

Cabbage and Noodles

The name tells of the simple ingredients, yet taking your time to get the right flavors is the real secret to success. (6 servings)

There is something alluring about the permeating smell of the most humble pieces of onion and cabbage slowly sautéing to a deep golden brown. The aroma fills your house with a smell that will bring everyone down to the kitchen. Then right before their eyes you take that savory butter-bath of vegetables and fold it together with perfectly cooked noodles for a side dish that will bring you accolades every time! Here is a home recipe with the technique on how we consistently created this delicious side dish at Babushka's Kitchen:

INGREDIENTS

12oz bag of Wide Egg Noodles

1 large head of Green Cabbage (approx. 2.5-3lbs)

1 large Yellow Onion (approx. 1lb)

1 stick Butter (1/2 cup)

2 tablespoons Salt

Black Pepper to taste

Cook the Noodles & Drain

Bring 4 cups of water to a boil to cook the noodles. Dissolve 1 tablespoon of salt in the water prior to adding the noodles. Follow the package directions; typically 6-8 minutes and the noodles are cooked just right. Once al-dente, rinse the noodles with cold water to prevent from sticking together. Set aside.

Boil the Cabbage, Chop & Drain

Remove the outer leaves of the cabbage if necessary and remove the center core. Cut the head of cabbage into quarters. Boil the cabbage until fork tender – approximately 15-20 minutes. Remove from the boiling water and allow to drain and cool. **CAUTION: Hot water remains between the cabbage leaves for a long time, be careful here.** Once cool enough to handle, chop the cabbage into roughly ½ inch pieces.



Hint: The cabbage needs to be free of excess water to allow better caramelization with the onions in the last step of the recipe, return the pieces to the colander if necessary.

Slice the Onions

Peel the onions and slice into ½ inch thick slices. By cutting the onions to this thickness they will hold up better with the longer cooking time needed to properly caramelize and get that delicious golden brown you desire.

Sauté the Onions & then add the Cabbage

In a large, heavy-bottom sauté pan, add ½ cup of butter and melt over medium heat. Once melted add the onions and slowly cook over the medium heat until translucent and onions begin to caramelize. Add a pinch of salt to help the process. Once the onions turn golden brown, add the drained cabbage and continue to sauté the mixture. Gently stir the mixture as the cabbage browns along with the onions. Cook until you just can't stand it anymore and the cabbage and onions are a beautiful golden brown. This takes 15-20 minutes. *HINT: if your onions are turning black around the edges quickly, your fire is too high. Remember to use medium heat to slowly tease the natural sugars from the vegetables.*

Bring it all Together

Combine the cooked noodles with the sautéed onions and cabbage and gently toss together until well mixed. There should be enough butter from the sauté mixture to evenly coat the noodles with a shiny appearance. If it looks "dry" then add a tablespoon more butter, gently mixing while it melts. Taste for seasoning and add small amounts of salt and pepper if needed. Continue with this process until you have the dish just right for your taste.

Serving Suggestions

The Babushka's Kitchen cabbage and noodles were always served as a side dish to complement one of our dinners or sandwiches. But back in the kitchen we would sometimes make up our own dinner entrée based on cabbage and noodles. You can do this too by simply adding slices of kielbasa or pieces of cooked bacon to turn the side dish into a main attraction.



The simple ingredients of cabbage, noodles and onion along with a touch of technique and a dash of patience result in a spectacular side dish that you can enjoy all year round.

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