

CABBAGE MANIA 2015



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Introduction: CABBAGE, CABBAGE, CABBAGE

Cabbage belongs to a family of vegetables whose botanical name is *Brassicaceae* or *Cruciferae*. Many of its members or cousins are well know to us: broccoli, Brussels sprouts, cauliflower, collards and kale are all examples. However, you might be surprised to learn that arugula, daikon, horseradish, kohlrabi, mizuna, mustard greens, radishes, rutabaga, turnips and watercress are also members of this family.

The word “cruciferous” refers to the flowers that form on these vegetables that are formed like a cross. Bluish-purple flowers appear on arugula that has grown too long. Broccoli produces a beautiful yellow flower when it is not harvested in time.

From salads to slow simmers, cabbage— green, red or white — is a versatile, flavorful and easy to prepare ingredient in any kitchen. It partners well with oil, butter or lard. Smoked meat is a natural with cabbage. Sweet and sour flavors work well with cabbage. Red cabbage, especially, calls for fruit and sweetness.

The most common cabbage available to us is White Cabbage or Round Cabbage. The leaves are formed tightly together. The ribs are rather thick and the core is firm and extends

midway from the root to the center of the head. This type of cabbage can be used for most recipes in which cabbage is a major ingredient.

Other types of cabbage include the very green Savoy cabbage. Because the leaves are not so tightly formed (and “crinkly”) it is much easier to remove them for individual use.

Red cabbage is usually dark red and smaller than white cabbage. The best preparation for red cabbage is a long slow braising process in which the cabbage is combined with apples, onions, wine, jam and dried thyme.

Other types of cabbage include Napa Cabbage, Chinese Cabbage and Brussels Sprouts.

Keeping Cabbage: Storage Techniques for Cabbage

Cabbage is one of the best storage vegetables. The summer cabbage and winter cabbages are quite different. You can determine the difference just by noting the density: Summer cabbage is large and light, whereas winter cabbage is tightly wound and very dense. Green cabbage (savoy) does not keep as well through the winter as firm, white round cabbage does. Red cabbage is one of the best winter keepers.

Cabbage does not need to be refrigerated; however, it will break down very quickly at room temperature. To store your cabbage, place it in a large zipper bag with a moist paper towel. **The biggest enemy to cabbage is dehydration.** The plastic bag will prevent this and your cabbage should store for a month or more in the refrigerator.

Helpful Techniques for Prepping Cabbage

To remove the core, place the cabbage on its side and hold it carefully. Slice the root or stalk from the bottom, then lay the cabbage on its top with the root end up. Use a very sharp knife to cut around the core with the point of the knife pointing into the core. Your goal is to remove a cone shaped piece.

To remove leaves from the head plunge the head of cabbage root side down into a large pot of boiling water. After 4-5 minutes use tongs or a fork to carefully remove the leaves one at a time. Drop the leaves into ice water. Continue removing whole leaves until only half the head of cabbage remains. Remove this center portion for another use.

To make cabbage rolls, lay a cabbage leaf on the cutting board. With a sharp knife, remove 2-3 inches of the thick, firm rib. The leaf will then be more pliable and easier to roll around the filling.

To prepare cabbage for casserole dishes drop the shredded cabbage into boiling salted water for 4-5 minutes. Strain the cabbage and plunge it into ice water. When it has cooled strain it from the ice water. Wrap the cabbage in a cloth and squeeze out as much water as possible.

To shred or make thin ribbons of cabbage remove the root or stalk from the bottom of the cabbage. Cut the cabbage in half from top to bottom and then cut the halves into quarters. Slice across each quarter for short ribbons or slice from top to bottom to make longer ribbons.

Wilted Red Cabbage with Mint and Goat Feta

By Parker Bosley

2 tbsp olive oil

1 medium red onion, cut in quarters from top to root, peeled and very thinly sliced

1 garlic clove, finely minced

4 cups packed, finely shredded red cabbage

salt and freshly ground pepper

2-3 tbsp lemon juice

2 tbsp chopped mint

2 tbsp finely chopped dill

2 tbsp finely chopped parsley

4-5 oz goat feta

Heat the oil in a large sauté pan set over medium high heat. Add the onion and using tongs turn it quickly and continually to coat with the oil and soften it for 1-2 minutes. Don't cook; just soften it.

Add the garlic and cabbage and season with about a teaspoon of salt.

Continue to turn and toss the cabbage with tongs for 2-3 minutes. Continue to soften without cooking.

