



Garden Fresh Farm Recipes

Sautéed Cabbage

Sautéed shredded cabbage cooked in a wok is a quick and flavorful dish where finely sliced cabbage is cooked with oil, salt and pepper over high heat. The cabbage is flavorful with brown caramelized bits offering a deliciously savory and aromatic side dish. Vinegar is the secret ingredient to making it taste great.

Ingredients:

- 1 small head green cabbage
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 tablespoon apple cider vinegar plus additional to taste

Directions:

Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.

Heat a wok over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Leave cabbage undisturbed for a minute or two as you go is what will allow it to develop brown flavorful caramelized bits.

Remove from the heat and stir in the apple cider vinegar. Add salt and pepper to taste.

It's ready to serve.

