

Charred Cabbage

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Photo from [Eva Shares Food](#)

This week's recipe will take a commonly used ingredient, cabbage, and use it in a simple, but possibly new way, that is sure to impress. [Cabbage](#) is another member of the winter hardy Brassicaceae family, and has been cultivated for thousands of years. Roughly translated from French, *caboche* or cabbage, means "head" for its round and dense shape.

This recipe will utilize the wonders of charring and a heavy bottomed, preferably cast iron pan. In moderation, [charring](#) can bring a delightful bitterness and balance to many dishes. From the crispy bubbles on a fresh naan out of a tandoor oven to the smoky "burnt" ends of hot barbecue on a grill. While some may associate burntness with carcinogens, small amounts are harmless and can create a lot of complexity.

You can char foods without having to own any of the complicated cooking appliances previously mentioned. I would recommend not doing it in a non-stick as bringing it up to the necessary temperatures may not be safe for the pan and release carcinogens. Any stainless steel, cast-iron, or carbon steel pan is best for this.

Any type of cabbage can be substituted in this recipe: napa, purple, savoy, etc., are all excellent for this preparation. In this particular recipe, I will be cutting the cabbage into wedges and charring them whole but it can chop it into chunks if that is your preference (just be sure to cook it for less time).

Ingredients:

- 1 medium head of green cabbage (or any other cabbages), cut into 2 inch wedges with the core intact
- 1/4 cup of mayo
- 1 teaspoon vinegar (or substitute your favorite hot sauce)
- 1/2 teaspoon of sugar
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon of ground pepper
- Olive oil, salt

Instructions:

1. Mix the mayo, vinegar, sugar, smoked paprika, and ground pepper in a bowl until homogeneous. Set aside.
2. Drizzle your cut cabbage with olive oil and sprinkle some salt.
3. Heat a large skillet on high, when it starts to smoke place the cabbage carefully in the pan. Turn the heat down to medium and allow to cook undisturbed for a few minutes or until the outside has formed a slightly burnt crust (refer to the image above for a "good" amount of char). Turn the heat back up to high and flip the cabbage over, cook for another few minutes.
4. Once cooked, transfer to a plate and drizzle with the sauce, or serve it on the side. Enjoy!

Nutrition Corner: Cabbage

Did you know! Cabbage is low in calories per serving and rich in many vitamins including K and C. Cabbage is also high in fiber and contains powerful antioxidants that are used to protect your body from harm done by free radicals.

One cup of raw, chopped cabbage (89g) provides:

Calories: 22

Protein: 1 gram

Fiber: 2 grams

Vitamin K: 85% of the RDI

Vitamin C: 54% of the RDI

Folate: 10% of the RDI

Manganese: 7% of the RDI

Vitamin B6: 6% of the RDI

Calcium: 4% of the RDI

Potassium: 4% of the RDI

Magnesium: 3% of the RDI

Source: [USDA](#)