

## **CABBAGE**

### **Cabbage Chop Suey**

Chop together ½ head chilled cabbage, 4 stalks celery, 1 chilled green pepper, 1 large onion; saute' with low heat in vegetable oil for 10 minutes; add and stir in 2-3 Tbsp. soy sauce and dash of paprika. Serve with steamed or fried brown rice.

Another Version:

### **Chinese Style Cabbage**

1 Tbsp. shortening  
3 cups finely shredded cabbage  
1 cup celery, chopped  
1 green pepper, chopped  
1 onion, chopped  
1 tsp. salt  
1/8 tsp. pepper

Heat shortening in skillet. Drop in vegetables; stir well. Cover tightly. Steam 5 min., stirring several times. Season with salt & pepper. \* 1 Tbsp. soy sauce may be added just before serving. Serve immediately. 4 servings.

### **Saute'd Cabbage**

Cook ½ head chilled, shredded cabbage with 1 Tbsp. each hot water and oil; cover utensil and cook over low heat 8 minutes.

With Bacon: Pan broil 2 slices of bacon, remove when crisp, drain fat, and saute' shredded cabbage until tender; salt, and sprinkle chopped bacon over top.

With Purple Cabbage: Cook equal parts shredded green and purple cabbage. Purple cabbage should be shredded finer than green cabbage so that both will be tender at the same time; if carefully prepared, this combination is both beautiful and delicious.

### **Purple Cabbage**

Use large utensil; pan broil until crisp: 1 slice bacon. Remove bacon and add:

1 Tbsp. brown sugar  
2 Tbsp. water  
½ tsp. salt  
2 Tbsp. lemon juice  
2 diced tart apples  
dash of nutmeg

½ head finely shredded purple cabbage

To prevent discoloration, stir or toss cabbage until well moistened. Cover utensil and simmer 20 minutes, or until tender. Increase heat to evaporate off moisture.

### **Savory Cabbage**

Cook 5 cups shredded cabbage covered in 1 quart boiling salted water 7 minutes or 'til tender; drain well. Combine 3 Tbsp. melted butter, 1 tsp. each lemon juice and horseradish, and ½ each tsp. salt and sugar; mix with cabbage. Serves 4 to 6.

### **Pennsylvania Red Cabbage**

2 Tbsp. bacon drippings

4 cups shredded red cabbage

2 cups cubed unpared apple

¼ cup brown sugar

¼ cup vinegar

¼ cup water

1-1/4 tsp. salt

½ tsp. caraway seed

Heat drippings in skillet; add remaining ingredients and dash pepper. Cover tightly; cook over low heat, stirring occasionally. For crisp cabbage, cook 15 minutes; for tender, 25-30 minutes. Makes 4-5 servings.