

Steamed Cabbage

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 1 hr 30 minutes

Serves: 6 - 8

CChints: This is an inexpensive, comfort food vegetable. Cabbage goes great with beef, chicken or fish. Serve with BBQ Meatloaf and you have a yummy Southern meal. The seasoning in this dish comes from the smoked turkey which can be found in the meat case of most supermarkets. If your package contains more meat than you need for this recipe, you can freeze the remaining piece and use it to have this dish again or to season other vegetables or soups and stews.



- 1 pound smoked Turkey legs, or thighs or wings, skin removed
- 3 cups water
- 1/2 teaspoon salt and pepper
- 1 medium onion, diced
- 1 teaspoon garlic salt
- 1/2 cup BBQ sauce, any flavor it great
- 1 large head of cabbage (see cutting directions below)

Select a sauce pan that will hold the turkey and when the 3 cups of water are added to the pan, it will cover the turkey. Add the salt and pepper and cover the pan. Bring it to a boil and then reduce the heat to low and allow it to simmer for 30 minutes.

To cut up the cabbage you will need a sharp knife, cutting board and a large bowl. Check the outer leaves and if they are damaged, pull them off and throw them away. When cutting the cabbage you want to stay away from the core, it can be bitter. Hold the cabbage firmly on the cutting board and have the core facing you. Run the knife through the cabbage about 1/2 inch from the core and slice through to the other side. Cut that piece into 1 inch long sections and turn it sideways and into 1 inch squares. Put the pieces in your bowl. Lay the flat side of the cabbage on the cutting board and cut off another section starting with the knife 1/2 inch away from the core again. Slice each section you cut away from the core in the same way; 1 inch squares. The core is about 3" long and should be thrown away. Chop the onion and add it to the cabbage.

When the 30 minutes have passed, stir the garlic salt and BBQ sauce into the broth and then add the bowl of cabbage and onion. Stir and put the lid on and bring the mixture to a boil. Once it boils, reduce the heat and allow the cabbage to steam or simmer, covered for 45 minutes to an hour. The cabbage will cook down and reduce in volume. Stir about 2 times during this hour.

During this time you can do a little clean up and prepare the other dishes that you are serving with the steamed cabbage. When you are ready to serve, remove the turkey and put it on a cutting board. Carefully remove the meat from the bones. Discard the bones and shred the meat and return it to the cabbage.

Serve the cabbage with a slotted spoon to keep the juices in the pot.