



XCentric Ideas

Some shades of Cabbage

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Recipes from the Internet
Photos my own, except on
the last page

Cabbage facts

One cup of chopped cabbage has just 22 calories, and it's loaded with valuable nutrients.

Keep cabbage wrapped in plastic or tight-fitted container in your fridge.

Cabbage is available in many varieties: red or purple, green and Napa cabbage, usually found in Chinese cooking, bok choy and Brussel Sprouts.

Red cabbage has 10 times more vitamin A than green cabbage.

Cabbage is: Low in Saturated Fat, Cholesterol, High in Dietary Fiber, Vitamin C, Vitamin K, Folate, Potassium, Manganese, Vitamin A, Thiamin, Vitamin B6, Calcium, Iron and Magnesium.

Drinking juiced cabbage is known to assist in curing stomach and intestinal ulcers.

Breast-feeding women sometimes apply cabbage leaves and cabbage leaf extracts to their breasts to relieve swelling and pain.

Because cabbage requires only three months of growing time, one acre of cabbage will yield more edible vegetables than any other plant. This makes Cabbage a money saving food!

Cabbage is considered Russia's national food. Russians eat about seven times as much cabbage as the average North American.

Cabbage, bacon & cheese quiche



2 cups green cabbage, sliced thinly (*or red cabbage*)
½ – 1 cup bacon, cubed (optional)
1 cup grated Cheddar cheese
3 extra-large eggs
½ cup milk
Salt, pepper to taste

Preheat the oven to 180 oC. Steam the cabbage for 5 minutes. Fry the bacon (or steam it). Mix the steamed cabbage, fried/steamed bacon and cheese together. Season.

Beat the eggs and milk together in small bowl with a fork/whisk and mix with the rest. Pour into an oven dish (or glass pie dish) and bake for 25 – 30 minutes – the centre of dish must be set.

This dish is perfect as a side dish to a braai or any other meat/chicken/fish dish – perfect on its own as a main meal.

Cabbage and tomato quiche



My own recipe



- 3 cups thinly sliced green cabbage, steamed (*or red cabbage*)
- 1 onion, chopped
- ½ red bell pepper, chopped fine (use 1 red bell pepper if you're not using yellow pepper)
- ½ yellow bell pepper, chopped fine (optional)
- Fresh parsley (optional)
- 1 tbsp paprika
- 1 tsp peri-peri powder (optional)
- 3 tbsp tomato paste
- ½ cup grated cheddar cheese
- 3 extra-large eggs
- ½ cup milk

Preheat oven to 180 oC.

Mix the steamed cabbage, onion, bell peppers, parsley, paprika, peri-peri powder and tomato paste in a mixing bowl. Beat the eggs and milk in a small bowl with a fork/whisk and stir it into the cabbage mixture. Add the cheese, stir and pour into an oven dish/pie dish. Bake for 25 – 30 minutes, the centre has to be set.

Perfect as a side dish or as a main.

Cumin grilled cabbage



Green cabbage, sliced thickly* or cut into wedges

Cumin seeds, not the powder

Oil

Salt to taste

In a frying pan, heat the oil and cumin seeds. Fry the cabbage on low heat till nicely browned. Season.

**Quantities are up to you.*

Curry cabbage



Green cabbage, sliced thinly*
Oil
Curry powder – to your liking
Bit of turmeric
Salt

Heat the oil in a deep pan/pot. Add the curry powder and fry for a bit. Add the cabbage and on low heat, stir fry till the cabbage is nicely curried. You can either let it fry till its very soft, or still crunchy.

