

Vegetable Main Dish Recipes Vol. 20 Chinese Cabbage

Many Beneficial Effects, from Cold Prevention to Stabilizing Your Intestinal Health

Chinese cabbage is a member of the *Brassicaceae* family and is native to northern China. It has a light and delicate flavor and is used in a variety of dishes such as salads and stir-fries. In Japan, it is an essential vegetable for winter hot pot dishes.

By Makiko Hei

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Nutritional Value of Chinese cabbage

Chinese cabbage is 95% water and has a very low calorie content—just 14 kcal per 100g. On top of that, it contains solid nutrients such as vitamin C, calcium, vitamin K, and dietary fiber. It also has isothiocyanates, a phytochemical found in cruciferous vegetables.

How to select a good Chinese cabbage

- The cut end of the stem should be white and fresh.
- The outer leaves should be a beautiful green color. The veins of the leaves should grow symmetrically.

Sometimes there are black spots on the leaves, but this is a symptom of overnutrition or low temperatures. It is still good to eat.

How to Preserve Chinese cabbage

Refrigerate: Chinese cabbage continues to grow and consume nutrients after harvest. Make an incision at the core with a knife to slow the growth. Wrap in newspaper and store upright in the vegetable crisper. (It will keep for about two weeks).

Freezing: Cut fresh Chinese cabbage into bite-size pieces, place flat in a storage bag, remove air, seal, and

freeze. When cooking with frozen Chinese cabbage, you don't need to thaw it first.

You can also boil it before freezing. Peel off the leaves one by one, place in water at a rolling boil, remove from heat, and cut into desired size. Drain, place flat in a storage bag, remove air from the bag, seal, and freeze. You don't need to thaw before cooking.

Whichever processing method is used, Chinese cabbage can be frozen for about a month. When frozen, the fibers break down and the texture changes. Frozen Chinese cabbage is best used in stewed dishes.

Nutrition and benefits of Chinese cabbage

Nutrient	Effect
Vitamin C	Prevents colds and improves immunity
Calcium	Strengthens bones and teeth
Vitamin K	Aids in calcium absorption
Potassium	Prevents swelling and high blood pressure
Dietary fiber	Stabilizes intestinal health and suppresses elevated blood sugar levels (relieves constipation)
Isothiocyanates	Anti-inflammatory and bactericidal effects

Chinese Cabbage Dumplings

Cut Calories by Adding Plenty of Salted Chinese Cabbage to Your Dumplings

Cooking time: 50 minutes

[Ingredients] 26 pieces

26 large dumpling skins
120g ground pork
300g Chinese cabbage, chopped into 5 mm cubes
1 teaspoon salt
30g garlic chives, chopped into 3 mm pieces
1 tablespoon rice oil
A dash of sesame oil

A 2 teaspoons *sake* 2 teaspoons soy sauce
1 teaspoon *miso* 2 teaspoons sesame oil
1 teaspoon grated ginger



★Dipping sauce

Vinegar, soy sauce, pepper, Chinese red chili oil, to taste, in any combination

[How to cook]

1. Put the chopped Chinese cabbage in a bowl, sprinkle with salt, let stand for 10 minutes, then wring it out with your hands to thoroughly squeeze out the water. Put ground meat and ingredients (A) in another bowl and knead to mix well.
2. Add the Chinese cabbage (1) and garlic chives to the kneaded ground meat and mix thoroughly.
3. Wrap the filling in the dumpling skin. * See [How to fold dumplings]below.
4. Put rice oil in a frying pan, place dumplings into the pan and cook over medium-high heat. When lightly browned, add 80 ml of water, increase the heat to high, cover and steam the dumplings for about three minutes.
5. When the water has evaporated, remove the lid, lower the heat, pour in a little sesame oil from the side of the pan, and cook until golden brown. When the dumplings move as you shake the pan, place them on a serving dish with the cooked side up. Serve with sauce of your choice.



[How to fold dumplings]

- Place the dumpling skin on the palm of your hand, place filling (about 15g) in the middle of the skin, and spread it out flat. Wet the edges of the skin with water and fold it in half, then close the skin in front of you, making folds from the edges to the center to release air. Close tightly and flatten the bottom by pressing it down on a table or counter.



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Stewed Chinese Cabbage and chicken

Delicious Chinese cabbage soaked with the flavor of dried *shiitake* mushrooms and chicken

Cooking time: 30 minutes

Excluding the time to rehydrate dried *shiitake* mushrooms

[Ingredients] 3 servings

2 chicken thighs
1 teaspoon salt
1 and 1/2 tablespoons potato starch
400g Chinese cabbage
20g green onion, cut into small pieces
1 tablespoon rice oil

A 15g dried *shiitake* mushroom Water, as needed (250 ml of water after soaking is used for cooking)

B 2 teaspoons cooking *sake* 2 teaspoons soy sauce
2 teaspoons *mirin* (sweet cooking rice wine)

[Before cooking]

Place the dried *shiitake* mushrooms in enough water to cover them and cover the surface with plastic wrap. Soak for 2 to 3 hours for small mushrooms and 4 to 5 hours for large ones. When they are tender, remove the hard stems and cut into bite-size pieces.

※You can soak them in water in the refrigerator the day before; do not discard the water as it will be used for cooking.

[How to cook]

1. Separate the Chinese cabbage into core and leaves, shave the core into thin pieces, and cut the leaves into bite-size pieces. Remove excess fat and sinew from the chicken, cut into bite-sized pieces, season with salt, and sprinkle with potato starch.
2. Heat rice oil in a frying pan, brown the chicken over medium heat (cook for three minutes on one side, turn over, and cook for one minute on the other side), add Chinese cabbage core and dried *shiitake* mushrooms (A) and sauté briefly, then add Chinese cabbage leaves and 250 ml of dried *shiitake* mushroom stock and turn the heat to high.
3. Add the ingredients (B), bring to a boil, reduce heat to medium, and simmer for three to five minutes. Serve in serving bowls and sprinkle with green onion.



Tips

- You can reduce calories by removing the skin from chicken.



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2-2



Profile

Makiko Hei

I love vegetables. I try to handle them with care and cook them simply but luxuriously, with the motto "Let's make our daily meals delicious regardless of the genre of the dishes."

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