Remove the sauté pan from the heat and add a couple of tablespoons of lemon juice. Toss with the herbs. Taste and add more lemon juice if you prefer. Add plenty of freshly ground pepper.

Arrange the warm salad on plate. 4 as a luncheon course or 6 as an appetizer. Crumble the goat cheese over the salads.

Fried Cabbage in Olive Oil with Garlic

By Parker Bosley

4-6 servings

½ head of cabbage

¼ cup of olive

1 large garlic clove, minced

Salt and pepper

Heat the oil in a large non-stick sauté pan set over medium to medium low heat. Add the shredded cabbage. Using tongs turn and toss the cabbage to coat with oil and wilt. As the cabbage softens and wilts you can begin raising the heat. Continue to toss and turn. Add the minced garlic.

Raise the heat to high and continue to toss the shredded cabbage. Cook until the cabbage is cooked to your preference—very soft or a little crunchy. Season with salt and pepper and serve immediately.

Stuffed Cabbage Rolls with Tomato Sauce

By Parker Bosley

1 whole head of white cabbage; largest leaves removed for wraps (follow instructions from intro.)

4 cups stuffing, any combination of as many of the following ingredients:

2 medium carrots, peeled and shredded

1 medium onion, minced

1 stalk celery, minced

½ bulb fennel, shredded

1 turnip, peeled and shredded

1 medium kohlrabi, minced and shredded

2-3 tbsp butter

Salt and pepper

Dried thyme

2 cups, packed, blanched, shredded, cabbage (from the remaining head after blanching and removing large leaves for wraps)

After removing the outer leaves of the cabbage for the wraps, cut the cabbage into quarters and then slice each quarter into thin strips

Sweat in butter the combination of vegetables that you have chosen to use as well as the shredded cabbage. Keep the pan covered and toss the vegetable often. They should be soften but not thoroughly cooked.

Note on sweating: To sweat vegetables, mince them to all approximately the same size. In butter over very low heat, cook the vegetables. Cover the vegetables with a buttered piece of parchment paper. Put a lid on the pan. Cook very slowly. This may take an hour or so.

Cool the sweated vegetables and season them with salt and pepper and a little dried thyme. Remove the thick rib from each cabbage leaf. Divide the vegetable mixture among the leaves and create the cabbage rolls.

The recipe could be done to this point a day or two before actually making the cabbage rolls.

Lay the cabbage rolls in a gratin dish or baking pan. The rolls should be close together. Pour the tomato sauce over the rolls to nearly cover them. Cover with foil and bake at 350 for about 30 to 40 minutes, depending on size of cabbage rolls.

Use your favorite tomato sauce recipe. Substitute thyme for basil and other herbs to change it up.

Or substitute a cream sauce:

2 tablespoons butter

2 tablespoons flour

3 tablespoons minced onion

1/2 teaspoon dried thyme

1 cup milk and 1 cup cream

Melt the butter in a small heavy bottom pan. Add the onion and flour and cook over medium-low heat for 3 to 4 minutes. Stir continually with a whisk.

Add the milk and cream. Raise the heat to high and continue whisking. When the sauce thickens, lower the heat to medium-low and continue cooking for another 4 to 5 minutes. Season the sauce with salt and pepper.

Preheat the oven to 350 degrees. In a rectangular baking pan, arrange the cabbage rolls, packed tightly together. Pour cream mixture over top of them. Optional: top with chopped parsley and/or partially cooked bacon pieces.

Bake in oven for 25 to 30 minutes, depending on size of cabbage roll. Sauce should thicken some more. Serve hot.

Vegetarian Cabbage Rolls

By Adam Lambert

1 head of green cabbage

3-4 turnips

3-4 carrots

1 lemon

Sunflower oil

1 qt Tomato Sauce (Fresh Fork)

Kosher Salt

Peel outer large leaves from cabbage head, should have roughly 8-10 (reserve the rest of the cabbage for the filling) Trim away any of the large ribs/stem. In a large stockpot filled with salted water, blanch the leaves for about 3 minutes, or until they are tender and place in an ice bath to chill rapidly. Once chilled remove from ice water and reserve on paper towel.

Peel the turnips and cabbage. Using a mandolin with the julienne blade, carefully julienne (finely slice or shred) the carrots and turnips. If you do not have a mandolin, you can shred the vegetables using the large diameter side of a box grater or show off your knife skills. Take reserved head of cabbage and slice in half. Remove the core by cutting a “V” using the tip of your knife, wedging the core out. Julienne or shred the cabbage in a similar fashion to the carrots and turnips. Peel and mince, or using a microplane, remove and reserve the zest of ½ a lemon (careful not to use the bitter white pith).

