

How to cook cabbage



For best results, choose a head of cabbage that is firm to the touch. Avoid cabbage that has wilted outer leaves or leaves with brown tips.



Use a sharp knife to cut the cabbage head into quarters. Wash the pieces in cold water before preparing to remove any dirt.



Cut off the stems on each cabbage quarter. These are located on the bottom of each piece. They also tend to be hard and trunk-like to the touch as well as inedible.



Shred the cabbage quarters with a kitchen knife. The pieces should be thinly sliced, which will make cooking easier. If you prefer, you can use a food processor to shred the quarters. Place the shredded cabbage aside.



Pour approximately 1.5 inches (3.8 cm) of cold water into a cooking pot, and add approximately 1 tsp. (5 ml) of lemon juice. Add the shredded cabbage, and turn the heat on your oven burner to a low setting. Simmer for 1 hour or until cabbage is tender.



Remove the cabbage when it is cooked. Pour the contents of your pot into a pasta strainer to separate the cabbage from the water. Serve the cooked cabbage as a side dish for your meal.

For a different twist, try frying cabbage. Follow the same preparation instructions, and instead of boiling the cabbage in water, toss the mixture into a skillet with 1 to 2 tsp. (5 to 10 ml) of olive oil. Allow it to fry for approximately 3 to 4 minutes, stirring frequently. The result will be a crispy, flavorful side you can add to any meal.

- If you require a bit more flavor, add a dash of salt to taste just before straining the cabbage. You can experiment with other seasonings such as pepper, garlic powder, dill, mustard seed, or any other spices you desire.
- Before cooking cabbage, inspect the quarters you sliced for worms or insects. If you spot any, soak the pieces in equal parts vinegar and water that is enough to cover the pieces. Soak them for a minimum of 20 minutes. The unwanted guests will be removed from the cabbage, and you can prepare it as instructed.