

Braised napa cabbage

For a quick and easy side-dish, add the cut up white stems of the napa cabbage to a skillet and cover them half way with vegetable broth, ground ginger, garlic powder, and a few teaspoons of soy sauce. Cook over medium heat for 8 to 10 minutes or until the napa cabbage becomes soft.

Cabbage and Pasta

Sautéed cabbage tossed with pasta makes an ideal side dish for your favorite meat!

Prep Time: 15 Minutes

Cook Time: 25 Minutes

Ready In: 40 Minutes

Yields: 6 servings

INGREDIENTS:

1 (12 ounce) package farfalle (bow tie) pasta

1 cup butter

1 medium head cabbage, chopped

1 medium onion, chopped

3 cloves garlic, minced

1/2 teaspoon salt

1/4 teaspoon pepper

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add farfalle pasta, and cook for 8 to 10 minutes or until al dente; drain.
2. Melt the butter in a skillet over medium heat. Stir in the cabbage, onion, and garlic, and season with salt and pepper. Cook 15 minutes, or until the cabbage and onion are tender.
3. In a large bowl, toss together the cooked farfalle and the cabbage mixture. Serve warm.

Cabbage Salad II

Cabbage, carrot and bell pepper are marinated in a light dressing, tossed just before serving. One of our favorite summer salads. To make it easy, I use a food processor for the shredding.

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ready In: 4 Hours 20 Minutes

Yields: 7 servings

INGREDIENTS:

1 small head green cabbage, cored and shredded

1 carrot, peeled and shredded

1 small green bell pepper, seeded and chopped

1 small onion, chopped

3 tablespoons mayonnaise

2 tablespoons white vinegar

1 tablespoon sugar

1/4 teaspoon salt

DIRECTIONS:

In a large bowl, toss together the cabbage, carrot, green pepper and onion. In a small bowl, whisk together the mayonnaise, vinegar, sugar and salt. Pour over the cabbage mixture, and toss to coat. Cover and refrigerate for at least 4 hours, or overnight.

Chinese Cabbage Salad

INGREDIENTS:

2 tablespoons sesame seeds

1 1/2 tablespoons rice vinegar

1/2 teaspoon sesame oil

2 tablespoons white sugar

1/2 teaspoon salt

1/4 teaspoon black pepper

1/3 cup olive oil

4 cups shredded cabbage

2 carrots, shredded

1 (3 ounce) package ramen noodles, crushed

DIRECTIONS:

1. In a small skillet, toast sesame seeds over medium heat until golden brown and fragrant.

2. In a small bowl, mix together vinegar, sesame oil, olive oil, sugar, salt, pepper, and ramen seasoning packet.

3. In a large bowl, mix together cabbage, carrots, and crushed ramen noodles.

Toss with dressing to coat evenly. Top with toasted sesame seeds.

Cole Slaw

This sweet and crunchy salad is easy and delicious any time of the year. Double the recipe for large parties.

Yields: 4 servings

INGREDIENTS:

- 1 large head cabbage, shredded
- 1 green bell pepper, diced
- 1 onion, finely diced
- 1 1/2 large carrots, shredded
- 1 cup white wine vinegar
- 1 cup vegetable oil
- 1 cup white sugar

DIRECTIONS:

1. Combine the cabbage, bell pepper, onion and carrot.
2. Whisk together the vinegar, oil and sugar. Pour enough dressing over salad to coat. Mix well , cover and refrigerate 6 to 8 hours.
3. Drain any excess liquid, toss and serve cold.

Egg Rolls

These are the best tasting egg rolls you'll ever have. They're even better than the one's served at the Asian restaurants. My family just loves them.

