



## Full Belly Farm

*Fresh, delicious veggies fruits and nuts*

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### **CABBAGE RECIPES**

*These recipes updated 12/4/10*

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#### **Theresa's Raw Coleslaw**

From *Beet* 11/2005

When picking up my box in North Oakland this evening, I chatted with another CSA member who asked me how I use the cabbage. I described this favorite recipe, and she suggested that I send it in to the *Beet*, so here it is. I got the recipe from my friend Theresa, so in my family it's called "Theresa's Raw Coleslaw."

Not a real coleslaw since it doesn't have a creamy dressing, but I prefer this one. It keeps in the fridge quite well. A very popular potluck dish; makes lots.

1 head cabbage, chopped  
4 green onions, sliced  
2 packages ramen noodles  
1/2 cup slivered almonds  
1/2 cup sunflower seeds  
less than a cup of vegetable oil  
6 Tablespoons rice vinegar  
1/2 tsp salt  
scant tsp pepper

In a large bowl, combine cabbage and onions. With ramen still in its package, crush the noodles with your hands. Discard ramen flavor packet before adding crushed noodles to bowl. Stir in almonds and sunflower seeds. Add oil, vinegar, salt and pepper, mix well. Adjust seasonings to taste.

## **Cabbage Rolls**

Developed by Dylan Rayer for Full Belly CSA

### **ROLLS**

1 head of cabbage  
1/2 cup brown rice  
1/2 cup barley  
vegetable stock or water  
1 cup chopped, peeled tomatoes with juice  
1/4 red wine  
3 cloves garlic or 3 tablespoons chopped green  
garlic  
1/2 cup chopped green onions, or onion  
1/2 cup chopped carrots  
1 cup mild green pepper, seeds and pith removed,  
chopped  
2 cups chopped greens  
1 cup tofu or chicken  
1 sprig thyme, finely chopped  
1 sprig oregano, finely chopped

### **SAUCE**

Combine and heat:  
6 ounce can tomato paste  
2 cups water  
1 tablespoon chopped basil  
salt and pepper

Parboil the cabbage in a small amount of water. Cool. Cut off any parts of the leaves that will make it difficult to roll the cabbage leaves. Cover the rice with 2.5 parts liquid to 1 part grain and cook covered over a low heat. Simmer the barley with 3-4 parts liquid to 1 part grain for about an hour. Combine the grains when done. Set aside.

Cover the bottom of a pan with olive oil, use high heat to sauté the tofu or chicken, then turn down the heat and add onions, garlic, carrots, pepper, then add wine and tomatoes. Bring to boil and add greens and herbs, salt and pepper. Cover and leave on a low heat until greens are tender, stirring occasionally.

Mix the vegetables with the grains and add 3/4 cup of sauce to give more moisture to the rolls. Fill the cabbage leaves with the veggie/grain mixture, then fold and roll. Place the rolls into a baking dish over a little sauce. Fill dish completely with rolls, pour the remaining sauce over the rolls and cover with any leftover leaves and aluminum foil. Bake for 25 minutes.

## **Jan's Simple Cole Slaw**

From *Beet* 12/2003

Grate a head of green cabbage, a bunch of carrots, and two onions. Mix with yellow mustard to lightly coat. Add a splash of apple cider vinegar and two tbsp poppy seeds. Healthy and delicious!

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## **Spicy Green and Purple Korean Cabbage Salad Serves 5-6**

From 6/05

### **Salad**

1 medium red cabbage, thinly sliced  
1 medium green cabbage, thinly sliced  
1 small red onion, thinly sliced  
3 medium carrots, in thin 1 inch lengths  
1 large fennel bulb and stalks, thinly sliced (optional)

sea salt

water

### **Dressing**

rice vinegar to taste  
canola oil to taste  
2-3 tsp chili paste  
4-5 garlic cloves, finely minced  
2-3 Tbsp finely minced fresh ginger  
1 tsp fennel seeds, crushed, ground, or minced (optional)

Combine the red cabbage, green cabbage, red onion, carrots and fennel in a large bowl. Add water until the vegetables are just covered. Sprinkle with the salt, then stir gently to mix and dissolve. Cover and set aside.

Combine the rice vinegar, canola oil, chili paste, garlic, ginger and fennel seeds in a small bowl or jar. Cover and set aside. Let both the vegetables and dressing sit overnight at room temperature.

The following day, drain the vegetables but do not rinse them, then toss them with the dressing, making sure everything gets well coated, If not serving the salad immediately, place it in a sealed container in the refrigerator.

## **Cabbage Again!**

From 6/07

We ate cabbage every day last week, experimenting with recipes to recommend. We ate it as cole slaw (see our web site for the recipe), as soup and as home-made sauerkraut! We want to encourage some of you to try making Sauerkraut, actually quite easy!

1 medium cabbage, cored and shredded  
1 tablespoon caraway seeds  
2 tablespoons sea salt

In a bowl, mix cabbage with caraway seeds and sea salt. Pound with a wooden pounder for about 10 minutes to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder until the juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but improves with age.

