

Cabbage

Cabbage means sauerkraut time! Of course there are many other ways to use cabbage. I like to make enough fermented sauerkraut for the next year as soon as I can. You can make your own whey by putting yogurt in cheesecloth or a dish towel and letting it drain over a large bowl. The liquid that drains in the bowl is whey and can be used to make cultured vegetables and for soaking grains and legumes. The leftover yogurt “cheese” is yummy to eat, too!

Store in your fridge’s veggie drawer right in cabbage’s self-contained wrapper! Just remove the outer leaves if they get a bit limp. It can keep for more than a month. Once you slice it, keep remaining portion in a bag. Slice thin and add to stir-frys. Sauté cabbage in butter and have as a side dish. Today’s varieties are much more delicate than those of yesteryear, so no need to overcook it! You could also make sauerkraut! Not the mushy canned kind I refused to eat as a kid! Real sauerkraut is crunchy!

Japanese Vegetable Pancakes

Sauce: 1/4c ketchup

1 ½ TBS Worcestershire sauce

¼ tsp Dijon mustard

1TSP rice wine

1tsp soy sauce

1TBS honey

1/8tsp ground ginger

Pancakes: 5-6c cabbage thinly sliced

4 carrots peeled into ribbons

5 kale leaves ribs removed cut into ribbons

4 scallions sliced

½ c flour

6 eggs lightly beaten

Cooking oil

1tsp basil chopped

To make sauce, combine all ingredients in a small saucepan. Bring to a simmer & cook 3-5 minutes until smooth & thick.

To make pancakes add cabbage, carrot, kale, & scallions together in a large bowl. Add flour & toss until vegetables are coated. Stir in eggs. Heat a large heavy skillet over medium heat. Add enough oil to coat the bottom of the pan. Add ¼ vegetable mixtures to skillet at a time gently pressing it out flat. Cook 3-4 minutes until edges begin to brown. Flip & cook another 3-4 minutes. Serve topped with sauce & basil.

Spicy Sriracha Coleslaw

3tsp. sriracha hot sauce

½ tsp brown sugar

2c cabbage chopped,

2c turnips shredded

1 ½ TBS white wine vinegar

¼ c + 1/8c mayonnaise

1tsp basil chopped

1/8tsp ground ginger

Salt and pepper

Mix all ingredients together in a bowl, adding the cabbage, and turnips last. Taste, if needed add more sriracha.

Sauerkraut

1 medium cabbage, cored and shredded

1 tbs caraway seeds

1 tbs sea salt

4 tbs whey (or 1 additional tbs sea salt)

In a bowl, mix the cabbage with caraway seeds, sea salt and whey. Pound with a wooden pounder or meat hammer for about 10 minutes to release the juices. Place in a quart-sized, wide-mouth Mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but it improves with age. *Nourishing Traditions

The Best Coleslaw Ever!

1 cup shredded and shredded carrots

3 cups shredded green cabbage

3 heaping T mayo

1/4 cup red wine vinegar

1 apple, shredded

1 t celery seed

1 t garlic powder

20 grinds of fresh pepper (2-3 Tbsp.)

2 T agave syrup

1/2 cup sweet pistachios (recipe below)

In a large bowl: Add cabbage and carrots. Add vinegar. Toss. Add mayo and agave. Toss well. Add garlic powder and pepper. Fold in apples. Fold in sweet pistachios. Allow to chill in fridge for at least twenty minutes before serving.

Sweet Pistachios

1 cup roasted and salted pistachios (de-shelled & chopped)

2 T agave syrup

1 T oil

5 grinds fresh black pepper

Add oil to a skillet. Turn stove heat on high. When oil starts to sizzle, add nuts. Shake pan back and forth as you 'toast' them. Shake continuously over heat during next steps. Add agave and some black pepper. Shake/toast over high heat for 90 more seconds. Make sure all nuts are coated. Remove pan from heat. Add remaining pepper. Toss nuts with pepper well. Pour in a small bowl. As nuts cool they will harden. —adapted from Lunch Box Bunch

Indian Spiced Cabbage

2 cups chopped cabbage

1 -2 green chilies

1/4 t mustard seeds

1/4 t cumin seed

1/4 t turmeric powder

1/4 t garam masala

1/2 t freshly grated ginger (or more)

1/2 t garlic (or more)

1/2 cup chopped onion

1 t oil

1 t chopped cilantro
1 dash asafetida powder (optional)

Salt

Heat the oil. Add the cumin and mustard seeds. Add the asafetida powder. Add ginger, garlic, chilies and onions. Cook till the onions are a little soft. Add the cabbage. Add salt and turmeric powder. Cook till the consistency which you like your cabbage to be cooked. Add chopped cilantro. Serve with Indian bread. -food.com

Cabbage and Tomatoes

4 c. coarsely cut cabbage

4 tomatoes, peeled

2 T flour

1 t. Salt

¼ t. pepper

1 ½ t. caraway seeds

2 T. Butter

Put cabbage and tomatoes in saucepan, and bring to boil. Reduce heat and simmer, covered, for about 10 minutes. Add salt, pepper, and caraway seed, and simmer for 5 minutes. Cream butter with flour, and stir into vegetable mixture.