**Quantities are up to you.*

Cheeses on cabbage



Green cabbage, sliced thinly
Cottage cheese, chunky
Feta cheese, crumbled
Cheddar cheese, grated
Salt, pepper to taste

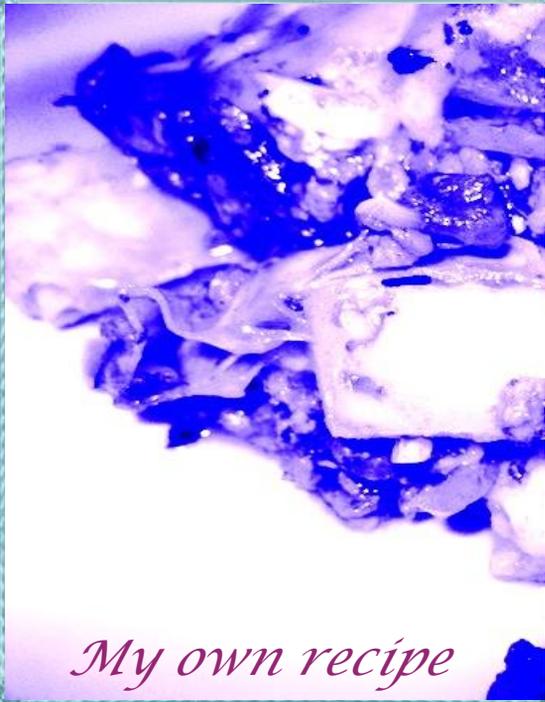
Steam the cabbage slices till its soft enough or
crunchy enough for you. Top with cheeses.

Quantities are up to you.

*This is a delightful side dish. Or perfect as a
base for bolognaise, instead of using pasta.*

Use all 3 cheeses, or only 1.

Cabbage lasagna



This is a lasagna suggestion – no recipe!

When you make lasagna, instead of using pasta sheets, use steamed green or red cabbage leaves.

Perfect for gluten-intolerant people.

Sausage, cabbage & potatoes



1 tbsp caraway seeds
1 tbsp coriander seeds
Packet sausage, cut into shorter lengths
2 cups green/red cabbage wedges
Chilli flakes (optional)
1 cup chicken
Coarsely ground black pepper

1 tbsp cumin seeds
1 tsp steak rub
1 onion, cut into wedges
½ red bell pepper, cubed
1 cup baby potatoes, halved
Splashes of Worcestershire sauce
Oil

Dry fry caraway, cumin & coriander seeds in pan on high heat. Remove seeds from pan & crush in mortar & pestle. Keep aside. In same pan, heat oil and fry the sausages till nicely brown all over. Add 1 tsp steak rub, crushed caraway, cumin & coriander seeds and onion, stir and add ½ cup of chicken stock. Sprinkle in black pepper.

Lower stove's heat to simmer (no 2). Add cabbage, potatoes and Worcestershire sauce, add rest of chicken stock, put lid on pan and let simmer for about 30 – 45 minutes. When the potatoes are soft and there's still water in pan, leave the lid off and let mixture simmer till water has evaporated. Or leave the water in and serve this dish with fresh bread to dunk in the sauce.

Quick, easy sauerkraut



- 4 cups green cabbage, sliced thinly
- 1 small red/green apple, unpeeled, thinly sliced
- 1 onion, sliced thinly
- 200 ml apple juice
- 1 tbsp coarse salt
- 1 cup rice vinegar
- ¼ cup brown sugar
- 1 heaped tbsp caraway seeds
- 1 tsp pickling spices

In large, heavy pot with tight-fitting lid, combine all ingredients. Cook & stir over medium heat, allow to come to gentle bubbling. Cook & stir for few minutes more. Reduce heat to low (no 2) and with lid on, simmer for 1 ½ hours. Taste, adjust seasoning and allow to cool, covered in the pot. Remove, spoon into jars and refrigerate for at least hour before using. Taste improves after a few days.

My own recipe - adapted from www.averagebetty.com

Cabbage décor!!!



<http://blankcanvasblogs.wordpress.com/2011/07/>

Hollow out cabbage, insert candle and decorate.



<http://atmosphere-id.com/blog/?p=176>



<http://www.apartmenttherapy.com/how-to-create-an-eye-catching-67304>

Hollow out cabbage, put green oasis in to hold flowers, or a small vase.



<http://greenweddingshoes.com/bouquets-fit-for-foodie/>

for the flower girl

Cabbage head in a colander – simple décor, but effective.