

FREE RECIPE EBOOK

Easy Cabbage Recipes

5 cozy dinners that make cabbage the star

Golden Crust Kitchen · allmuffins.com

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Cabbage is cheap, keeps for weeks in the fridge and turns sweet and tender in the oven or the skillet. These five recipes from our kitchen show how far one head of cabbage can go: a creamy stroganoff, a crustless quiche, roasted red cabbage steaks and a layered cabbage cake that slices like a pie.

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Cabbage Beef Stroganoff

PREP	COOK	SERVES
10 min	30 min	4

All the comfort of a classic stroganoff, with tender ribbons of cabbage in place of noodles.

INGREDIENTS

- 2 tbsp olive oil
- 1 lb (450 g) ground beef
- 1/2 small onion, diced
- 2 garlic cloves, minced
- 1 can (10 oz / 284 g) sliced mushrooms, drained
- 1 tsp dried thyme
- 1/2 tsp paprika
- 1/2 tsp salt and 1/2 tsp black pepper
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 1 tbsp butter
- 1 cup beef broth
- 6 oz (170 g) cream cheese, softened
- 4 oz (115 g) sour cream
- 1/2 head green cabbage, sliced into strips

INSTRUCTIONS

1. Brown the ground beef in the oil in a large skillet, then move it to a bowl.
2. In the same skillet, soften the onion and garlic. Add the mushrooms, thyme, paprika, salt and pepper.
3. Stir in the Worcestershire sauce, Dijon mustard and butter. Pour in the broth and let it reduce for 3 to 4 minutes.
4. Lower the heat and whisk in the cream cheese and sour cream until smooth.
5. Add the cabbage strips and toss with tongs. Cover and cook for 8 to 10 minutes, until tender.
6. Return the beef, toss to coat in the sauce and serve hot.



Crustless Cabbage Quiche

PREP	COOK	SERVES
20 min	42 min	4

Soft sautéed cabbage baked in a cheesy custard and topped with rows of cherry tomatoes.

INGREDIENTS

- 1 lb (450 g) green cabbage, finely sliced
- 1 small onion, chopped
- 1 tbsp olive oil
- 1 tsp salt, divided
- 1/2 tsp garlic powder
- 5 oz (140 g) cherry tomatoes, halved
- 1/2 cup chopped cilantro
- 5 large eggs
- 1/2 tsp black pepper
- 1/2 cup cottage cheese
- 1/2 cup milk
- 1/2 cup heavy cream
- 1 cup shredded sharp cheddar
- 1 cup shredded mozzarella
- Butter, for the dish

INSTRUCTIONS

1. Heat the oven to 350°F (175°C) and butter an 8 x 8 in (20 x 20 cm) baking dish.
2. Soften the onion in the oil, then add the cabbage, 1/2 tsp salt and the garlic powder. Cook for 3 to 4 minutes and let cool slightly.
3. Whisk the eggs with the remaining salt and the pepper. Stir in the cottage cheese, cilantro, milk and cream.
4. Spread the cabbage in the dish and pour the egg mixture over it. Scatter the cheddar, line up the tomato halves and finish with the mozzarella.
5. Bake for 35 to 37 minutes, until set and golden. Rest 5 minutes, then cut into squares.



Roasted Red Cabbage Steaks with Feta & Pistachios

PREP	COOK	SERVES
10 min	40 min	4

Thick red cabbage steaks brushed with a honey balsamic glaze and roasted until the edges caramelize.

INGREDIENTS

- 1 red cabbage
- 3 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp honey, plus extra to finish
- 1 tsp Dijon mustard
- Salt and black pepper
- A few sprigs of fresh thyme
- 3 oz (80 g) feta, crumbled
- 1 oz (30 g) pistachios, chopped

INSTRUCTIONS

1. Heat the oven to 390°F (200°C). Slice the cabbage through the core into steaks about 1 inch (2 to 3 cm) thick and lay them flat in a large baking dish.
2. Whisk the olive oil, balsamic vinegar, honey and mustard into a glaze.
3. Brush both sides of each steak, season with salt and pepper and add the thyme.
4. Roast for 30 to 45 minutes, flipping halfway, until caramelized at the edges and fork-tender.
5. Top with the feta, pistachios and a little more honey.



Red Cabbage Flowers with Whipped Feta

PREP	COOK	SERVES
20 min	55 min	4

Red cabbage halves opened like flowers, glazed with smoky pomegranate honey and served over whipped feta.

