

Meals from Your Market



Cabbage Soup

Use 2 pots. In one, boil 2 quarts of water.
In another, stir fry in 1/4 c. olive oil:

- 2 large onions, diced
- 2 stalks celery, diced
- 2 cloves garlic, diced
- 2 large carrots, diced

Don't brown it—when it is hot, not yet tender, add:

- 1 Tablespoon salt
- 5 bay leaves
- Pepper to taste
- 3/4 cup cider vinegar
- The boiling water
- 1/2 cup brown sugar
- 1 small can tomato paste or 2-3 cups diced tomatoes
- 1 lg. cabbage (1 1/2 if it is runty)
- Parsley

Cover and boil a long time! Certainly an hour. You will be surprised at how spicy and flavorful this is. You can change up the greens as you like, and you can freeze it.

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Cabbage au Gratin

Preheat oven to 375. Butter baking dish and dust with:1/2 cup crumbs or Parmesan. Cook 1 cabbage--about 1 pound or 6 cups of shredded cabbage. Steam 30 minutes. Or, boil 5 minutes. in big pot of salted boiling water. Press out extra water from cooked cabbage. In large bowl, whisk together:

- 2 eggs
- 1 cup milk or cream
- 1/2 cup mild white cheese (Emmentaler, Gruyere, Farmer's, Gouda)
- 1/4 cup flour
- 1 teaspoon salt
- 1/2 heaping teaspoon caraway seed, toasted
- 1/4 teaspoon ground cardamom seed

Add drained cabbage and put into the baking dish. Cover the top with 1/4 cup grated Parmesan or Gruyere cheese. Bake till golden on top 40-50 minutes.

You can skip the cardamom and toasting the caraway seeds, but will not be as airily delicious. This stuff smells, looks and tastes good! Make double for sharing. Add other leftover vegetables, in the tradition of colcannon or bubble and squeak. Cabbage is good stuff! It is the cheapest thing in the market every year in March and it keeps for 2 months.

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