

Recipe Name:	Cabbage
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Ingredients	Portion (use these units: each, slices, cup (#__scoop), __oz ladle, teaspoon, packets, bags, oz, #10 cans)	Brand	Item #	Component (Office will fill in)
Cabbage	1 head	Sysco		
Unsalted butter	1 tbsp.	Sysco		
Olive oil	2 tbsp.	Sysco		
Salt	½ tsp.	Sysco		
Black pepper	½ tsp	Sysco		
Chicken broth	½- 2 cups	Sysco		

Instructions

Write step-by-step instructions here. Include details about defrosting, cooking, assembly, and storage.
*Include if applicable: **Cooking details***

- a. pan type and size
- b. whether you line the pan with parchment paper
- c. number of items that can fit on a pan (i.e. 35 chicken patties on a bun pan)
- d. whether you cover with parchment paper and foil
- e. oven temperatures, cooking times
- f. internal temperature checks

*Include if applicable: **Packaging information*** (i.e. in an 18 oz clear plastic cup; in a large clear plastic “Smart Lock” container; wrap with Fresh Express parchment paper; wrap with blue foil)

Last step should be: Serve immediately OR store in refrigerator/warmer until serving

- 1) Slice cabbage into quarters removing and discarding the hard stem at the center of the cabbage.
- 2) Slice each quarter into 1 inch wide strip.
- 3) In a large pot, melt the butter and olive oil.
- 4) Add remaining ingredients to the pot, including the cabbage.
- 5) Stir and bring to a boil immediately. Reduce heat to a simmer and cover.
- 6) Simmer 12-15 minutes or until cabbage is tender to your liking. Do not overcook.

Yield: 8

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