SEASONED CABBAGE (FRESH)

MEAL COMPONENT CONTRIBUTION:
½ cup other vegetable
NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup
RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cabbage, Fresh, Whole Head, #4100	21 pounds
Margarine, Bulk, #1319	8 ounces
Pepper, White, Ground, #2720	3 tablespoons
Base, Chicken, Low Sodium, #2501	1/2 cup

DIRECTIONS

1. Remove any wilted outer leaves and wash the cabbage. Crisp the cabbage in cold water, if it is wilted.
2. Cut the cabbage into wedges and remove the center then core, or shred, it coarsely.
3. COOKING METHODS
   To steam the cabbage:
   - Place the cabbage in perforated steamtable pans.
   - Steam it for 2 to 4 minutes.
   - Place cabbage in solid steamtable pans for seasoning and service.
   - If using solid steamtable pans to steam, drain the liquids from the pans prior to seasoning and service.

   To heat the cabbage:
   - Place cabbage in braising pans, a steam jacketed kettle, or stockpot.
   - Cover the cabbage with water and bring it a boil.
   - Reduce the heat until the liquid simmers and cook the cabbage for 10 to 12 minutes.
   - Drain the liquid from pans.
   - Transfer the cabbage to solid steamtable pans for seasoning and service.

   CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Melt the margarine then add the pepper and chicken base. Distribute the mixture evenly among the pans of cooked cabbage.
5. Serve the cabbage immediately, or cover it and place in a warmer until ready for service.
   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Portion with a 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetables.
   CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 within an additional 4 hours.

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PRODUCTION NOTES

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Seasonings for cabbage: basil, caraway seed, celery seed, curry powder, dill, nutmeg, liquid smoke, beef or bacon base. If liquid smoke, beef or chicken base is used the nutrient analysis will need to be updated for this recipe.

Use USDA Foods or Department of Defense (DOD) foods when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	45	Dietary Fiber	2.45 g	Sodium	65.76 mg	Sat. Fat	0.83 g
Carbohydrates	5.95 g	Protein	1.61 g	Total Fat	2.12 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF SEASONED CABBAGE (FRESH)

1.

Steamed cabbage combined with margarine, pepper and chicken base.

2.

1 serving of Steamed Cabbage