



Santa Cruz River

**FARMERS'  
MARKET**

*where everyone's welcome!*

## *Cabbage 101*

**CREAMY POTATO CABBAGE SOUP** Sauté 2 onions in olive oil or butter, add 1 teaspoon of caraway seeds and sauté until onions are translucent. Add 1 coarsely chopped green cabbage and ½ teaspoon of salt, cover and cook until the cabbage begins to wilt. Add 2 sliced potatoes and 3 cups of water or stock and bring to a boil. Reduce heat and simmer until the vegetables are tender. Puree in a blender with 1 teaspoon of dried dill and four ounces of cream cheese. Season with salt and pepper.



**SAVOY CABBAGE WITH SCALLIONS AND GARLIC** Saute 1 bunch of chopped scallions with 2 minced garlic cloves in olive oil. Stir in 1 cored and thinly sliced Savoy cabbage and sauté until cabbage is wilted. Add ¼ cup of water, salt and pepper and sauté until most of the water has evaporated the cabbage is tender.

**COLCANNON (MASHED POTATOES WITH CABBAGE)** Boil 2 large peeled, chopped baking potatoes until tender (about 15 minutes). Meanwhile steam ½ of a thinly sliced cabbage until tender (about 5 minutes). Drain potatoes and mash. Stir in milk and butter. Mix in cabbage. Season with salt and pepper.

**SPICY NAPA CABBAGE SLAW WITH CILANTRO DRESSING** Whisk together ¼ cup rice vinegar, 2 teaspoons sugar, 1 teaspoon grated peeled ginger, 1 minced green chili and 2 tablespoons of vegetable oil. Toss with 1 small head of Napa cabbage cored and sliced, 1 bunch of chopped scallions and ½ cup chopped cilantro.

**QUICK KIMCHI** Toss one cored and sliced Napa cabbage with 3 tablespoons of salt. Let stand for 2 hours, tossing occasionally. Rinse, drain and squeeze out excess water. Puree 4 cloves of garlic, 1-inch piece of peeled chopped ginger, 2 teaspoons vinegar and 2 tablespoons of fish sauce and combine with cabbage. Toss in 1 bunch of chopped scallions, 3 tablespoons of toasted sesame seeds and red-pepper flakes to taste. Toss in one grated pear. Marinate at least 1 hour. Kimchi will keep, chilled in an airtight container for 1 month (and the flavor will continue to get stronger).

**QUICK RED CABBAGE SAUERKRAUT** Heat ¼ cup olive oil, 2 cups red wine vinegar, 1 cup water, ¼ cup sugar and 1 teaspoons whole mustard seeds until sugar is dissolved. Add 1 shredded head of red cabbage and 2 cloves of minced garlic. Simmer until soft (15 to 20 minutes). Season with salt and pepper.

**RED CABBAGE SLAW** Blend ½ cup fresh orange juice, ¼ cup fresh lime juice, ½ chopped red onion, 2 cloves garlic, ¼ cup fresh basil leaves, 2 tablespoons chopped cilantro, 1 tablespoon honey, ½ cup vegetable oil, salt and pepper. Pour over 1 small head of shredded red cabbage. Toss and let sit for 30 minutes.

**INDIAN-STYLE** Sauté 2 teaspoons whole cumin seeds and two bay leaves in vegetable oil. When the bay leaves begin to color add 1 cored and shredded cabbage and 1 cup of frozen defrosted peas. Add ¼ teaspoon turmeric, ¼ teaspoon cayenne and sauté until cabbage is tender (about 5 minutes). Add 1 minced green chili, 1 teaspoon of sugar, ¼ teaspoon garam masala and salt. Remove bay leaves.

**INDIAN-STYLE WITH YOGURT** Sauté 3 tablespoons of whole black mustard seeds, ¼ teaspoon cayenne and 2 teaspoons ground coriander. When mustard seeds begin to pop, add 1 small cored, sliced cabbage and 1 medium onion sliced into ½-moons. Sauté 5 - 10 minutes until cabbage is soft. Add 1/3 cup of grated coconut and salt to taste. Gently warm 1 cup of plain yogurt (don't let it get hot) and fold into cabbage.

**GRATIN** Boil 1 chopped green or Savoy cabbage for five minutes. Drain and squeeze out excess water. Whisk together: 1/3 cup flour, 1 cup milk, ¼ cup sour cream, 2 tablespoons tomato paste, 3 eggs, 3 tablespoons chopped fresh herbs, salt and pepper. Combine with cabbage. Pour into a buttered baking dish and sprinkle with grated parmesan cheese. Bake at 350 until lightly brown and heated through (about 45 minutes).

**SPICY ASIAN** Whisk together: ¼ cup soy sauce, 2 tablespoons toasted sesame oil, 2 tablespoons vegetable oil, 2 tablespoons sesame seeds, 1 ½ tablespoons lime juice, 1 tablespoon grated ginger, 2 minced garlic cloves, 2 teaspoons brown sugar, ½ teaspoon red pepper flakes, 3 tablespoons chopped fresh cilantro and 2 chopped scallions. Pour over blanched (cook in boiling water 1-2 minutes and drain), chopped cabbage.

**SOUTHERN POWER SLAW** Mix together 1 cup of mayonnaise, 2 tablespoons Dijon mustard, 3 tablespoons sugar, 3 tablespoons cider vinegar, 1 – 2 teaspoons Cajun spice mixture and 1 teaspoon of salt. Toss with 8 cups of thinly sliced green and/or red cabbage along with 4 thinly sliced collard leaves and 1 bunch of chopped scallions.

**BRAISED RED CABBAGE WITH APPLES** Saute 1 sliced onion and 2 sliced Granny Smith apples in 2 tablespoons of butter. When soft, add 1 tablespoon chopped fresh dill, 2 bay leaves, 1/2 cup broth or water and 1 cored, sliced red cabbage. Saute until cabbage begins to wilt. Add 1/3 cup of cider vinegar, 2 tablespoons sugar, salt and pepper. Continue cook until cabbage is soft (about 20 minutes).

*-Compiled by Gretel Hakanson*

*Santa Cruz River Farmers' Market is located at this NE Corner of Speedway and Riverview between the Arizona School for Deaf and Blind and El Rio Neighborhood Center. For more information visit: <http://communityfoodbank.com>.*