

FNH-00561C

CABBAGE

Nutrition and Health

Cabbage provides vitamins A and C. It is also a good source of fiber. A 1-cup serving of finely shredded raw cabbage has only 22 calories.

Selection

Select cabbages that are heavy for their size and have bright, crisp leaves with no signs of yellowing, cuts or bruises.

Storage

Ideal storage temperature for cabbage is 32°F with 90 percent humidity. A crawl space or root cellar is an excellent way to preserve these heads. Store cabbages in a perforated plastic vegetable bag in the refrigerator. (Cut small slits in bag to increase air circulation.) Cabbage can be dry salted and fermented into sauerkraut.

Preparation

Cabbage is best in flavor and nutrition when eaten raw or cooked for a short period of time in a small amount of water. To cook, use a nice young cabbage, slice it very thin and stir-fry it in a little oil. As it wilts, cover the pan and let it cook in its own steam, about 4 to 5 minutes. Add salt, pepper and a little butter. Another way to prepare your cabbage is to take a few carrots and slice thinly. Place carrots in a frying pan with a little oil and cook for about 7 minutes or until slightly tender. Then add thinly sliced cabbage. Cover and let cook for about 4 more minutes. (For detailed instructions on making sauerkraut, UAF Cooperative Extension Service publication FNH-00170, *Sauerkraut*.)

Recipes

Cold Cabbage Slaw

1 quart cabbage, finely chopped
½ cup green pepper, chopped
¼ cup diced sweet pickle
1 tablespoon sugar
½ teaspoon salt
3 tablespoon vinegar
¼ cup cream
2 tablespoon prepared mustard

Mix cabbage with green pepper and pickles. Combine sugar, salt, vinegar, cream and mustard; pour over cabbage, blend well, serve at once. 4 servings

Sweet-Sour Cabbage

2 apples, cored and peeled
1 onion
1½ tablespoon vegetable oil
½ head cabbage, shredded
½ cup water
½ cup brown sugar
½ cup vinegar

Chop apples and onion fine; cook in skillet in vegetable oil about 10 minutes. Add cabbage and water, a little at a time; cook 10 to 15 minutes. When cabbage is tender, add brown sugar and vinegar. Before serving, salt and pepper. 4 servings

Sesame Tuna Cabbage Salad

¼ cup rice vinegar or lemon juice
3 tablespoons canola oil
2 tablespoons reduced-sodium soy sauce
1 tablespoon toasted sesame oil
1½ teaspoons sugar
1½ teaspoons minced fresh ginger
2 5- or 6-ounce cans water-packed chunk light tuna, drained

1 cup sliced sugar snap peas or snow peas
2 scallions, sliced
6 cups thinly sliced cabbage
4 radishes, julienne-cut or sliced
¼ cup fresh cilantro leaves
1 tablespoon sesame seeds
freshly ground pepper to taste

Whisk vinegar (or lemon juice), canola oil, soy sauce, sesame oil, sugar and ginger in a small bowl.

Combine 3 tablespoons of the dressing with tuna, peas and scallions in a medium bowl.

Divide cabbage among four plates. Mound one-fourth of the tuna mixture (about ½ cup) in the center of each plate and garnish with radishes, cilantro and sesame seeds. Drizzle with the remaining dressing (about 2 tablespoons per salad) and season with pepper. 4 servings

Asian Coleslaw

Dressing:

¼ cup vegetable oil
2 tablespoons rice vinegar
1 tablespoon sesame oil
2 teaspoons grated fresh ginger
1 teaspoon soy sauce
1¼ teaspoon sugar
salt and freshly ground black pepper

Salad:

3 green onions, thinly sliced
½ head red cabbage, shredded
½ jalapeno chile, seeded, deveined, finely chopped
½ green bell pepper, julienned
salt and freshly ground black pepper
1 tablespoon fresh cilantro leaves, finely chopped
2 tablespoons roasted peanuts, roughly chopped

For the dressing: Whisk the vegetable oil, vinegar, sesame oil, ginger, soy sauce and sugar in a medium bowl. Sprinkle with salt and pepper to taste.

For the salad: Mix the onions, cabbage, jalapeno and green pepper in a large bowl. Toss the salad with enough of the dressing to coat. Sprinkle with salt and pepper to taste.

The salad can be made 3 hours ahead, covered and chilled. When ready to serve, mix in the cilantro and garnish with the peanuts on top. 4 servings

Barbecue Cabbage

3 slices bacon, chopped
1 red onion, sliced
2 Granny Smith apples, peeled, cored and sliced
salt and freshly ground pepper
1 small head red cabbage, cored and shredded (about 2½ pounds)
1½ cups chicken broth
⅓ cup apple cider vinegar
¼ cup barbecue sauce
1 tablespoon butter

Cook the bacon in a large saucepan over medium-low heat until the fat has started to render but is not yet crisp.

Add the red onions, apples, salt and pepper, to taste.

Saute until the mixture softens, about 5 minutes. Add the cabbage and stir until it begins to soften and wilt down; season again with salt and pepper to taste. Add the chicken broth and the apple cider vinegar and reduce over medium-low heat. Cover and stir occasionally until the cabbage is tender.

Once cabbage is cooked, remove the lid and add the barbecue sauce. Turn heat to medium and let the liquid reduce until it's thick and syrupy. Transfer to a serving bowl and top with pat of butter. Serve hot. 3 to 4 servings

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