Cook, stirring, until thickened.

Stir Fried Quinoa with Eggplant, Cabbage and Cilantro

1 c. quinoa

2 c. chicken broth

1 T. toasted sesame oil

¾ to 1 lb. eggplant, cubed

Vegetable oil

Salt and black pepper

2 large eggs, lightly beaten

½ medium onion chopped

2 cloves garlic, chopped

2 t. siracha

2 c. cabbage, chopped

¼ c. soy sauce

2 T. fresh cilantro, chopped

Preheat the oven to 425°F and line a baking sheet with parchment paper. Place the eggplant cubes in a bowl, drizzle with a small amount of vegetable oil, season with salt and pepper and toss to combine. Arrange in a single layer on the baking sheet and roast for 8 to 12 min, or until tender and lightly browned. Remove from the oven and set aside. Place the quinoa and broth in a saucepan and bring the mixture to a boil. Reduce the heat to a simmer and cook until all the water is absorbed, about 12 min. Drizzle with sesame oil, fluff with a fork and set aside. In a large skillet or wok heat 1 t. of vegetable oil over med-high heat. Add the eggs and scramble until cooked through. Stir into the cooked quinoa. Add another tablespoon of oil to the pan and increase the heat to high. Add the onion and garlic and stir-fry for 1 minute. Quickly stir in the siracha, and then add the cabbage. Stir-fry until the cabbage is crisp-tender, another 2 min. Add a little more oil to the pan if needed, then add the quinoa-egg mixture. Continue to stir-fry for another minute. Add the soy sauce, toss to combine, and then add the eggplant and cilantro. Mix well, drizzle with a little additional sesame oil and serve.

Spicy Cilantro-Peanut Slaw

1/2 large head green cabbage, very finely chopped
1/2 cup peanuts, chopped
1/2 cup thinly sliced green onions
1 bunch cilantro, chopped (use at least 1/2 cup chopped cilantro, or more)
Salt and black pepper to taste

Dressing Ingredients:

2 T rice vinegar (not seasoned)
1 T agave nectar, honey, or sugar
2 tsp. sesame oil
2 tsp. soy sauce
1 tsp. Sriracha sauce (or less, or this can be left out for a less spicy version)
1/4 cup canola or peanut oil

Cut cabbage head in half. Remove core from the half you're using, then cut cabbage into very thin slices (less than 1/4") and turn cutting board the other direction and cut again to chop into very small pieces. Thinly slice green onions, chop cilantro, and peanuts. In a bowl or measuring cup, mix together rice vinegar, sweetener of your choice, sesame oil, soy sauce, and Sriracha sauce if using. Use a whisk to mix in oil until dressing is well-combined. In large bowl, gently combine chopped cabbage, sliced green onions, and chopped cilantro. Add dressing a little at a time, until salad seems as wet as you'd like it. (You may not need all the dressing.) Add chopped peanuts, and stir a few times until peanuts are mixed in. Taste salad for seasoning, and add salt and black pepper as desired. Serve immediately.

Cabbage with Indian Spices

3 T. veggie oil, ghee or butter
1/4 t. cayenne
2 c. minced onions or leeks
1 jalapeno sliced lengthwise
1t. ground coriander
1 pound cabbage (one small head), shredded
Pinch of turmeric
3 T. Water
1 tomato, chopped
1/2 t. salt
1 1/2 t. minced ginger

Heat oil or ghee in skillet over med-high heat. Add onions or leeks, ginger, and jalapeno. Sauté, stirring often, until onion or leeks brown, 15-20 min. Stir in cabbage. Add coriander, cayenne and turmeric, mix well. Add water and reduce heat to simmer. Cover and cook for 10 minutes. Add tomato and salt, stir to combine. Cover and cook until tender. 5-10 min. Remove jalapeno before serving. Great with Indian dishes or basmati rice. From Farmer John's cookbook.