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## **Butter-Braised Cabbage**

From 6/06

4-6 T butter  
2-3 tsp curry powder  
8 cups finely sliced cabbage  
salt and pepper

Heat 4 T of the butter with the curry powder in a large sauté pan. Add the sliced cabbage and stir to coat with butter. Cover, lower heat and cook gently for 5-6 minutes, stirring occasionally, or until the cabbage is tender. Season with salt and pepper. Add additional butter if desired.

## **Coleslaw**

From 5/07

3/4 to 1 cup of mayonnaise (also pretty easy to make at home!)  
1/2 cup red wine vinegar  
1 T Dijon mustard  
2 tsp sugar  
Salt and freshly ground pepper  
8 cups finely sliced green cabbage  
1 cup grated carrots  
1 cup chopped red onions

Combine the mayonnaise, vinegar, mustard and sugar. Season with salt and pepper. Toss the cabbage with the carrots and onions then mix thoroughly with the dressing. Taste again, re-seasoning if necessary, and marinate, refrigerated, for at least 1 hour. Longer marination tenderizes it further.

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## **Napa Cabbage**

*From Ayako Iino - Berkeley CSA Member*

Hakusai or Napa Cabbage is one of the most popular Japanese winter vegetables. When gently cooked with fish or meat, Hakusai sucks up the flavor and creates gentle, soothing simmered dishes. When I was student I had a favorite super easy dish of tuna and Hakusai: Cut the cabbage up, put it in a pot, open a can of tuna, pour the tuna (juice and everything) over the cabbage, put the lid on and simmer until it gets soft. Finally add a splash of soy sauce or a sprinkle of salt.

Napa Cabbage is also good as salad. You can make a slaw with your own original seasoning combination. But without doubt, the star recipe for big, fat, dense and heavy Hakusai, only available in the height of winter, is Hakusaizuke = the pickle. Traditionally this involves rows of cabbage wedges washed and bathed in the sun, a big cedar barrel, a wooden dropping lid and a heavy big stone. But I've created the following smaller batch method for city dwellers. It should be matured in the refrigerator for 2 to 8 weeks. You'll be surprised with its deep flavor. For a quicker version, you can also cut the cabbages up, toss with salt and flavoring, top with a weight and let it sit for several hours.

## **HAKUSAIZUKE - Napa Cabbage Pickle**

**From 2009**

One whole Napa Cabbage  
Kosher salt (about 2.5% of cabbage in weight)  
6 to 8 whole red chili peppers  
Dried persimmon  
a 5-inch square piece konbu seaweed (optional)  
a yuzu, lemon, or orange (optional)

### ***Things you will need:***

a bucket or pasta pot that holds 2 to 3 gallons  
a plate a little smaller than the pot in diameter  
a weight about twice as heavy as the cabbage (i.e. a big stone, a water-filled glass jar, etc.)  
a scale (or you could guess on the amount of salt)  
glass jars to let the pickle mature

### ***Procedure:***

- 1.** Weigh the whole cabbage. Weigh the salt = 2.5% of the cabbage.
- 2.** Peel off and save the outer greenish leaves of the cabbage. Stand the cabbage with the bottom side up. Run a knife through the center about one quarter of the way down and then tear the halves apart. This is to save the smaller inner leaves from being cut and lost. Repeat until you get 8 wedges.
- 3.** Rinse the leaves and wedges. Drain in a colander.
- 4.** Start pickling. Sprinkle a small amount of salt into the bottom of the pickling container. Take a wedge of the cabbage and sprinkle it with salt. Try to let the salt go between the leaves. Lay in the pasta pot, cut side up.
- 5.** Repeat with all the wedges, making neat layers.
- 6.** Layer the outer leaves, that you had set aside, so they cover the surface, sprinkle salt and layer more leaves. Push down using your hands and your whole body weight.
- 7.** Place the plate on top of the cabbage then put the weight on the plate. Leave in a cold place (doesn't have to be refrigerated) till the cabbage releases its liquid and it comes up above the cabbage. This takes a day or two.

- 8.** When the cabbage is ready, cut the konbu into 4 long strips using scissors. Slice the yuzu thinly or if using lemon or orange, use the peel. Have the whole chili and dried persimmon ready.
  - 9.** Take the weight off the pickle. Take out the outer leaves and set aside. Transfer the cabbage wedges into the glass jars, packing tightly, inserting the chili, konbu, dried persimmon rind/slices, and yuzu slices/citrus rind here and there.
  - 10.** Cover the top with some of the outer leaves. Pour in the pickling liquid. Make sure there are no air pockets.
  - 11.** Fill the jars with the pickling liquid up to the top and screw the lid tight. You may have some liquid overflow, but that's good.
  - 12.** Keep refrigerated to mature for 2 to 8 weeks.
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## **Green Cabbage Gratin**

**From 2009**

The last green cabbage in your box was three weeks ago, but we know that sometimes cabbage isn't the first item that many of you use. That's not a problem because it stores really well in the fridge. Because we know cabbage can be a bit of a challenge for some of you, we wanted to offer a few simple recipes (see archives on our recipe page on the web site) and that's how we came up with this one. We know that some of you are looking for non-dairy and low fat recipes. This one doesn't qualify, but it also doesn't quite use up the whole cabbage -- the rest can go in a spinach salad with oil and vinegar dressing...

