***NR# 147 Melting Cabbage-Simply Recipes***

***Serving Size: 1/2c***

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | **25 Servings** | **50 Servings** | **100 Servings** |
| Olive Oil | 1/2c | 1c | 2c |
| Medium head green or red cabbage, cut into 8 wedges with the core still intact | 6 ¼ lbs | 12 ½ lbs | 25 lbs |
| Yellow onion thinly sliced | 4 1/8 | 8 1/3 | 16 2/3 |
| Garlic Clove, minced | 12 ½ | 25 | 50 |
| Vegetable broth, low sodium | 10 1/3 cups | 20 3/4c | 41 2/3c |
| Kosher salt | 4 1/8 Tsp | 8 1/3 tsp | 16 2/3 tsp |
| Ground black pepper | 2 1/8 tsp | 4 1/8 tsp | 8 1/3 |
| Bay leaf | 4 1/8 | 8 1/3 | 16 2/3 |
| Lemon juice | 1/4c | 1/2c | 1c |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

***NR# 147 Melting Cabbage-Simply Recipes***

***Instructions:***

**1. Preheat the oven to 375°F.**

**2. Sear the cabbage: Heat the olive oil in a large cast iron skillet over medium heat until it shimmers. Add the cabbage wedges, cut side down, to the pan and press down on them. (If your skillet is too small to fit all I of the cabbage wedges, work in 2 batches.) Sear the cabbage until dark brown on the first side, 3 to 7 minutes. Flip the wedges and cook until dark brown on the second side, another 3 to 7 minutes. Remove to a plate.**

**3. Add the onions and garlic: Add another tablespoon of olive oil to the pan if it’s totally dry, add the onions, and sauté until golden brown, about 5 minutes. Add the garlic and sauté until fragrant, 1 to 2 minutes more.**

**4. Deglaze the pan: Return all of the cabbage to the pan in a single layer or close to it. Add enough vegetable broth to come halfway up the sides of the cabbage. Season the mixture evenly with the salt and pepper, add the bay leaf, if using, and transfer the pan to the oven.**

**5. Bake: Bake until the cabbage is tender all the way through, 35 to 45 minutes. Taste and adjust the seasonings. Add the lemon juice, butter, and/or herbs, if using, and serve.**