

## Suspiciously Delicious Cabbage

Adapted by Our Young Chefs from Food52.com,  
fiveandspice

Makes 6 to 8 servings

*When we were eating this cabbage dish with dinner my husband exclaimed, "What did you put in this cabbage?! It's suspiciously delicious. Is it actually meat or something?" No meat involved though. The cream picks up the browned bits from browning the cabbage as though it were the base for gravy. It also mellows out the spicy ginger so everything practically melts together. It makes a delicious cold weather side dish; it is also so flavorful and satisfying tossed with hot buttered curly noodles or scrambled eggs.*



### INGREDIENTS

1 large green cabbage, quartered



*Shredding cabbage with a knife*



*Shredding cabbage in a food processor fit with a thin slicing blade*

1 large yellow onion,  $\frac{1}{4}$ - to  $\frac{1}{2}$ -inch dice

4 garlic cloves, peeled

### DIRECTIONS

**Shred the cabbage:** Use a large Chef or santoku knife to quarter the **cabbage**. Leaving the core of the **cabbage** in place to hold the leaves together, begin cutting at the outside edge of the **cabbage leaves** (not near the core) cutting through the leaves to cut the **cabbage** into shreds. Continue cutting, turning the quarter of **cabbage** as needed, to shred all of the leaves on the section of **cabbage**. Discard the **cabbage core** *OR* save it to snack on later - it is peppery and flavorful! Repeat shredding with the remaining 3 **cabbage** quarters. Set aside in a large bowl.

**Alternate method to prepare the cabbage:** Fit a food processor with a thin slicing blade; put the food processor lid in place. Cut the core from each quarter of **cabbage**; cut the quarters of **cabbage** into pieces that will fit into the feed tube of the food processor. Position several **cabbage** pieces in the feed tube of the food processor in such a position that the blade will cut across the leaves creating shreds as the **cabbage** passes through the processor. Place only an amount of **cabbage** pieces that *exactly* fills the feed tube. Place the pusher assembly in place; turn on the machine, push the **cabbage** through to shred. Repeat until all of the **cabbage** is shredded; stopping to empty the work bowl after every few passes of cabbage.

**Prepare the flavoring ingredients:** Cut the **onion** into a dice that is between  $\frac{1}{4}$  and  $\frac{1}{2}$  inch square; set aside in a medium mixing bowl.

**Garlic:** Prepare the **garlic** by one of three methods: finely dice with a knife, grate using a microplane *OR* pass through a garlic press. Add to the bowl of **diced onion**. ➡

---

2 tablespoons (heaping) fresh ginger, peeled, grated

**Ginger:** Peel the fresh **ginger** by scraping the outside with the edge of a spoon. Grate using a coarse microplane *OR* the "spikey" holes on a box grater; set aside.



*Remove the peel from fresh ginger by scraping with the edge of a spoon*

---

2 tablespoons butter  
2 tablespoons olive oil  
Diced onion and garlic (*prepared earlier*)  
Dash of salt

**Begin to cook:** In a large straight-sided skillet or Dutch oven, heat the **butter** and **oil** over medium heat until it is melted and starting to bubble a little. Stir in the **onion, garlic** and a generous **dash of salt**; cook for about 5 minutes, until softened.

---

Grated ginger (*prepared earlier*)  
Shredded cabbage (*prepared earlier*)  
1 teaspoon salt

**Cook the cabbage:** Stir in the **ginger**; cook for about 1 minute. Add in the **cabbage** and **1 teaspoon salt**, stirring well to coat the **cabbage** with the **butter/oil** and other flavors. Cook, stirring occasionally for about 15 to 20 minutes, until the **cabbage** has softened *and caramelized*.

---

1 cup heavy cream  
Salt, to taste  
Freshly ground black pepper  
*OR* crushed red pepper, to taste

**Simmer, season and serve:** Turn the heat to low and stir in the **cream** making sure to scrape any **browned bits** up from the bottom of the pan. Cover; cook over low heat for about 10 minutes. Uncover; taste. Add **salt** and **pepper** as desired; cook for a few more minutes, stirring once or twice, to allow some of the liquid to evaporate. Serve immediately.

---