

My Mom's Eastern NC White Slaw

- 3 to 4 c shredded green cabbage
- ½ c Mayonnaise (more to suit taste if desired)
- 1 t yellow or Dijon mustard
- ½ c each – chopped onion, shredded carrot, celery and green pepper (or another color of sweet bell pepper)
- 1 T sugar
- 2 T cider vinegar
- 1 t Old Bay seasoning
- Dash of cayenne
- Salt and pepper to taste

Combine all ingredients. Let it sit covered in the refrigerator for at least 30 minutes for the flavors to meld. Stored covered for up to 3 days in the refrigerator.

German Braised Cabbage

- 1 head green cabbage chopped, core and outer tough leaves removed
- 4 slices bacon
- 4 T cider vinegar
- ¼ c water
- 2 T sugar

Fry bacon over medium high heat until crisp. Remove and set aside on paper towel lined plate. Add cabbage to bacon grease and sauté until the cabbage begins to wilt. Add water, vinegar, and sugar, and simmer until the cabbage is tender. Top with crumbled bacon.

Croatian/Balkan Stuffed Cabbage Rolls

- 1 lb local grass feed ground beef (can substitute pork, lamb, or veal if you desire)
- ½ c chopped onion
- 1 15 oz can diced tomatoes, undrained
- 1/3 cup uncooked brown rice (or barley)

- ¼ t black pepper
- 1/8 t allspice
- ¼ t paprika
- 8 medium green cabbage leaves
- 1 15 oz can tomato sauce
- 1 t sugar
- ½ t dried thyme
- ¼ c shredded Swiss cheese

Preheat oven to 350°F

In a large skillet over medium-high heat, brown onions and meat. Drain fat if necessary (Extra lean beef will not produce much grease so this is not required if using a lean beef). Stir in undrained tomatoes, uncooked rice, paprika, allspice and pepper. Bring to a boil and reduce to a simmer. Simmer 20 minutes until the rice is tender and most of the liquid has been absorbed.

While the beef is simmering, bring a large pot of water to a boil. Remove 8 leaves from a large head of green cabbage, removing the thick vein at the end. Immerse the leaves in boiling water 2-3 minutes until limp. Remove the leaves from the boiling water and allow to drain on a paper towel lined plate.

Place about 4 T meat filling in the center of each cabbage leaf. Fold in the sides and roll up from the bottom. Place seam side down in a 8x 8 glass casserole dish.

Combine tomato sauce, sugar and thyme. Pour sauce over cabbage rolls. Sprinkle shredded Swiss cheese on top. Bake at 350 for 35-30 minutes. Let stand 5 minutes before serving.