

Napa Cabbage

Napa cabbage is the cabbage traditionally used in and most famous for kimchi! It is also tasty in Stir fries and Asian coleslaw. You can roast it in the oven. It has tender leaves, be careful not to overcook! Napa cabbage loves any Asian style cooking method and flavors. Find a favorite Kim chi recipe for a way to preserve your cabbage and eat healthy!

Tsukemono (Japanese Sauerkraut)

1 head Napa cabbage, cored and shredded

1 bunch green onions

2 tbs naturally fermented soy sauce

2 tbs fresh lemon juice

1 tsp sea salt

2 tbs whey (or additional 1 tsp salt)

Place all ingredients in a bowl, mix well and pound with a wooden pounder or meat hammer to release juices. Place in a quart-sized, wide-mouth Mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the vegetables should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. Transfer to cold storage such as a refrigerator, cool basement or root cellar and use within 1 year. *Nourishing Traditions

Napa Cabbage Salad

1/2 cup slivered almonds

3 T vegetable oil

2 T rice vinegar

1 T soy sauce

1/2 t sugar

1 lb. Napa cabbage, thinly chopped

2 scallions, thinly sliced

1/4 cup chopped cilantro or basil

Freshly ground pepper

Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro or basil and toss. Add the almonds and season with pepper.

Toss again and serve. - Adapted from Food & Wine

Stir-fry of Napa Cabbage and Carrots

1 T. peanut or veggie oil 2 cloves garlic, minced

1 T. ginger, minced 8 oz. Shredded carrots

1 med. head Napa cabbage 2 T. soy sauce

1 t. toasted sesame oil ½ t. jalapeno, minced

Heat oil in wok or skillet, add garlic and ginger. Add carrots, cook for 3 min. Add cabbage, cook until tender, about 3 min.

Add soy sauce, sesame oil, and jalapeno and stir well. Serve immediately with chives, parsley or cilantro. From The Joy of Cooking