

Recipes from Other Lands

Norwegian Creamed Cabbage

3 cups of shredded cooked cabbage
½ cup of sour cream
Pepper and salt
½ teaspoon of caraway seeds

(4 servings)

Mix well together and cook over hot water for 10 minutes.

German Cabbage

4 cups of shredded cooked cabbage
2 tablespoons of butter
1 tablespoon of finely chopped onion
2 tablespoons of vinegar
1 tablespoon of sugar

(4 servings)

Mix well, heat thoroughly, and serve.

Dutch Cabbage

4 cups of cooked shredded cabbage
Salt and pepper
2 well-beaten eggs
1 tablespoon of melted butter
¼ cup of heavy cream

(4 servings)

Mix all well together, turn into a greased casserole, and bake in a moderate oven (350 degrees F.) until well browned (about ½ hour).

Breton Soup

1 medium-sized firm cabbage
½ teaspoon of dried herbs
2oz. of carrot
2oz. of turnip
2oz. of leek
2oz. of celery
4oz. of onion
Sprig of parsley
2oz. of butter or dripping
1 quart of stock (veal, mutton, or chicken)
Seasoning

Wash and peel the onions, turnips, and carrots. Wash and shred the cabbage. Chop the onions, leeks, and celery; dice the carrots and turnips. Heat the butter in a saucepan, add the vegetables, season with salt and pepper, and fry gently for about 5 minutes. Add the stock and finally the herbs tied in a muslin bag. Simmer gently until tender and remove the bag of herbs. Serve piping hot with croutons.

Cream of Cabbage Soup

1 medium-sized cabbage
1oz. of butter
1 large onion
½ pint of milk
1 dessertspoon of sago or rice
2 pints of water
Salt and pepper

Remove the outer leaves and stalk from the cabbage. Wash well and shred with a sharp knife. Peel and slice the onion. Put the vegetables into a saucepan with the water. Add salt, boil until soft, drain, and keep the vegetable water. Rub the vegetables through a sieve, return to the saucepan with the vegetable water, sprinkle with sago (or rice), add the butter and milk, season to taste, and simmer for 10 to 15 minutes or until the cereal is cooked. Serve hot with croutons.

Sauerkraut

Sauerkraut is a kind of fermented cabbage much esteemed in Germany. There it is generally served with

frankfurter sausages, pork, boiled ham, or bacon. Sauerkraut can be bought at stores in tins. Below are two ways to serve this (1lb. of sauerkraut gives 4 to 5 servings):—

First method: Plunge the sauerkraut into boiling water or stock. Boil for 20 to 30 minutes. Drain well. Put in a pan with a knob of butter or bacon fat and heat through.

Second method requires:—

1lb. of sauerkraut (well drained)
½ cup of stock
1 apple (peeled, cored, and quartered)
Bay leaf
½oz. of bacon fat or butter
Seasoning

Melt the fat in a pan, add the apple, and cook gently until soft. Add the sauerkraut, moisten with the stock, and simmer gently in a covered pan until the cabbage is soft. Season with salt and pepper. If desired, 1 tablespoon of sugar may be added.

Cole Slaw

Cole slaw is a term used to denote very finely sliced cabbage. It may be tossed in salad dressing and used as a base for many different salads, or it may be served with other accompaniments. This should be called "cold cole slaw", or it may be served hot and called "hot cole slaw".

Hot Cole Slaw

1 tablespoon of butter
½ teaspoon of salt and pepper
½ cup of water
¼ cup of sugar
1 medium-sized young cabbage (diced or shredded)
½ cup of vinegar
2 egg yolks
1 cup of light cream

Melt the butter until frothy and add the water, cabbage, and salt. Cook the cabbage until it is tender, not soft. Combine the egg yolks, sugar, vinegar, and cream just before serving and pour over the cabbage. Heat to boiling but do not boil. Serve at once.

Cole Slaw and Welsh Rarebit

Toss with salad dressing 1 cup of very finely sliced young cabbage.

Welsh Rarebit (quickly made)

4oz. of grated cheese
1 tablespoon of breadcrumbs
Pepper, salt, and mustard to season
A little milk

Gently melt the cheese, add the seasonings and breadcrumbs, and add as much milk as the mixture will take up. Serve on crackers with cole slaw at the side of the plate.

Cabbage Salads

With cole slaw as a base many and varied salads can be quickly made.

Upper—Chopped peanut cole slaw. →
Middle—Cabbage and vegetable salad
Lower—Fruit and cabbage salad.

