

CABBAGE

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.



CORE

On a clean cutting board with a large chef's knife, slice cabbage in half. Be sure the cabbage is stable. Place the tip of your knife at the top of the stem and angle your blade out to the bottom edge of the stem (making a V) and cut down. Repeat on the opposite side.



SLICE

Lay the cabbage half, cut side down and cut 1-2 inch strips. Turn the cabbage 90 degrees and repeat. This will give you 1-2 inch square cuts that can be used to sauté or steam.



SHRED

With the cabbage half laying cut side down, cut in half again. Now take this 1/4 wedge and make horizontal slices into thin strips.



LEAF

Using the whole head of cabbage, take a paring knife and carefully cut through the individual leaf stem. Then, slowly pull the leaf away from the head being careful not to tear the leaf. Another way would be to cut out the cabbage core by using a paring knife at a slight angle and cutting around the stem. Next, place into steamer for about 2 minutes. This will soften up the leaves to make it easier to remove and will make them pliable to be able to stuff.



WEDGE

With the cabbage half laying cut side down, slice from the top to bottom into the size wedge that is desired.

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 1/2 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.

SAUTÉ: 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 sauteing 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

