

# CABBAGE

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INFO SHEET



# CABBAGE 101

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So much more than coleslaw. Here at Goldbush we grow a green and a purple cabbage, we also grow what we call wong bok cabbage which is also known as Napa or Chinese cabbage.

## **How to store:**

Cabbage has a remarkable storage capacity. Just put dry, unwashed cabbage heads in the fridge. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. If you cut the cabbage head, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several weeks. Wong Bok cabbage keeps for a week in the fridge.

## **Handling:**

Rinse the cabbage under cold water before use. Cut cabbage head first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base. For Wong Bok pull the leaves apart to wash thoroughly before slicing.

## **Substitutes:**

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

## **Freezing:**

Rinse cabbage. Cut into quarters, wedges, or shred it. Choose how to cut your heads based on your end use. Cook in boiling pot of water for 90 seconds. Dunk in ice water to stop the cooking process.

Drain the cabbage and dry as much as possible. Place in resealable freezer bags based on your portions you plan to use, and remove as much air as possible. Put in freezer.



# USING CABBAGE:

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## **Best Uses:**

Raw, shredded in salads  
Sauerkraut  
Soups and stews  
Coleslaw or cabbage slaws tossed with dressing  
Stir fries  
Corned Beef & Cabbage Hash  
Stir fry noodles with cabbage  
Roasted cabbage wedges  
Fish tacos  
Braised red cabbage  
Kimchi

## **Basic Coleslaw:**

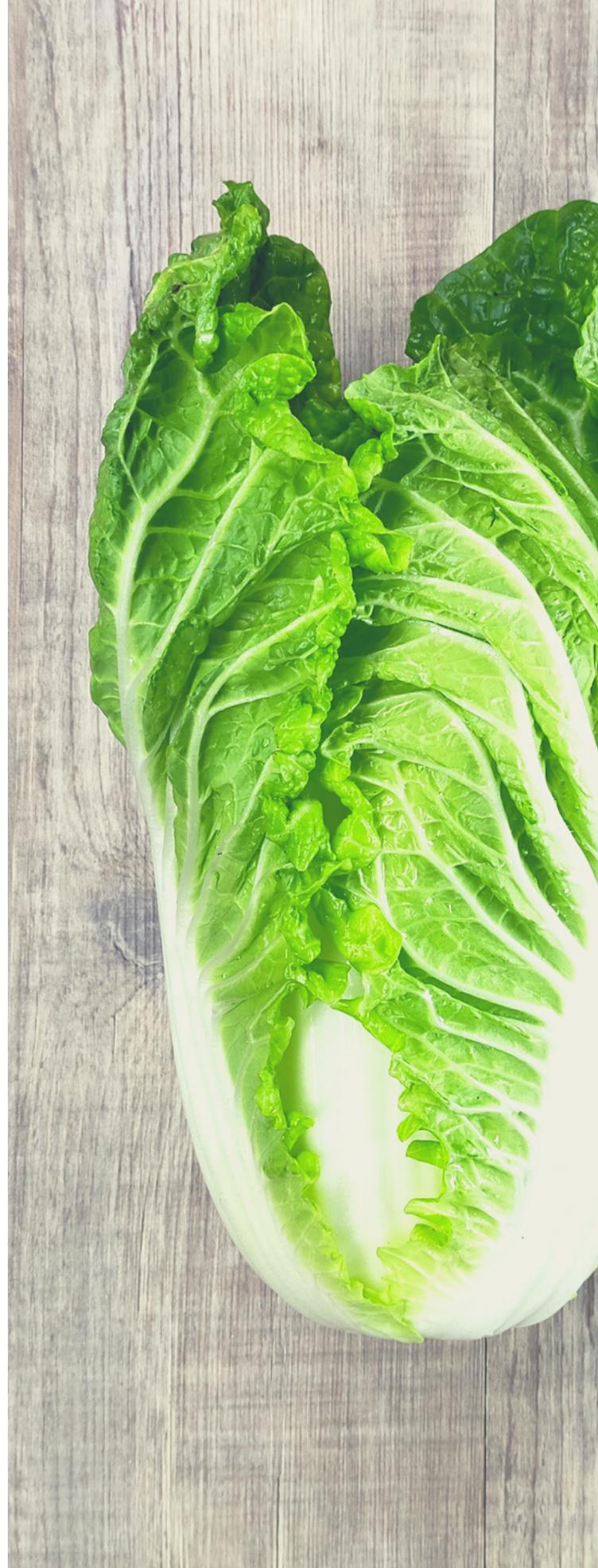
Family Circle Magazine

### Ingredients:

1 cup plain yogurt  
1 Tbsp cider vinegar  
2 Tbsp sugar  
1 tsp salt  
1/2 tsp pepper  
8 cups shredded cabbage  
2 cups 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 and refrigerate for at least 1 hour, or preferably overnight.



**KIA MANAHAU!**  
**MICHELLE BUSBY**



# CABBAGE RECIPES:

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## **Braised Cabbage with Bacon**

4 slices bacon, cut crosswise into 1cm pieces

1 medium onion, thinly sliced

1 head cabbage halved, cored, and cut lengthwise into 1/2-inch-thick slices

1/2 cup apple 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 1cm pieces (any apple will do)

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 5 minutes.

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

## **Stir Fried Spicy Cabbage with Fried Eggs**

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

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 RECIPES:

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## **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 tinned 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 15 to 30 minutes, stirring often.

## **Spicy Cabbage Slaw:**

1/4 cup rice vinegar

3 teaspoons sugar

1 tablespoon grated peeled ginger

1 tablespoon vegetable oil

1 tablespoon sesame oil

1 fresh chili, finely chopped, with seeds

1 small head cabbage, cored and cut crosswise into 1/2-inch slices

1 bunch spring onions, sliced

1 pepper, chopped small (optional)

1 carrot, grated (optional)

1/2 cup coarsely chopped coriander

handful of toasted peanuts, chopped

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

# CABBAGE RECIPES:

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## **Cabbage Rolls (Slow Cooker):**

12 leaves cabbage

1 cup cooked white rice

1 egg, beaten

1/4 cup milk

1/4 cup minced onion

500g minced beef

1 1/4 teaspoons salt

1 1/4 teaspoons ground black pepper

1 (300g) can diced tomatoes or passata

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 2 minutes; drain.

In large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper.

Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends. Place rolls in 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 slow cooker.