

Chinese (Napa) Cabbage

One of the most important vegetables in Asia. Key ingredient in the Korean kimchee. Differs from regular cabbage in that it has a large succulent white midrib, light green leaves, and a milder flavor. It is rich in folic acid, vitamins C and K.



TIPS:

Short-term Storage: See cabbage

Long-term Storage: Traditionally used in kimchee, the Korean spicy pickle. Or blanch and freeze.

General Cooking Info: Blanched insides can have a very pleasant sweetness to them. Try frying lightly with carrots, onions, and cooked potatoes. Use in soups, stews, and roasts. Use large leaves as wraps for meat or rice and beans.

Growing info: Grown in the spring and fall.

Common Problems: See kale for info about flea beetles and cabbage worms. Slugs were a slight problem last year. Some of the heads had slugs who had burrowed into the center of the heads and were living there!

Napa Cabbage Salad with Lemon-Pistachio Vinaigrette

1 teaspoon lemon zest
 1 tablespoon lemon juice
 1 tablespoon pistachio oil
 3 cups thinly sliced napa cabbage
 2 cups thinly sliced romaine lettuce leaves
 1/4 cup chopped fresh Italian flat-leaf parsley
 1 tablespoon finely sliced fresh basil
 1/8 teaspoon kosher salt
 1/8 teaspoon freshly ground black pepper
 2 tablespoons chopped pistachios

1. In a small bowl, whisk together lemon zest and lemon juice. Slowly drizzle in the pistachio oil, whisking constantly, until the dressing is mixed well.
 2. In a large bowl, toss together the sliced napa cabbage, sliced romaine lettuce, parsley and basil. Mix in the dressing, salt and pepper. Gently toss until dressing is distributed evenly. Top with chopped pistachios. Enjoy!

from Allrecipes.com

Quick Chicken Soup with Napa Cabbage

Makes 6 servings
 6 cups strong chicken stock

 1 head of garlic, split lengthwise

 3 slices ginger

 1 package semi-firm tofu

 2 cups napa cabbage, sliced

1/2 cup bamboo shoots, sliced

 1/2 cup shredded chicken meat

 2 tablespoons soy sauce

 1 teaspoon dry sherry

Combine the chicken broth, ginger and garlic in a pot and bring to a boil, reduce to simmer.

Cube the tofu into 1/2 inch cubes. Add the cabbage, and bamboo shoots. Cook for another 5 minutes. Finally, add chicken, tofu, soy sauce and wine.

from Worldfamousrecipes.com

Sweet and Sour Chinese Cabbage Rolls

1 head Chinese cabbage, large leaves only
 3 cups brown Rice
 6 scallions (about 1 cup, chopped)
 1.5 lb ground pork
 1 tbsp sesame oil
 1.5" ginger root
 5 cloves garlic
 salt and pepper to taste

For the sauce:

4 tbsp brown sugar
 1/2 cup light soy sauce
 2/3 cup rice vinegar
 2/3 cup mirin
 4 cloves garlic
 1/4 cup oyster sauce
 2 tbsp fish sauce
 3.5 tbsp chili sauce
 2 tbsp cornstarch
 1.5 cups beef broth

Preheat your oven to 350°F.

Put a large pot of salted water on the stove to boil.

Carefully blanch about 14-16 of the large outer leaves until they're tender.

Put all of the sauce ingredients except for the corn starch and beef broth into a medium sized pot over medium high heat and let it come to a simmer, stirring until well combined.

Dissolve the cornstarch into the beef broth, stirring well to make sure there are no starchy chunks. When the sauce mixture is at a simmer, slowly pour the starchy broth in a slow steady stream, whisking constantly as you do so. Continue whisking for about another 5 minutes, or until the sauce has thickened up considerably but is still pourable. Take the sauce off the heat.

Add the pork in with your cooked rice. Finely slice the white and green parts of the scallions and throw them on top. Mince the ginger and garlic as finely as you can and add them to the mixture along with the sesame oil and a generous sprinkling of salt and black pepper.

Add a dollop of pork mixture to the middle of each cabbage leave, roll up and place in 13x9 inch pan. Cover with prepared sauce and bake covered for 45 minutes