

Grandma Beth's Cookbook

Cabbage Apple Slaw

Shred 1 cabbage. Coarsely chop several apples (with skins), If desired add coarsely chopped nuts, raisins, dried cranberries, etc. For a dressing mix plain yogurt with honey. Toss.

Cabbage Soup

1/2 cup chopped onion
 3 tablespoons butter
 3 tablespoons all-purpose flour
 4 cups coarsely shredded cabbage
 1/2 cup chopped carrot
 3 cups vegetable broth
 1/2 teaspoon salt, or to taste
 1/8 teaspoon ground black pepper
 3 cups diced potato
 1 can (14 1/2 ounces) evaporated milk
 minced parsley
 dash paprika

In a large heavy saucepan or Dutch oven, heat butter over medium-low heat; cook onion until golden in color. Stir in flour until well blended. Add cabbage and carrots along with the broth, salt, pepper, and potatoes. Bring to a boil, stirring frequently; reduce heat to low. Cover and cook until tender, stirring frequently, about 20 minutes. Add milk. Heat through, but do not boil. Taste and adjust seasonings, added more salt and pepper, as needed. Sprinkle each serving with a little parsley and a dash of paprika, if desired.

Braising

Most braises follow the same basic steps. The food to be braised (meat, poultry, but also vegetables or mushrooms) is first seared in order to brown its surface and enhance its flavor. If the food will not produce enough liquid of its own, a small amount of cooking liquid that often includes an acidic element, such as tomatoes, beer, or wine, is added to the pot, often with stock. The dish is cooked covered at a very low simmer until the meat is fork tender. Often the cooking liquid is finished to create a sauce or gravy.

Sometimes foods with high water content (particularly vegetables) can be cooked in their own juices and no extra liquid is required.

Braised Greens with Garlic

1-2 tablespoons olive oil
 large bunch of fresh greens, about 8 cups, washed and coarsely chopped. This could include a mixture of Asian greens, or mustard, collards, turnip greens, beet greens, kale - any toothy substantial green will do.
 1-2 cloves garlic, chopped
 1/8 cup water or vegetable broth
 Salt to taste
 Optional flavorings: Sesame oil, plum vinegar, tamari
 Optional toppings: sesame seeds, chopped almonds or walnuts, toasted pumpkin seeds

Heat oil in a large skillet over medium-high heat and add greens and garlic, stirring to coat with oil. Stir occasionally until greens are barely wilted, just a few minutes.

Add vegetable broth or water and stir, allowing greens to steam until barely tender. Salt to taste.

Add flavorings and toppings as desired and serve.

Southern-Braised Greens with Bacon

sliced bacon
 sliced onions
 garlic, mashed
 sea salt
 cayenne
 black pepper
 1 (12-ounce) can beer
 distilled white or apple cider vinegar
 molasses or cane syrup
 Large bunch fresh greens, such as mustard greens, collard greens, turnip greens, or kale, rinsed well, picked over and tough stems removed

In a large, heavy pot cook the bacon until it has rendered most of its fat, about 5 to 6 minutes. Add the onions, garlic, salt, cayenne, and black pepper and cook until the onions are wilted, about 4 minutes. Add 1 quart of water, the beer, vinegar, and molasses and bring to a boil. Begin adding the greens in batches, pressing down with a wooden spoon to submerge them in the hot liquid and adding more as they wilt. When all of the greens have been added, reduce the heat to a simmer and cook the greens, partially covered and stirring occasionally, for about 1 to 1 1/2 hours or until tender.