Prep Time: 25 Minutes

Cook Time: 25 Minutes

Ready In: 50 Minutes

Yields: 12 servings

INGREDIENTS:

- 4 cups shredded cabbage
- 1 large carrot, shredded
- 1/2 green bell pepper, cut into thin strips
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 3 teaspoons fresh ginger root, grated
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 1/2 tablespoons molasses
- 2 tablespoons vegetable oil
- 1 quart oil for frying
- 1 1/2 (14 ounce) packages egg roll wrappers
- 1 1/2 cups sweet and sour sauce

DIRECTIONS:

1. In a large bowl, mix the cabbage, carrot, green bell pepper, onion, garlic and ginger. In a small bowl, mix the cornstarch, soy sauce, and molasses until smooth.
2. Heat 2 tablespoons oil in wok. Stir in cabbage mixture in batches, cooking each batch 3 to 4 minutes, just until tender. Return vegetables to bowl, stir in the cornstarch mixture.
3. Heat 1 quart oil in a deep fryer to 365 degrees F (185 degrees C).
4. Place about 1 tablespoon filling on each egg roll wrapper. Fold one corner of wrapper over filling. Fold wrapper sides over filling. Roll wrappers to form egg rolls.
5. Fry egg rolls in batches in the hot oil until golden brown.

Ginger-Cabbage Salad

Recent research shows that it's health-savvy to sprinkle herbs and spices in your food all year long. Inspired by a salad at Spices restaurant, Washington, D.C.

Yields: 6 servings

INGREDIENTS:

3/4 cup pickled ginger
4 cups shredded cabbage, green or red
1 cup shredded carrots
1/2 cup peanuts, crushed
1/4 cup mirin (sweetened Asian wine)
1/4 cup rice vinegar
4 scallions, sliced

DIRECTIONS:

1. Combine all.

Red Cabbage

Cabbage and apples are cooked together in this delicious sweet and sour side dish.

Prep Time: 25 Minutes

Cook Time: 45 Minutes

Ready In: 1 Hour 10 Minutes

Yields: 6 servings

INGREDIENTS:

3/4 cup water
1 small head red cabbage, finely shredded
3 apples - peeled, cored and chopped
1/4 cup packed brown sugar
1 cup distilled white vinegar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
2 tablespoons butter, divided

DIRECTIONS:

1. Place water in a large saucepan, and stir in cabbage, apples, brown sugar, vinegar, cinnamon, allspice, cloves, and 1 tablespoon butter. Bring to a boil. Reduce heat, and cover. Simmer 45 minutes, stirring occasionally, until cabbage is tender. Stir in remaining butter before serving.

Stewed Cabbage

Classic dish of cabbage stewed with tomatoes, celery, onions and garlic.

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Ready In: 55 Minutes

Yields: 4 servings

INGREDIENTS:

1/4 cup butter

2 onions, chopped

1 stalk celery, chopped

2 cloves garlic, chopped

1 medium head cabbage, cut into squares

1 (14.5 ounce) can stewed tomatoes, with liquid

salt and pepper to taste

DIRECTIONS:

1. Melt butter in a large saucepan over medium heat. Add onion, celery, and garlic and saute for 3 to 5 minutes, or until translucent.

Stir

in cabbage, reduce heat to low, and simmer for 15 minutes.

2. Pour in tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 to 40 minutes, or until cabbage is tender.

Sweet Russian Cabbage Soup

This is a simple recipe for a wonderful rich cabbage soup.

Prep Time: 10 Minutes

Cook Time: 1 Hour

Ready In: 1 Hour 10 Minutes

Yields: 4 servings

INGREDIENTS:

1 1/2 pounds ground lean beef

1 (14.5 ounce) can diced tomatoes

1 (8 ounce) can tomato sauce

4 cubes vegetable bouillon

2 medium carrots, shredded

1 onion, chopped

2 tablespoons white vinegar

1/2 cup white sugar

1 1/2 teaspoons salt

1/2 teaspoon ground black pepper

2 quarts water, divided

3 cloves garlic, finely chopped

1 head cabbage, cored and cut into wedges

DIRECTIONS:

1. Crumble the ground beef into a large pot. Add the diced tomatoes, tomato sauce, vegetable bouillon cubes, carrots, onion, vinegar, sugar, salt and pepper. Pour in 1 quart of water, and bring to a boil. Stir to break up the beef while heating. Once the soup comes to a boil, cover and simmer for 30 minutes over low heat.

2. Pour in another quart of water, and return to a slow boil. Add garlic and cabbage. Simmer for 25 minutes, until cabbage is tender.