

# STEAMED CABBAGE (FRESH)



VEGETABLES (OTHER)

**MEAL COMPONENT CONTRIBUTION:**

½ cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cabbage, Fresh, Whole Head, #4100	21 pounds
Margarine, Bulk, #1319	8 ounces , melted
Salt, Table, #2219	2 tablespoons

**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 core, or shred it coarsely.

**3. COOKING METHODS**

To steam 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 cook cabbage:

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

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

4. Melt the margarine, then add the salt.  
Distribute the mixture evenly over the cooked cabbage in the pans.
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 ½ cup with a 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetable.

CCP: Hold and maintain 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 degrees F or lower within an additional 4 hours.

**PRODUCTION NOTES**

Use commodity products when available.

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, worcestershire sauce, beef or chicken base.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides excellent seasoning and serving ideas for vegetables.

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## NUTRIENTS PER SERVING

Calories	40	Dietary Fiber	2.38 g	Sodium	176.34 mg	Sat. Fat	0.76 g
Carbohydrates	5.52 g	Protein	1.22 g	Total Fat	1.87 g	Trans Fat	0.00 g