In a large pan, heat sunflower oil over a medium-high flame and add the carrots, turnips, and a tablespoon of salt. Sweat the vegetables for 2 minutes or until they start to soften without color, then add the shredded cabbage. Continue to cook for another 3-4 minutes or until the mix is tender but not limp. Remove from heat, stir in lemon zest and salt to taste. Cool the mixture down completely as it will be easier to handle.

Divide your mixture into portions that match the number of blanched cabbage leaves. Stuff each leaf with the mixture, carefully rolling and tucking in all sides. Place into a baking dish seam side down. Repeat until you have formed all of your rolls. Add tomato sauce to the dish, cover with a lid or foil, and bake at 375 F for 30-45 minutes, until the rolls are fork tender and the tomato sauce has reduced and thickened. Best served over creamy mashed potatoes.

Baked Creamed Cabbage

By Parker Bosley

½ half head of cabbage, cored and shredded

Salt and pepper

3 cups béchamel sauce

2-3 tbsp minced parsley

1 tsp dried thyme

1 cup bread crumbs

Drop the shredded cabbage into a large pot of boiling salted water. Blanch for about 5 minutes. Strain and refresh in ice water. When the cabbage is completely cooled strain it. Drain as much water as possible then wrap the cabbage in a towel and squeeze to remove water.

Make a béchamel sauce (recipe follows.)

Combine the cabbage and béchamel. Taste and adjust seasoning. Put the mixture in a baking dish and cover with the bread crumbs.

Bake for about 40 minutes.

Optional: add diced, cooked ham or bacon

Bechamel Sauce

By Parker Bosley

2 tbsp butter

2 tbsp flour

3 tbsp minced onion

½ tsp dried thyme

1 cup milk and 1 cup cream

Melt the butter in a small heavy bottom pan. Add the onion and flour and cook over medium-low heat for 3-4 minutes. Stir continually with a whisk.

Add the milk and cream. Raise the heat to high and continue whisking. When the sauce thickens, lower the heat to medium-low and continue cooking for another 4-5 minutes.

Season the sauce with salt and pepper. Add the parsley and the bacon or ham if using.

Whole Cabbage Filled with Lamb

By Parker Bosley

3 cups diced cooked lamb (see note)

15-20 large outer leaves from a head of cabbage, about half the cabbage

Shredded cabbage from the inner part of the head of cabbage

½ cup diced onion

1-2 cups shredded carrot

1 tsp dried thyme

Salt and pepper

Line a bowl with dampened cheese cloth or a thin tea-towel. The bowl should be about the same size as a head of cabbage. Lay the cabbage leaves overlapping into the cheese cloth lined bowl. Use a small leaf to cover the bottom where the leaves come together.

Spread 1/3 of the cabbage mixture on the leaves and then cover the mixture with another layer of leaves. Do not fold the leaves over the mixture at this point. Add another layer of the mixture and another covering of leaves. Repeat. Fold all the leaves toward the center to recreate a head of cabbage.

Bring the cheese cloth over this “head of cabbage” and twist it to secure the newly formed cabbage. Tie the cheese cloth with string.

The recipe could be completed to this point and held in the refrigerator until the next day.

To finish, simmer the cabbage in water or stock for about 50 minutes.

To serve, carefully remove the cheese cloth from the cabbage and slide the cabbage onto a serving plate. Slice in wedges and serve with the roasted red pepper sauce.

Note: You can use leftovers from a lamb shoulder roast or ground lamb. If using ground lamb, sauté it for 2-3 minutes before making the mixture.

Roasted Red Pepper Sauce

By Parker Bosley

3-4 sweet red peppers

2 tsp dried thyme

2 cups half and half

2 salt and pepper

Lay the peppers on a tray lined with parchment or foil. (The parchment or foil makes clean up much easier.) Roast the peppers in a 400 degree oven for about 45 minutes or until they collapse. Turn the peppers over from time to time as they roast.

When the peppers are roasted, remove them to paper bag that is placed inside a plastic bag or place them in a pan that has a tight lid. When the peppers are cool enough to handle pull out the stems and carefully remove the skin. Rinse in cold water or under running water from the faucet to get rid of the seeds.

Purée the peppers in a food processor. Add the thyme, the half and half, and salt and pepper and then cook slowly for 20-30 minutes in a pot. If the sauce becomes too thick add some water.

