

CABBAGE



PREPARATION

- Remove tough outer leaves and cut cabbage into quarters.
- Cut out the thick core of each.
- Rinse cabbage quarters well and slice thinly.

ADD FLAVOUR

- Stir fry in a little oil and garlic, add one apple, sliced or grated.
- Cook in a frying pan with a can of crushed pineapple (including juice).

STORAGE

- Refrigerate in vegetable drawer.
- Can be pre-cut and stored in an air tight container, in the fridge.
- Can be pre-cut and frozen for use in curries and stir fry's.

VEGE UP

- Add sliced, cooked beetroot to homemade hamburgers.
- Add roasted or boiled beetroot to roast vegetable salads with pumpkin, kumara, potatoes or carrots.
- Add 1 cup pureed beetroot to cake or muffin mixes.
- Add freshly grated beetroot into salads with grated apple, carrot and lemon juice.

COOKING

- Add cabbage to stir fries (near the end of cooking). Add to vegetable soups, salads and stews.
- Use to make sauerkraut, this can then be added to a range of things.