

# MAKE YOUR FOOD DOLLARS COUNT

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## ENJOY CABBAGE!!

Cabbage is an inexpensive vegetable available year round that is nutritious and versatile. It can be used in salads, soups and main dishes. Here are a few ideas...

### Lazy Cabbage Dish

- 1 cup raw rice (brown preferred)
- 1 pound ground beef or turkey
- 1 medium (or large) onion
- 1 small head cabbage, shredded
- 2 cans condensed tomato soup

**Stove Top:** Brown meat with onion in large pot. Drain off fat. Add cabbage and rice. Stir gently. Dilute soup with 2 soup cans of water. Pour tomato soup over top. Lower heat. Cover. Cook just until cabbage is done (about 45 minutes).

**Oven:** Cook rice. Brown meat and onion in fry pan, drain fat. Mix with cabbage in large casserole - top with soup, cover. Bake in a 325° oven for 1 hour.

**Crock Pot:** Put rice in bottom of crock pot. brown meat and drain off fat. Mix with cabbage, onion, tomato soup and 1 can water. Place on top of rice. Cover and cook on high 2-3 hours and on low 4 to 5 hours.



### French Kraut

- 8 cups shredded cabbage
- 4 medium onions chopped
- 1 red and 1 green pepper chopped

Heat to a boil:

- 1 Tablespoon mustard seed
- 1 Tablespoon celery seed
- 1/2 cup sugar
- 2/3 cup vinegar

Pour over cabbage, onions, and peppers and stir. Refrigerate; let stand 24 hours, covered well. This will keep for a week in the refrigerator.



### Sauerkraut Soup

- 1/2 pound smoked polish kielbasa cut into 1/2 inch pieces\*
- 5 medium potatoes (peeled and cubed)
- 2 medium onions (chopped)
- 2 carrots (cut into 1/4 inch slices)
- 4-1/2 cups chicken broth
- 4 cups sauerkraut (rinsed and drained)
- 1 - 6 ounce can tomato paste

In a large saucepan, combine sausage, potatoes, onion, carrots, and broth. Bring to a boil. Reduce heat, cover and simmer for 30 minutes or until potatoes are tender. Add sauerkraut and tomato paste. Mix well. Return to boil. Reduce heat, cover and simmer 30 minutes longer.

\* To reduce fat, boil sausage in water for 15 minutes and drain before adding to other ingredients.

### "Pigs-In-A-Blanket" (Golombki or Stuffed Cabbage)

- 1 large head cabbage - cored
- 1 pound ground beef, browned with;
  - 1 teaspoon pepper
  - 1 teaspoon onion powder
- 5-6 cups cooked rice - under done
- 1/2 cup white vinegar
- 1-1/2 to 2 cups water

Combine seasoned ground beef with rice. Set aside. Bring a large kettle of water (1/2 full) to boil. Place cabbage in water and parboil just long enough so that the leaves separate without tearing. As leaves loosen, place in a strainer to drain (reserve remaining cabbage for other

use). Trim off excess of mid-ribs of leaves so they become easy to roll. Spread mixture on leaf (about 3-4 tablespoons). Roll firmly, tucking edges inside so that filling will not escape. Place seam side down tightly in casserole dish. Place extra cabbage leaves over top, combine vinegar and water; cover with water mixture. Place in covered casserole or cover with foil and bake 1 hour at 350°.

Substitution:

- 1 - 16 ounce can sauerkraut (undrained) may be used in place of extra leaves, vinegar, and water mixture.
- An 8 ounce can tomato sauce may be poured over top with 8 ounces of water.
- Extra leaves may be frozen. Fold in half and layer in freezer bag - freeze. Use later for more pigs-in-a-blanket.

### Freezer Coleslaw

- 1 gallon shredded cabbage
- 1 tablespoon salt
- 1 sweet green pepper
- 2 carrots
- 1/2 cup boiling water
- 1 cup vinegar
- 2 cups sugar
- 1 teaspoon celery seed



Mix cabbage and salt well and allow to stand 1 hour. Chop green pepper and carrots. Add vinegar and sugar to boiling water. Boil 1 minute. Cool. Squeeze salt water out of cabbage and discard liquid. Add chopped vegetables and celery seed. Add cooled vinegar-sugar mixture and mix well. Let stand 1/2 hour. Package and freeze.

