

# Cooking with Cabbage



A staple cold-weather food, you'll find many varieties of cabbage at the winter farmers' markets — dense storage types, Savoy types with wrinkled leaves, and non-storage varieties like looser leaf Napa cabbage and bok choy.

Cabbages are planted in summer, and harvested in the late fall. Some varieties, such as the classic red and green cabbages, are ideal for long-term storage, so we can enjoy them throughout the winter!

**Purchasing:** When selecting storage cabbage, look for heads that feel heavy for their size, with crisp outer leaves.

**How to Store:** Cabbages store best in cold and moist conditions, from 32 to 40 degrees F, and at 80-90% relative humidity. In your fridge, store in a plastic bag, wrap in a damp cloth, or store in your crisper drawer.

**Cooking Ideas:** Cabbages appear in many cuisines, and lend themselves to raw salads (slaws), fermenting (sauerkraut, kimchi), braising, stir-frying (Asian dishes), even boiling (Irish boiled dinner). Their flexible leaves work well for wrapping around a stuffing.

## Buttered Cabbage

*recipe source: [www.food52.com](http://www.food52.com)*

1 medium head green cabbage  
4 - 6 tablespoons unsalted butter  
salt & pepper

1. Core the cabbage and slice it into thin strips.
2. Over med. heat, melt the butter in a large skillet and add the strips of cabbage.
3. Stir to coat with the butter then add a good amount of salt and pepper – about a teaspoon or so of each – to suit your taste.
4. Continue cooking and stirring occasionally until the cabbage is “al dente” or until it is green and tender without being mushy.

**Optional variations:** Start out with a few slices of chopped bacon instead of butter. Add some cumin seeds, or celery salt, sesame seeds, or tamari at the end. Try including some grated carrots or sautéed onions along with the strips of cabbage.

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## Japanese Cabbage Skillet Cakes

Recipe source: [www.sauvieislandorganics.com](http://www.sauvieislandorganics.com)

### Pancakes:

4 large eggs  
1 tsp soy sauce  
1 tsp sesame oil  
1 1/2 tsp sea salt  
1/3 cup all purpose flour  
3 – 4 cups cabbage, sliced as thinly as possible  
1 bunch scallions, trimmed and chopped  
Canola or sunflower oil for frying  
1-2 Tbsp toasted sesame seeds

### Sauce:

1/2 cup mayonnaise  
2 Tbsp soy sauce  
1 Tbsp sriracha (or a small amount of chili paste or cayenne pepper)

1. Whisk the first set of ingredients together for your sauce. Set aside while you make the pancakes.
2. In a large mixing bowl, whisk eggs with the soy sauce, sesame oil, and salt. Gradually add the flour until incorporated. Fold in cabbage and scallions.
3. Warm a tablespoon or two of oil in a skillet over medium-high heat until glistening. Spoon the batter into the skillet as you would for regular old pancakes. I usually make them about the size of saucer. Cook on each side for about 3 minutes or until golden brown. Keep pancakes covered in a warm oven as you make the rest. Scatter sesame seeds on top of pancakes and serve with dipping sauce.

Makes 12 pancakes. This recipe traditionally includes finely chopped shrimp—something to try during shrimp season in January and February!



## Notes on Sauerkraut & Other Fermented Foods

There are some great resources available for learning to make your own sauerkraut, kimchi, and other fermented foods. Author Sandor Katz has written two extremely popular books on the topic. Look for copies of his books for sale here at the Winter Farmers' Market at the SEL table.

**Books:** Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods  
The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World

**Website:** [www.wildfermentation.com](http://www.wildfermentation.com)