

Cabbage

Cabbage is a versatile, nutritious vegetable that's packed with fibre, vitamin C and vitamin K. It can be enjoyed raw, steamed, roasted, stir-fried or added to soups, stews and slaws.

Store:

- Keep cabbage in the fridge, ideally in the salad drawer.
- Leave it whole until you're ready to use it to help keep it fresh.
- Once cut, wrap or place in an airtight container and refrigerate.

Freeze:

- Remove any damaged outer leaves and cut the cabbage into wedges or strips.
- Blanch in boiling water for a few minutes, then cool quickly in ice-cold water.
- Drain thoroughly and freeze in suitable freezer bags or containers.
- Use within 8–12 months for the best quality.

Ways to Use:

Raw: Add to slaws and salads

Cooked: Add to soups, stews and curries

Roasted: Cut into wedges and roast until caramelised

Stir-fried: Quickly cook with other seasonal vegetables

Don't judge a cabbage by its outer leaves!

Cabbage can sometimes have brown, wilted or marked outer leaves. This doesn't mean the whole cabbage is unusable.

Remove the leaves that are past their best and use the fresh cabbage underneath. Even the outer leaves can be useful in stocks, soups or other cooked dishes if they're still in good condition.

Tip: A little discolouration on the outside is often just a sign that the cabbage has been exposed to air or has been stored for a while.



Video Links