

# HARVEST of the MONTH at home

## Gingery Cabbage Rolls w. Pork & Rice



### INGREDIENTS

- Kosher salt and black pepper
- 1 medium head savoy cabbage
- 1 ½ pounds ground pork
- 1/3 cup uncooked short-grain white rice
- 1 large egg, lightly beaten
- 6 scallions, finely chopped
- 2 TB finely chopped fresh ginger
- 2 tsp soy sauce
- 2 cups chicken broth
- Sesame oil, for serving

### DIRECTIONS

Heat oven to 350°F. Separate & wash cabbage leaves. Place into pot with boiling water for 2 mins then remove and cool. In large bowl combine: pork, rice, egg, scallions, ginger, soy sauce, salt & pepper. Warm chicken broth in a pot on the stove, while assembling rolls.

**Assemble rolls:** Place one leaf on a cutting board with its stem end at the bottom. Spoon a 1/4 cup of the pork mixture in the center and roll into a log. Pull the stem end over the meat mixture, and fold the right and left sides of the leaf over and roll tightly. Place the cabbage rolls seam-side down in a casserole dish. Pour the chicken broth over the cabbage rolls. Cover the pan, place in oven, and bake until cabbage rolls are fork tender and the meat mixture is cooked through, 40 to 45 minutes. Serve with ladles of broth over the rolls and a drizzle of sesame oil.

Source: NYTimes

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## Crispy Rice w. Mushrooms & Cabbage



### INGREDIENTS

- 1/4 cup plus 2 tablespoons olive oil
- 1 cup shiitake mushrooms, sliced
- 1 bunch scallions, diced
- 1/2 head of cabbage, shredded
- 2 teaspoons kosher salt, divided
- 6 cups cooked rice
- 1 TB low sodium soy sauce
- 2.5 TB fish sauce or oyster sauce
- 1 TB toasted sesame oil
- 1/2 cup cooked edamame beans
- 4 fried eggs

### DIRECTIONS

Heat 1/4 cup oil in a large pan over medium high heat. Add mushrooms and cook for 5 minutes or until golden. Remove the mushrooms to a large bowl. Add 1 TB of oil to the saute pan and cook the scallions for 2 minutes. Add cabbage and salt and sauté for 4 mins. Add garlic and sauté for 1 min. Add the cabbage to the mushroom bowl. Add 3 TB oil to the pan over high heat and add the cooked rice and 1 tsp salt. Stir the rice and press down into bottom of pan. Add soy sauce, fish sauce, sesame oil & allow to keep cooking on high heat untouched for 5 minutes or until the rice starts to crackle and crisp. Toss the mixture and add more soy sauce or fish sauce if necessary. Fold in the mushroom/cabbage mixture, edamame.

Source: Weelicious

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## Chopped Cabbage Salad



### INGREDIENTS

- 4 cups finely chopped red or green cabbage about 1/3 of a large head
- 2 large carrots, peeled and grated
- 1 small apple, chopped fine
- 2 cups baby spinach, finely chopped
- 2 Tbsp fresh lemon juice
- 2 tsp honey or other sweetener
- 2 tsp Dijon mustard or yogurt/mayo
- 3 Tbsp olive oil
- 1/2 tsp coarse salt kosher or sea salt

### DIRECTIONS

1. Add cabbage, shredded carrot, chopped apple, and spinach to a large bowl.
2. In a small bowl, whisk the lemon juice, honey, mustard, and olive oil until combined.
3. Pour dressing over veggies and toss until everything is well combined. Sprinkle with salt and toss again. Taste and add more salt or lemon juice as needed.
4. Serve immediately or store in fridge for up to a day.

Source: HappyKidsKitchen.com

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## Sautéed Cabbage



### INGREDIENTS

- 1 small head green cabbage about 2 1/2 pounds
- 1 TB extra virgin olive oil
- 1 TB unsalted butter
- 1 1/2 tsps kosher salt
- 1/2 tsp black pepper
- ½ tablespoon apple cider vinegar plus additional to taste
- 1 tablespoon chopped fresh thyme optional

### DIRECTIONS

1. Cut the cabbage in half from its top down through its core. Place the cut-side down on a cutting board, then slice it as thinly as possible around the core making fine ribbons. Discard the core.
2. Heat a large sauté pan over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits.
3. Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more acidic flavors. Sprinkle with thyme. Serve warm.

Source: Well Plated