

Vegetable Main Dish Recipes Vol. 1

Let's Eat Plenty of Cabbage, Which Helps Digestion and Relieves Fatigue!

By Makiko Hei



New Africa ©Shutterstock

Cabbage Aids Digestion

Cabbage contains a lot of vitamins U and K, which restore the stomach's mucous membrane and relieves gastric ulcers. It is one of the healthiest choices among light-colored vegetables, and is very high in vitamin C as well.

It has been proven that cabbage is effective in relieving stomach pain, and alleviating gastrointestinal ulcers to a certain degree. The vitamin U found from cabbage is also called "cabbagin," which is also the name of a well-known digestive medicine in Japan. It is reportedly an effective treatment for maladies such as diabetes, constipation, rashes, and urinary tract disorders, as well as keeping the digestive system healthy. In addition, it can be useful in promoting recovery from fatigue, controlling bleeding, and relieving pain, and is said to help reduce the risk of cancer.

Use Parts Differently And Taste Well

The darker green outer leaves of the cabbage are more fibrous and have a stronger flavor, so they are best used in dishes that are cooked. If you are eating your cabbage raw, use the inner leaves, which are softer and lighter in color.

Change the Flavor by Changing the Way You Slice it

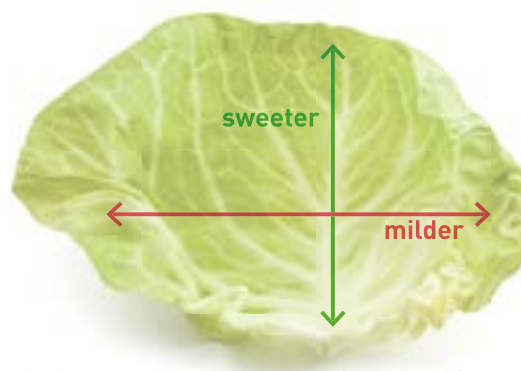
The veins (fibers) of the cabbage leaves, which carry

water and nutrients, run from the center of the leaves to the outside. The cabbage will taste sweeter if you cut along the veins in the leaves, and milder when you cut out the veins vertically. Shredded cabbage, which is frequently served alongside fried dishes, we recommend slicing it in a way that cuts out the fibers vertically. Before eating raw cabbage, soak it in cold water for about five minutes to remove harshness and give it a more crispy texture.

So by using different parts of the cabbage, and cutting it in different ways, you can enjoy it in various ways. Find out how you like it best and enjoy it often.

About Storage

After you remove the core of a cabbage, soak a paper towel in water and place it in the cavity, then wrap the cabbage in newspaper and store it in the refrigerator.



Angle of cut

bergamont ©Shutterstock

Cabbage Menchi Katsu (Minced Meat Cutlet)

Make a Healthy and Filling Meal with Equal Parts Meat and Cabbage!

Ingredients (for 4 servings)

300g ground beef and pork (well chilled)

300g cabbage

100g onion

2/3Cup raw panko(Japanese breadcrumbs)

1 teaspoon salt

Pepper(To taste)

1 egg

coating

Flour as needed

Batter Liquid: Mix 1 egg, 1 tablespoon water,

2 tablespoons Flour

Raw Panko as needed

Cooking oil (rice oil or other plant-based oil) as needed

Favorite sauce(To taste)



1. Shred cabbage 3mm wide, and mince onion.
2. Mix ground beef and pork, salt and pepper, and egg thoroughly by hand. Add cabbage, onion, and raw panko, and knead the entire mixture. Work quickly while the meat is cold.
3. Divide the mixture into four parts. Put a little oil on your hands and pat each patty into shape roundly, making sure there is no air in the patties.
4. Coat each patty first with flour, then batter liquid, then raw panko, in that order.
5. Heat oil to medium; when the oil heats up to 160℃, put the patties in the oil, cooking about 10 minutes as the oil gradually heats up. Watching carefully not to overcook. Ensure even cooking.



Tips

Chilling the meat before cooking results in a juicier cutlet, because less of the flavorful fat melts away.



Pickled Cabbage

Make Plenty of These Pickles Ahead of Time—the Perfect Relish for Any Side Dish

Ingredients (for 1 easy-to-prepare batch)

1/4 head (400g) Cabbage

marinade

150cc rice vinegar (or white wine vinegar)

100cc boiled water

4 tablespoons sugar

1.5 teaspoon salt

1/2 teaspoon cumin whole

2 bay leaves

1. Cut cabbage into bite-size pieces.
2. Bring a pot of water to a boil, add some salt (not included in the recipe), then boil cabbage for about one minute. Move the cabbage from the pot to a strainer or basket (Do not put in water).
3. Place it in a storage container, and add marinade. Chill in the refrigerator for about 6 hours, sometimes it helps to stir the mixture.



Tips

Add slices of fresh carrot and cucumber to make your pickles even more delicious.

Profile

Makiko Hei

She runs a vegetable cooking school a “vege vege vege*” (Meguro, Tokyo)

HP: <https://vege3.jp/>

Instagram: <https://www.instagram.com/makichanshokudo/>

* The school teaches a careful approach to preparing of vegetables in ways to create glamorous vegetable dishes, with the motto “Love vegetables, make delicious daily meals.”