INGREDIENTS

- 2 small red cabbages
- 1 tbsp kosher salt, plus a pinch
- 1/4 cup (60 ml) olive oil
- 3 tbsp pomegranate molasses, plus extra to serve
- 2 tbsp apple cider vinegar
- 2 tbsp honey
- 3 garlic cloves, grated
- 2 tsp smoked paprika
- 1 tsp black pepper
- 9 oz (250 g) feta
- 1/2 cup (120 ml) heavy cream
- Hazelnut dukkah, chopped chives and sumac, to finish

INSTRUCTIONS

1. Halve the cabbages through the core. Simmer them in salted water for 15 to 20 minutes, until slightly tender but still firm, then drain well.
2. Heat the oven to 450°F (230°C). Set the halves cut side up on a lined baking sheet and gently open the leaves like petals.
3. Whisk the oil, pomegranate molasses, vinegar, honey, garlic, paprika, a pinch of salt and the pepper. Brush it over and between the leaves.
4. Roast for about 25 minutes, then broil for up to 10 minutes, watching closely, until deeply caramelized.
5. Blend the feta and cream until silky. Serve the cabbage over the whipped feta with a drizzle of pomegranate molasses, dukkah, chives and sumac.



Stuffed Cabbage Layer Cake

PREP	COOK	SERVES
30 min	60 min	6

Everything you love about stuffed cabbage rolls, layered in a springform pan and sliced like a cake.

INGREDIENTS

- 1 large head green cabbage
- 1 lb (450 g) ground beef
- 1/2 cup white rice, rinsed
- 1 medium carrot, finely diced
- 1 medium onion, finely diced
- 3 garlic cloves, minced
- 1 medium tomato, diced
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil

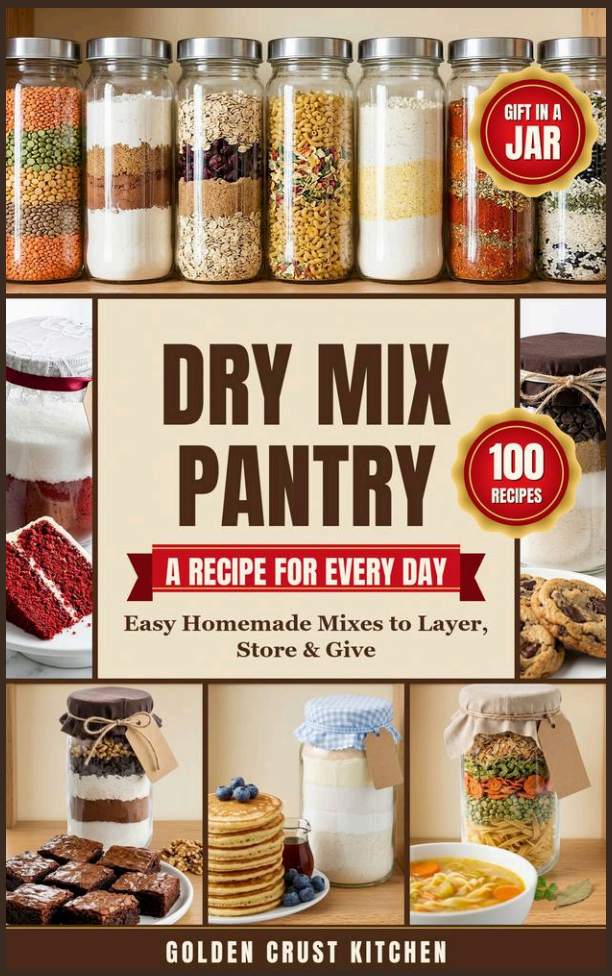
INSTRUCTIONS

1. Heat the oven to 350°F (180°C). Cut the core out of the cabbage and simmer the whole head in a large pot of water until the leaves soften, about 10 minutes. Lift out and drain.
2. Simmer the rice in water for 10 minutes, drain and let it cool slightly.
3. Mix the beef, rice, carrot, onion, garlic, tomato, salt and pepper in a bowl.
4. Line a 9-inch (23 cm) springform pan with cabbage leaves, letting them hang over the sides.
5. Spread half of the meat mixture in the pan, cover with a layer of leaves, then add the rest of the meat.
6. Fold the leaves over the top, drizzle with the olive oil and cover with foil.
7. Bake for 60 minutes, until the center reaches 160°F (71°C). Rest 10 minutes, remove the ring and slice into wedges.

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