



today's main ingredient

A  LOCAL FOOD PODCAST



Cabbage Threads with Butter Crumbs

INGREDIENTS – serves 4

1 small head cabbage
4 Tablespoons butter
1 to 2 teaspoons caraway seeds, crushed (optional)
1/2 cup dry breadcrumbs
3 1/2 teaspoons salt, divided
2 teaspoons sugar

STEP 1 – Remove outer leaves from the cabbage head. Rinse, then slice in half, and remove the core. Finely slice the cabbage (like for slaw) to make 6 to 8 cups.

STEP 2 – Melt butter in a skillet. Stir in the caraway seeds, if using. Add breadcrumbs and 1/2 teaspoon salt. Cook, stirring constantly, until lightly browned.

STEP 3 – Bring a large pot of water with sugar and remaining salt to a boil. Add the cabbage. Cook for 4 minutes. Drain well.

STEP 4 – Stir the cabbage into the skillet with the crumbs. Reheat for just 2 minutes and pour into a serving dish. Taste and add salt if necessary. Serve hot.