

Cabbage & Spinach Sauté

If you don't have quite enough spinach, just use what you have or adjust the recipe accordingly.

2 teaspoons olive oil
2 cloves garlic, minced
4 cups shredded cabbage
20 ounces spinach, roughly chopped
salt and freshly ground black pepper
1 teaspoon finely grated lemon zest
Heat olive oil in large skillet over medium-high heat. Add garlic and cook, stirring 30 seconds. Add cabbage and cook, stirring frequently, until wilted, about 5 minutes. Stir in spinach in batches until wilted, season with salt and pepper. Stir in lemon zest. Serve hot.
Serves 4.
From fooddownunder.com.

Sesame Spinach with Ginger & Garlic

1 garlic clove
2 teaspoons sesame seeds
1 tablespoon vegetable oil
1 teaspoon grated peeled fresh gingerroot
1 bunch trimmed fresh spinach
Mince garlic and in a small dry skillet toast sesame seeds over moderate heat, stirring, until golden. In a heavy 6-quart kettle heat oil over moderate heat until hot but not smoking and cook garlic and gingerroot, stirring, 30 seconds, or until fragrant and golden. Add spinach by handfuls, stirring, and cook until just wilted. Serve spinach sprinkled with sesame seeds.

From "Gourmet" magazine, September 1997.

Indian-Spice Cabbage & Carrot (Bahji)

1 tablespoon coriander, crushed
1/2 teaspoon cumin seed
2 dried chilies
4 cups cabbage, shredded
1 cup carrots, diced
1/3 cup tomato, chopped (canned)
1/4 teaspoon turmeric
1 green chili, chopped
In a dry pan, fry coriander, cumin seeds, and whole chilies, over medium heat, stirring, until chilies darken. Add carrots, cabbage, tomatoes, then turmeric, and green chili. Stir to mix thoroughly. Reduce heat, cover; simmer 15 to 20 minutes.

Savoy Cabbage Basic Easy Recipe

1 large Savoy cabbage

1. Cut the cabbage in half and take out the core. Shred the leaves finely and keep in a plastic bag in the fridge until you're ready to cook.
2. Steam or cook in boiling salted water for 4-5 minutes until tender.
3. Serve at once.

Sautéed Savoy Cabbage with Scallions and Garlic

The Savoy cabbage makes an easy side dish when thinly sliced and sautéed with some scallions and garlic. It tastes great with pork chops, chicken, or fish.

1 bunch scallions
2 garlic cloves, chopped
3 tablespoons olive oil
1 lb Savoy cabbage, cored and thinly sliced (8 cups)
1/4 cup water
Chop scallions, reserving white and dark green parts separately.

Cook scallion whites and garlic in oil in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until garlic is pale golden, about 3 minutes. Stir in cabbage, 3/4 tsp salt, and 1/4 tsp pepper and sauté 1 minute. Add water and cook, tightly covered, until cabbage is wilted, about 3 minutes. Add scallion greens and cook, uncovered, stirring, until most of water has evaporated and cabbage is tender, about 2 minutes. Season with salt and pepper. Serves 4
Gourmet magazine, January 2009

RAPINI: also called raab, broccoli rabe, cime de rape, rape and brocoletti. It's a form of turnip green.

Rapini & Garbanzo Pita Pizzas

2 large garlic cloves, sliced thin
1/4 cup extra-virgin olive oil
a 19-ounce can garbanzos, rinsed and drained
1/2 cup water
1 pound rapini tips, rinsed and roughly chopped, eat the leaves and tender stems!
1/2 teaspoon dried hot red pepper flakes
three 6-inch whole wheat or other pita breads,

halved horizontally to form 6 rounds
1/2 cup freshly grated Parmesan cheese (about 2 ounces)
Preheat oven to 400F.

In a large heavy skillet cook garlic in oil over moderate heat, stirring, until pale golden. Transfer garlic and 1 tablespoon oil to a food processor. Add chick-peas, 1/4 cup water, and salt and pepper to taste and blend mixture until smooth.
Heat oil remaining in skillet over moderately high heat until hot but not smoking and cook rapini until wilted. Add remaining 1/4 cup water and pepper flakes and simmer, covered partially, until the greens are crisp-tender and almost all liquid is evaporated, about 2 minutes.
Spread rough sides of pita with chick-pea purée and top with rapini and Parmesan.
Arrange pita pizzas on a large baking sheet and bake in middle of oven 10 minutes, or until edges are golden.
Serves 6 as an entrée or 10 to 12 as an hors d'oeuvre. adapted from *Gourmet*

Blanched Rapini (Broccoli Raab)

adapted from Cook's Illustrated
Using a salad spinner makes easy work of drying the cooled blanched rapini.
1 pound rapini (broccoli rabe), washed, cut into 1-inch pieces
2 teaspoons salt
Bring 3 quarts water to boil in large saucepan. Stir rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside. Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry and proceed with one of the following recipes.

Rapini with Garlic and Red Pepper Flakes

2 T extra virgin olive oil
3 medium garlic cloves
1/4 teaspoon red pepper flakes
1 recipe blanched rapini greens (above)
Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle about 3 to 4 minutes. Increase heat to medium high add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately
recipes.lovetoknow.com.