Sauerkraut and Cabbage Soup

By Parker Bosley

1 lb sauerkraut

5 cups chicken stock

2 cups water

1 lb bacon, chopped and sautéed

2 bay leaves

2 medium tomatoes, skinned, cored, seeded and diced

1 medium onion, chopped

1/2 head of cabbage, shredded

In a large pot, place the sauerkraut, chicken stock, smoked meat and bay leaves. Add water to cover. Bring to a boil, reduce temperature, cover and simmer for 1 to 2 hours.

Add the shredded cabbage, tomatoes and onion. Bring to a boil, reduce to a simmer and cook another hour or so.

To serve, remove the bay leaves and add diced hot boiled potatoes.

Borscht with Beef

By Adam Lambert

2 large onion
2 cloves peeled garlic
2-3 medium sized beets
1 head red cabbage
1-2 lbs of beef chuck roast
5 qts of good quality beef stock or dark stock
2 oranges
2 medium carrots
Kosher Salt
½ cup sugar
1 tbsp dried dill weed
½ tsp ground black pepper
Sour Cream or Crème Fraiche
5 sprigs fresh dill
Sunflower oil

Mixed together ½ cup each salt and sugar, dried dill, black pepper to make the “cure.” In a baking dish, heavily season beef with the cure evenly and refrigerate overnight.

Rinse the cure off the beef and towel dry. On a very hot grill or in a large sauté pan sear all sides of beef until golden brown, about 7-10 minutes. Place the beef into a deep-sided baking dish or a dutch oven. Add 1 chopped onion, 2 chopped carrots, 2 garlic cloves, one quartered orange, and enough stock to cover. Bring the pot up to a light simmer on the stove top, cover with lid or foil, and place into a 300f oven for 3-4 hours or until the meat fork tender.

Chill the beef in the stock so that it reabsorbs moisture lost during braise. Remove beef from pot and strain liquid through a fine mesh strainer, discarding the aromatics. Reduce the stock down to 3 qts of reserved liquid. Shred the beef using your hands or two forks, paying attention to remove and fat, sinew, or undesirable bits.

Julienne or shred the onion, peeled beets, and red cabbage. In the same cooking pot, add 2 tablespoons of sunflower oil over medium-high heat. First add onions and sweat, with the help of a pinch of salt. Next add beets and sweat, releasing their color, about 2 minutes. Finally, add cabbage and another few pinches of salt and cook until the cabbage softens slightly and released its liquid. Add the shredded beef and mix thoroughly and season with

salt. Add the braising liquid and simmer for an additional 30 minutes, until the soup thickens slightly and takes on the reddish hue. Finish seasoning with salt.

To serve, ladle Borscht into a bowl, garnish with a dollop of sour cream or crème fraiche, lightly chopped dill, and a bit of orange zest.

Apple Bread Pudding

By Parker Bosley

You will need an 8 x 11 baking dish that is 2 1/2 inches deep or a small rectangular dish that is deeper.

1 recipe crème anglaise (see below)

4 cups 1 inch cubes brioche, egg bread or yellow cake

Caramelized Apples

6 apples, peeled and diced, similar in size as the bread cubes

4 tbsp butter

1/2 cup sugar

1/4 cup brandy (optional)

Cinnamon

Make the creme anglaise and set it aside to cool completely.

Make the bread cubes and put them in the baking dish. When the creme anglaise is cool pour it over the cubed bread.

For the caramelized apples: Melt the butter in a sauté pan. Add the apples and sauté over medium high heat. Stir and toss to prevent their burning on the edges. Add the sugar and continue cooking. Toss and stir often. Add the brandy and light it. When the flames die down raise the heat to high and continue to toss and stir the apples.

Test with the point of a sharp knife: the apples should be completely soft.

Heat the oven to 350. When the apples have cooled to warm, pour them over the bread and crème anglaise mixture. Spread the apples evenly over the bread pudding.

Bake for about 30 minutes.

Pastry Cream (Crème Anglaise)

By Parker Bosley

3 cups milk

9 egg yolks

1 cup sugar

2 tbsp flour

2 tbsp corn starch

2 tsp vanilla

Heat the milk in a heavy bottom pan. Whisk the sugar into the egg yolks. Add the flour and corn starch and whisk to incorporate.

Pour the heated milk into the egg yolk mixture very slowly while whisking. Pour the mixture back into the pan and cook over medium high heat whisking constantly. When the pastry cream has thickened, reduce the heat to low and cook the pastry cream for 3-4 minutes while whisking.

Remove from the heat and whisk in the vanilla.

Pass the pastry cream through a screen into a bowl. Lay a piece of plastic wrap directly on the pastry cream to prevent a skin from forming.