

Cabbage Pierogi

Dough:

- Cups Flour
- ¾ cups water
- 1 egg
- 3 tbs. melted butter
- 1 tbs. salt

Filling:

- Whole Cabbage
- 4 tbs. Butter
- Large Onion, diced
- Salt and pepper to taste

-Melt butter in large pan, add diced onion and shredded cabbage and a good sprinkling of salt to draw moisture out of cabbage. Continue to cook until cabbage is soft and caramelized. Let mixture cool.

-Beat the egg and water together, add the butter. Combine 2 ½ cups of flour with salt and combine with wet ingredients. Put remaining ½ cup flour out on a clean surface and knead the dough until it takes up what flour it needs and forms a smooth ball. Roll out into 1/8 inch thickness and cut out rounds with a cookie cutter.

-Take about a teaspoon of filling and put in center of dough and pinch the edges of the dough together. Make sure the edges are well sealed so they don't explode when boiled.

-Boil for 15 minutes. They can be eaten as is but are the best fried in browned butter!

Cabbage Rolls (Golumpki)

- Cabbage
- Cooked Rice
- Ground Beef/ Ground Pork
- Onion
- Butter
- Salt and Pepper
- Tomato Sauce
- Bacon (optional)

This is a recipe that can be done with varying ratios of the main ingredients. Some may want more meat than rice, or to swap the rice out for barley and that all will work. First, Cook your rice. While rice is cooking, melt butter in a sauté pan and add onions and a sprinkling of salt. Cook onions for a few minutes to soften them then add ground meats and cook completely. Once cooked add to the rice and season with salt and pepper to taste. As the mixture cools, bring a pot of water to boil and drop your cabbage in whole. As it softens, cut the leaves away from the core so they can separate. Allow leaves to soften in the water slightly so they are easy to wrap and tender after baking. When you have all your leaves, dry them a bit with a towel and begin filling them. Hold the cabbage leaf with the stem end toward you, place filling in the center, fold over the stem end, then the two sides, and finally the top. Place the rolls seam down in a baking dish lined with cabbage leaves and tomato sauce. When the pan is full cover with tomato sauce and more cabbage leaves to keep the rolls from drying out in the oven. Bacon can also be put on top before baking but this is optional. Bake till cabbage is tender. Try adding other veggies, grains, meats or meat substitutes to make your own version on the classic!

Red Cabbage Salad

Ingredients:

- 1 small head of red cabbage, finely shredded
- large carrots, peeled and shredded
- 1 stack of celery, finely chopped

For the dressing:

- ½ tablespoon of cumin seeds
- ⅓ Cup olive oil
- juice of 1 lemon
- salt and pepper to taste

In a large bowl, combine the shredded cabbage, carrots and celery, mix well. Place a cast iron skillet (or a heavy skillet) on your stove, over medium heat. Add the cumin and toast it, it's ready once it releases its aroma which doesn't take very long. Finely grind the cumin. In a mixing bowl, add the olive oil, lemon juice, toasted cumin salt and pepper, whisk well to emulsify. Add the dressing to the salad and mix well until everything is well coated.

Garlic Roasted Cabbage

- 1 large head green cabbage, sliced into wedges vertically from head of cabbage about 3/4 to 1-inch thick
- 3 1/2 Tbsp olive oil
- 3 cloves garlic
- 1 tsp dried marjoram
- Salt and freshly ground black pepper
- Minced fresh parsley, for garnish (optional)
- Fresh lemon wedges or crumbled bacon, for serving (optional)

Preheat oven to 425 degrees. Line a baking sheet with parchment paper or foil. Pour olive oil into a small bowl then press garlic through a garlic crusher into bowl (or mince), stir well to infuse garlic flavor then pour and press mixture through a fine mesh strainer into another bowl to remove garlic pieces (I like to do this just so they don't burn while roasting at high heat for so long. Use a rubber spatula to press garlic against strainer to extract juices). Stir marjoram into oil mixture.

Lay cabbage wedges on prepared baking sheet and brush both sides with olive oil mixture and season with salt and pepper. Roast in preheated oven 15 minutes then carefully rotate and roast 15 minutes longer (if you don't want the slightly charred edges you can cover with foil during last 10 minutes). Garnish with parsley if desired. Serve warm with optional bacon crumbles or spritz with lemon wedges.

Sautéed Cabbage

- 1/2 head green cabbage, shredded thin
- 2 cloves garlic, chopped
- 2 tablespoons butter
- salt and pepper

In a saute or frying pan on medium-high heat, melt butter. Add chopped garlic and stir until fragrant, about 1 minute. Do not burn garlic. Add shredded cabbage to garlic and butter, tossing to coat.

Season with salt and pepper and continue to cook cabbage, tossing occasionally until it just begins to turn golden, about 10-15 minutes.

Note: Caraway is a great addition. Add 1/2 teaspoon with the garlic and stir until fragrant.

Colcannon

- 6 - 7 medium potatoes
- 3 cups chopped cabbage
- salt and pepper
- about 1/2 cup milk
- 2 tablespoons butter
- 6 green onions

1. Peel the potatoes and cut into several pieces. Cover with water and bring to a boil over medium heat. Cook until fork tender. Drain very well.
2. Slice the cabbage into slivers while the potatoes cook. Chop the green onions including some of the green part.
3. Mash the potatoes with an electric mixer. Add salt and pepper to taste. Add enough of the milk to make creamy mashed potatoes.
4. Bring a pan of water to a boil. Add a 1/2 teaspoon salt. Add the cabbage and cook until just tender, about 3 - 5 minutes. Drain well.
5. Stir the cooked cabbage and green onions into the mashed potatoes. Serve

