce
1 tablespoon brown sugar
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce

Directions:

Cook 1 cup of white rice. Bring a large pot of water to a boil. Boil cabbage leaves for 2 minutes; drain.

In a large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper. Place about 1/4 cup of meat mixture in the center of each cabbage leaf, and roll up, tucking in the ends. Place rolls in a slow cooker.

In a small bowl, mix together tomato sauce, brown sugar, lemon juice, and Worcestershire sauce. Pour over cabbage rolls.

Cover, and cook on LOW 8 to 9 hours in a slow cooker.

Roasted Cabbage Steaks

If you are on the fence about cabbage, you need to try this because this might be the recipe that converts you to a cabbage lover.

Ingredients:

1 head of green cabbage, cut into 1" thick slices
1 tablespoons olive oil
2 to 3 large garlic cloves, smashed
kosher salt
freshly ground black pepper

spray olive oil OR non-stick cooking spray

Directions:

Preheat the oven to 400F and spray a baking sheet with non-stick cooking spray. Pull the outer leaf off the cabbage (it's usually dirty and nasty looking), cut cabbage from top to bottom (bottom being root) into 1" thick slices.

Rub both sides of cabbage with smashed garlic.

Use a pastry brush to evenly spread the olive oil over both sides of the cabbage slices.

Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper.

Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until the edges are brown and crispy. Serve hot!

Basic Easy Coleslaw

Family Circle Magazine

Ingredients:

1 cup plain yogurt

1 T. cider vinegar

2 T. sugar

1 t. salt

1/2 t. pepper

8 c. shredded cabbage

2 c. shredded red cabbage

2 large carrots, peeled and shredded

Directions:

Whisk first 5 ingredients in a bowl. Add the remaining ingredients and stir until completely coated. Cover with plastic wrap and refrigerate for at least 1 hour, or preferably overnight.