

Cabbage Salad

Serves 4-6 • 15 minutes raw, 30 minutes cooked

Cabbage is a superior vegetable that is often overlooked. This recipe is made by simply dressing raw cabbage, essentially making a slaw. It can also be made by cooking the cabbage for a softer warm salad. If I have the grill on, I like to grill the cabbage until it is charred and soft. Inside it can be charred in a cast iron pan over the stove. Either way you shake it, this salad is easy and addictive.

Ingredients

1 head of cabbage

2 scallions, sliced

1 carrot, grated

3 tablespoons Kewpie mayonnaise

1 tablespoon tamari

1 tablespoon seasoned rice vinegar

2 teaspoons toasted sesame oil

1-inch piece of ginger, grated

2 tablespoons toasted sesame seeds

Instructions

Dressing

Whisk together Kewpie, tamari, seasoned rice vinegar, toasted sesame oil, grated ginger, and sesame seeds in a small bowl.

Salad Assembly

Using a knife, quarter the cabbage, remove the core, and slice the cabbage thin. Add the shaved cabbage to a large bowl with sliced scallions and grated carrots. Toss with dressing until evenly coated. Serve!

Grilled

Quarter the cabbage and rub with a light coating of oil. Place the cabbage quarters on a hot grill and cook until all three sides have a good char, turning as needed. Head back inside, remove the core and slice. Toss and serve warm.

Charred in a cast iron

Quarter the cabbage and rub with a light coating of oil. Heat a cast iron skillet over medium heat and char the cabbage quarters in the pan. Turn as needed until all three sides of each quarter are charred. Remove the core, slice, toss, and serve warm.