

CABBAGE

WHAT PARTS CAN I EAT AND HOW?



THE LEAVES (AVOID THE OUTER LEAVES AND TOUGH WHITE CORE)

- Braised, steamed, sautéed and roasted
- Fermented (Sauerkraut, Kimchi)
- Raw in salads, like coleslaw

COOKING TIP: Different cultures prepare cabbages in different ways, from sautéing, steaming, roasting, braising, and fermenting. All cabbages can be used interchangeably, but be aware that they will give different results.

WHEN IS IT IN SEASON?



Cabbage is available **all year-round!** However, it is at its most flavourful in the colder months, so from October to February.

STORAGE



Cabbage is best stored whole and unwashed until it is ready to use. Place it in the crisper drawer of the fridge for up to two months. For longer storage, only remove the leaves as you need them, since cutting into the cabbage will shorten its shelf life.

MANGO CABBAGE SLAW

SERVES 4-6

INGREDIENTS:

- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1 mango, cut into strips
- 3 medium green onions, chopped

VINAIGRETTE:

- 2 tablespoons rice vinegar
- 1/2 lime, juiced
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons olive oil
- 1 teaspoon black or white sesame seeds

INSTRUCTIONS:

1. Combine with the cabbage, mango, carrots, scallions and toss together in a large bowl.
2. Prepare the dressing by whisking together the rice vinegar, soy sauce, and lime juice; slowly whisk in the oils.
3. Pour the dressing over the cabbage mixture and toss to coat. Let it sit at least 15-20 min.
4. Serve sprinkled with sesame seeds.

OKONOMYAKI

SERVES 4

INGREDIENTS:

- 3 large eggs
- 1/4 cup water
- 1 1/2 tablespoons soy sauce
- 4-5 cups cabbage, sliced thinly
- 3/4 to 1 cup flour
- 3 green onions
- 2 tablespoons oil for frying

OPTIONAL SAUCES

- Black Okonomiyaki sauce: 2 parts oyster sauce, 1 part ketchup and 1 part Worcestershire sauce
- Mayo & sriracha

INSTRUCTIONS:

1. In a bowl whisk together the eggs, water, and soy sauce until smooth. Begin whisking in the flour, 1/4 cup at a time, until it forms a thick, smooth batter (about 3/4 to 1 cup total of flour).
2. Add the cabbage, carrots, and green onion to the batter and stir until the vegetables are mixed and everything is evenly coated in batter.
3. Heat 1 tbsp oil in a pan over medium heat. Once hot, add 3/4 cup of vegetable and batter mixture. Press down to form a circle about 6 inches in diameter and 1/2 inch thick. Place a cover on the skillet to hold in steam, which will help the cabbage cook. Cook the pancake until golden brown on the bottom, then flip and cook until golden brown on top. Keep pancakes warm while they cook. Add more oil to skillet as needed.

