



Recipes using Cabbage

Warm Caraflex Cabbage and Apples

From the book "Morning Glory's Farm Food"

Serves 4 as a side

Ingredients

2 tablespoons extra virgin olive oil

¼ teaspoon each of caraway seed, mustard seed, fennel seed and red chili flakes

1 medium onion & 1 leek (white only), halved and julienned

½ teaspoon salt

¼ teaspoon black pepper

½ teaspoon fresh thyme leaves, minced

1 teaspoon fresh sage

1 Caraflex cabbage, quartered, cored & sliced/shredded

2 golden delicious apples, cored, peeled and sliced

¼ cup apple cider vinegar

1 tablespoon herbed mustard

½ cup apple cider.

Instructions:

In a skillet, heat oil over medium heat. Add spices, onions and leeks and cook 8 to 10 minutes until soft. Add herbs and cook 1 minute, then stir in cabbage and apples, mixing to coat. Add vinegar, mustard and cider. Cover pan and cook 5 minutes, allowing cabbage and apples to steam and soften.



Sweet and Sour Red Cabbage

From the book "Morning Glory Farm."

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Ingredients (serves 4):

- 1 head red cabbage, shredded
- 1 medium onion, sliced
- 2 tart apples, sliced
- 1 tablespoon canola or other vegetable oil
- $\frac{2}{3}$ cup cider vinegar
- $\frac{2}{3}$ cup granulated sugar
- Salt and pepper, to taste

Instructions:

1. Saute cabbage, onion, and apple until soft, about 15 to 20 minutes.
2. Add all other ingredients and cover, braising until very soft, 15 more minutes. Adjust vinegar and sugar to suit your taste. Can be served hot or at room temperature.

Easy Roasted Caraflex Cabbage

Caraflex cabbages are conical in shape and have a mild, sweet taste

Ingredients (serves 2):

- 1 head Caraflex cabbage (also called conehead or arrowhead)
- 2 to 3 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 350 degrees F.
2. Wash the cabbage with stem-side up, and wide part of leaves facing down. Gently run water through the cabbage and remove any remaining dirt. Dry cabbage thoroughly.
3. Slice cabbage lengthwise and place on a large baking sheet. Drizzle with olive oil, salt and pepper, and roast for 20-30 minutes.