



Cabbage sliced and cooked, can be one of two things: deliciously crisp, with a mild and pleasant flavour but if over cooked can become soggy! Cabbage needs to be handled with care if the nutrients are to be preserved.

Store in polythene bags in the fridge and cook for the minimum amount of time. Cabbage is very rich in vitamins and good source of iron.

- Wash it, cut it and eat it raw.
- Add to salads and coleslaw.
- Red cabbage soaked in apple juice overnight makes a great side dish.
- Steaming or boiling with a tiny amount of water for just a few minutes retains much of the unstable vitamins.
- Using a microwave oven to cook cabbage can greatly reduce the vitamin loss.

Do not throw away the dark outer leaves they contain most of the nutrients.



Curried Cabbage

Preparation and cooking time: about 40 minutes

serves

2

Ingredients

2 onions

- Half a cabbage (shredded)

- 1 tablespoon of oil or
margarine

- 1 teaspoon thyme

- 2 tablespoons of curry powder

- 1 tablespoon of dry ginger

- 1 clove of crushed garlic

Method

- Fry the onions in oil or margarine for 2 minutes.
- Add the shredded cabbage and the rest of the ingredient.
- Cover the pan and simmer until the cabbage is tender.

A really nice, cheap meal for 2 people.

Great with Jamaican rice and peas.