Ingredients for a side dish for about 4 people -

Enough stale bread to shred coarsely into 3 cups of bread crumbs

2 cups grated jack cheese

Salt and pepper

4 cups shredded green cabbage

3/4 cups milk

2 well-beaten eggs

Put the oven on broil. Put the coarsely shredded bread in a bowl, sprinkle olive oil and salt over the top and mix to distribute the oil. Spread the bread crumbs on a cookie sheet and put them in the oven, several inches below the broiler. Watch these very carefully -- take them out when they are crisp and browned! You don't

want to forget them and end up with burned bread crumbs.

When you take the bread crumbs out of the oven, reduce the heat to 325 degrees. Pour the milk and eggs over the cabbage. Pour the cabbage mixture into a baking pan. Sprinkle salt, pepper and the grated cheese over the top. Finally, sprinkle the bread crumbs over the cheese and bake for 45 minutes to 1 hour.

## **You are Going to Love This Cabbage Salad!**

From 2/2010

You'll wish you got cabbage every week after you try this salad! It works well with either red or green cabbage.

1 cabbage (If you use an entire medium-sized cabbage, you will have enough salad for about 6 servings as a side dish.) 2 - 3 carrots (We have also used fennel or red daikon) Lemon Salt and Pepper Olive Oil Champaign or red wine vinegar 1 clove minced garlic (optional) 2 anchovies, cleaned and diced (preferably packed in salt rather than oil) -- optional 1 egg (optional)

Peel off the amount of leaves from the cabbage that you plan to use -- an entire cabbage will be enough for about 6 people. Cut the leaves into thin slices -- about 1/4-inch thick. Put the cabbage in a bowl and sprinkle with a generous amount of salt (the amount can be guided by your preference). Massage the salt into the cabbage. This will soften the cabbage and release some juices so that it will become moist. This step is the key to why this salad is so delicious!

Prepare any other vegetables you plan to add. For example, slice the carrots in half lengthwise, then place face down and cut into 1/2-inch pieces diagonally. Mix the vegetables together.

An easy dressing is olive oil, vinegar, salt, pepper and lemon. You can choose the quantities, depending on your taste and what you have available. A dressing that is really delicious, but a bit more effort is a Caesar salad dressing, in which you whisk together a raw egg, olive oil, the minced garlic, a teaspoon or so of Champaign or red wine vinegar, the lemon and anchovies.

## Hi Full Belly,

*From 11/2010*

I've really been enjoying the recipes in the Full Belly Archive so I thought I would contribute one of my own. This one takes a long time to gather and prep the ingredients but it's worth it.

This soup is my absolute favorite behind old fashioned chicken noodle.

It's full of all the joys of the summer bounty and freezes well for a fast hot supper on chilly summer evenings. The recipe below is a template, I make it a little differently each time depending on what's at the farmer's market and what I have around the house.

The corn, cabbage and potatoes and peas or green beans are important to maintain the character of the stew and the rest can be varied. I like to make a huge pot around harvest time when I can still get corn but winter squash is first appearing at the market. I freeze it in single servings and enjoy all winter. Use more or less of anything depending on what you've got, you can even out the spices and liquid at the end.

The parenthesis indicate some notes on my favorites but feel free to experiment.

1 lb lamb w/ bones (the most economical and quite delicious is 1 or 2 lamb necks)

Large Stock Pot

Water

1 large onion

2 cloves garlic

2 medium tomatoes (or leave them and hot pepper out at this stage and add some Primavera roasted tomato salsa at the end)

1 jalapeno or some cayenne pepper to taste

1 tsp ground cumin

1 TBL dried oregano (Rancho Gordo mexican oregano is a good choice)

2 tsp sea salt

1/2 tsp ground black pepper

1 small head green cabbage, chopped

4-6 small potatoes (yukon, red and german butterball are good)

1/2 cup quinoa, well rinsed

3 ears fresh corn kernals or 1 cup frozen

a few carrots, diced

a few handfuls of green beans, chopped in 1/2 in pieces

1 small winter squash, chopped bite sized chunks

1 cup fresh shelling peas or 1 cup frozen

1 summer squash (a nice firm light green zucchini is nice)

1 small bunch cilantro

1 small bunch mint

Put the lamb in a stock pot and cover with water, bring to a boil then simmer several hours until meat is tender. Remove meat from pot and cool, then pick meat from bones.

Heat the oil in a skillet over medium heat. Add the onion, garlic, tomatoes and chili peppers and saute for 10 minutes

Stir in spices and cook an additional 3 minutes. Add this mixture to the lamb stock

Add quinoa, hard squash, carrots and potatoes and simmer about 20 min.

Add remaining veggies and (except mint and cilantro) and cook until tender.

Correct seasoning with salt and pepper and add hot water if soup needs to be thinned.

Turn off heat then stir in mint and cilantro.