

Cabbage Tips from CSA Members



Sautee the red cabbage with onion or leeks and some cumin seeds! Yummm. Add anything else you like for color or flavor...a little sliced carrot, some tofu chunks or tofu sausages.

Try cabbage raw, shredded with some organic rice wine vinegar. Add some shredded carrots and raisins for sweetness. Shredded red peppers are nice in the mix too.

About the purple cabbage:

I don't have a recipe but I had a pre-made salmon sandwich at a local deli that was fabulous. It was grilled salmon (big fillet, seasoned), a layer of shredded carrots, a layer of purple cabbage cut slaw style, and spinach on ciabatta bread with a dressing that might be mayo/pesto or aioli mayo. Yes, it was huge. I split one sandwich with another person and we were both very full.

Karen

We had a delicious red cabbage dish last night at our local Italian restaurant. The chef sauteed it with onion, balsamic vinegar and a little sugar. It was fabulous. Just an idea for all that cabbage!

Sue

If you chop some red cabbage, an apple, and an onion together and cook covered very slowly in the oven for an hour or more, it comes out delicious.

Ann

Cabbage, Tofu, and Squash Stir-Fry

(adapted from Giant Book of Tofu Cooking by Evans & Rankin)

12-14 oz firm tofu, diced

2 T miso

1/4 c water

2 t ginger root, minced

1 t sesame oil

2 T vegetable oil

2 med onions, sliced

1 T sesame seeds

2 c butternut squash, peeled and diced

4 c purple cabbage, shredded

In a small bowl, combine miso, water, 1 t of the ginger, and the sesame oil. Set aside.

Stir-fry the onion in 1 T of the vegetable oil until they begin to brown.

Add the remaining 1 t of ginger and the tofu and stir-fry for 3 min.

Add the sesame seeds, squash, remaining 1 T of vegetable oil, and stir-fry for 10 min, or until the squash is tender. Add a little water if the squash begins to stick.

Add the cabbage and more water, if necessary, and cook, stirring, for 3 min.

Stir in the miso mixture, and cook for 10 min.

Serve over cooked rice.

Wenise

My best red cabbage recipe, which everyone raves over is as follows:

1 large head red cabbage

1 large white onion thinly sliced

1/2 c sugar

Toss to macerate.

Separately in pan bring to boil and whisk:

1 c vinegar

1 1/2 tsp salt

1 tsp celery seed

1 Tb Dijon mustard

1 c oil, vegetable or olive

Pour mixture over cabbage. Toss. Refrigerate and toss occasionally, minimum 4 hours preferably overnight.

This will keep for a week+ in the fridge. Great for picnics and BBQ's.

Blythe