Cabbage is a leafy green, purple or white plant that is harvested for its dense-leaved heads. It is also in the same family as broccoli, collard greens and brussels sprouts. Cabbage is low in calories and packed with nutrients such as folate, manganese, and Vitamins K, C and B6.

Ways to Prep Cabbage:

Wash: Always wash vegetables prior to cooking. Remember to avoid bare hand contact with any ready to eat food.

Right tools for the job: Chef’s knife, Paring knife

Ways to Use Cabbage:

BOIL OR STEAM: In a pot, bring slightly salted water (approximately ½ inch) to a boil and then add cabbage (best with wedge). Cook for 8-10 minutes. Turn wedges over and cook an additional 8 minutes or until tender. Remove wedges and let drain. Then, season to taste. To steam, use a perforated pan and steam cabbage until tender.

SAUTE: In a sauté pan or tilt skillet, heat oil or margarine. Then, add sliced or chopped cabbage. Add seasoning and sauté for 10-15 minutes, stirring occasionally, until tender and starts to brown.

BRAISE: Start off like you are sautéing and cook for about 5 minutes. Add water to about 1/3 covered. Add vinegar and seasonings and mix well. Cover and simmer for 20-30 minutes.

GRILL: Rub olive oil on the surface of cabbage wedges and place on a hot grill. Grill until tender, about 5 minutes per side. Cabbage should be soft with nice grill char. Season and/or top with toppings.

PICKLED: This process uses cut cabbage that is submerged in a liquid mixture (brine) of water, sugar, vinegar, and seasoning. This brine has many different variations. The brine will be heated till the sugar is dissolved, then added to the cabbage until it is fully covered. Set in the cooler 2-6 hours. Must be kept refrigerated.

RAW: Cabbage can be used in salads like in cole slaw. Another way is to ferment the cabbage (as in sauerkraut or kimchi). This process uses the beneficial bacteria Lactobacillus that is present on the surface of the cabbage. Just a bit of salt will start the cabbage to release moisture, while submerged in the brine, the bacteria converts the sugars into lactic acid, and this acts as a preservative that inhibits the growth of harmful bacteria.

Michael DuBose
Culinary Specialist
Georgia Department of Education School Nutrition
michael.dubose@doe.k12.ga.us