## Food Safety

**Selection:** When buying look for firm hard heads that are heavy for their size. Outer leaves should be a good color (green or red, depending on type), and free of blemishes. Avoid soft and puffy heads or those with yellow or withered leaves. A head that shows one or more deep cracks has been overgrown before picking. It will lack the best eating quality.

**Storage:** Cabbage should be stored in the refrigerator in a covered container or cover with plastic wrap or foil.

- Refrigerator shelf or vegetable compartment raw: 3 to 8 days
- Refrigerator cooked: 1 to 4 days
- Freezer: 1 year (prepared for freezing)



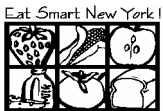
One pound of cabbage yields about 3-1/2 cups of raw shredded cabbage, or 2 to 2 1/2 cups of cooked cabbage.

## Try Cabbage In New Ways

Shred cabbage by cutting the head lengthwise in quarters and removing the hard white core with a large knife. Slice the quarters crosswise or grate them on the coarse side of a grater. Then...

- Stir into canned stewed tomatoes. Heat until cabbage wilts. Add cider vinegar and brown sugar to taste.
- Stir-fry in a small amount of oil with garlic and fresh or ground ginger.
- Toss 4 cups raw with 1 thinly sliced onion, 1/4 cup cider vinegar, 1 tablespoon granulated sugar, and salt and pepper to taste. Chill at least 1 hour. Drain and serve.
- Cook along with noodles during the last 5 minutes in the same pot. Drain and toss with oil, lemon juice, poppy seeds and salt and pepper to taste.
- Make a zesty coleslaw with thinly sliced green and red bell peppers and purple onion. Stir a bit of Dijon mustard, dill, hot-pepper sauce and freshly ground pepper into your usual coleslaw dressing.

## Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

### Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

### Contact:

Cornell Cooperative Extension  
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## Kinds of Cabbage Available



There is a variety of cabbage available all year round in different types of heads according to season.

**Early or New Cabbage** is available in the spring having a fairly small pointed head with green leaves. This cabbage doesn't store well.

**Mid-season Cabbage** is less compact with flat or round heads with somewhat crumply leaves.

**Late Cabbage** is used for storage and prolonged marketing, having round or oval heads with smooth overlapping light green leaves. These heads are smooth, solid, and heavy.

**Red Cabbage** is available in compact round or pointed heads. It is prized for the dark red to purple color, available

late summer to early winter.

**Savory Cabbage** is larger, rich green with crinkly green leaves forming a loosely formed head that is flattened and looks like a big frilly flower.

**Chinese Cabbage** comes in two varieties: **Bok Choy** has long thick stems with leaves grouped in a loose bunch. **Napa cabbage** looks a little like romaine lettuce with crisp pale green leaves. Chinese cabbages have a mild taste; the mildest is Napa. These are available year round.

**Brussell Sprouts**, little cabbages are obvious members of the family. However, because broccoli, cauliflower, collards, kale and kohlrabi differ so in shape, many people are surprised at the broad family relationship.

## How to Use

Short-time cooking is best for cabbage. Overcooking makes it unpleasantly strong in flavor and causes loss of color and nutritional value. Strong cabbage odor can be lessened and the good flavor maintained if the cover of the pan in which the cabbage is cooked is removed during the first five minutes of cooking. Long cooking releases its smelly sulfur compounds. Don't cook it in aluminum pans. The best choices are glass, enamel or stainless steel.



To keep the rich color in red cabbage, lemon juice or vinegar is added to the cooking water to make the liquid slightly acid. Red cabbage turns purple-blue in neutral water and an unpleasant green shade in alkaline cooking water.

Varying amounts and kinds of liquid are used in cooking cabbage. Panned or steamed cabbage is cooked until crisp-tender using a little butter or margarine and just the water that clings to the freshly washed leaves as moisture.

Add water - but not too much. Cook 3 cups of cabbage in 1 cup water and you'll lose only about 10 percent of its vitamin C. Fill the whole pot with water and you'll lose up to 50 percent. Starting with cold water will destroy as much as 25 percent of the vitamin C. So you can cut vitamin loss dramatically just by letting the water boil for 60 seconds before adding, then cooking the cabbage.

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