

Notes on Napa Cabbage

Napa cabbage is milder in flavor compared to American cabbage. It goes well in stir-fry, soup, noodle dishes, salads, and any dish that calls for cabbage. The cabbage looks like a pale version of romaine. Clean it as you would romaine, by pulling off the leafy stalks and running them under cold water. Then chop them up as you would romaine and add them to your favorite recipe.



Simple Ideas for Napa Cabbage

- Melt butter add garlic and napa cabbage to make a quick side dish.
- To add variety and crunch to your ramen toss in napa cabbage and ham.
- Tired of pickles try pickling napa cabbage.

Chinese Cabbage Salad

Recipe by: Guldan Family Farm CSA

Salad:

1 head Napa cabbage chopped
¼ cup chopped onions
2 packages chicken flavor Ramen
noodle soup mix
¼ cup sesame seeds
½ cup slivered almonds

Mix chopped onions and cabbage. Chill. Break up the noodles and brown them in a tablespoon of olive oil. Toast the sesame seeds and almonds under the broiler or in cast iron skillet. Watch closely so they don't burn

Dressing:

½ cup oil
½ cup vinegar
1 cup sugar
1 of the flavoring packets from the Ramen
soup

Mix dressing ingredients. Combine with cabbage mixture. Just before serving, add the seeds, almonds and noodles. If desired, add black pepper, soy sauce, sesame seeds or chow mein noodles rather than Ramen to the mixtures.

Chow Mein

Adapted "The Wok Cookbook" by Linda Doeser

Thin spaghetti noodles work great. I like to use rice noodles, which are thinner than spaghetti but have an al dente texture. I prepare the ingredients before I start cooking, so I can throw everything together without stopping.

12 ounce noodles	2 garlic cloves, finely chopped
8 ounces skinless, boneless chicken breasts	4 ounce bean sprouts
3 tablespoons soy sauce	½ head of napa cabbage, shredded
1 tablespoon rice wine or dry sherry	2 carrots, thinly sliced
1 tablespoon dark sesame oil	2 ounces of cooked ham, finely shredded
1 tablespoon hoisin sauce	4 scallions, finely chopped
4 tablespoons vegetable oil	Salt and pepper to taste

Cook the noodles according to the package direction. Drain, rinse under cold water, drain. Slice the chicken into fine, 2-inch shreds. Place in a bowl. Add 2 teaspoons of the soy sauce, the rice wine or sherry and sesame oil. Heat half the vegetable oil in a wok or large frying pan over medium-high heat. When oil starts to smoke, add chicken. Stir-fry about 2 minutes, then transfer chicken to bowl and cover. Heat remaining oil. Stir in garlic, bean sprouts, napa cabbage, carrots, and ham, stir fry for another minute and add the noodles. Continue to stir until noodles are heated through. Mix together remaining soy sauce and hoisin sauce and add to taste. Season with salt and pepper. Return the chicken and any juices to noodle mixture, add the scallions. Serve at once.