




Crispy Cabbage With Poppy Seeds From 'The New Midwestern Table

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 cups cabbage shredded
- 1 tablespoon ginger fresh minced
- 1 tablespoon thyme sprigs fresh minced
- 4 cloves garlic sliced
- 2 teaspoons poppy seeds
- 5 tablespoons butter salted

- 0.5 teaspoon sea salt fine
- 1 tablespoon sesame seed

Equipment

- frying pan

Directions

- Put the butter in a small pan, bring it to a simmer, and cook until it turns brown at the edges, 3 to 4 minutes.
- Let the butter sit for a minute. Then tilt the pan and carefully skim off the solidified top crust with a spoon, taking care to remove as much of this stiff white froth as possible. Put it in a small dish.
- Pour the clear golden butter into another small dish, and pour the darker brown dregs at the bottom of the pan into the dish containing the froth. This can be done well ahead of time, even a day or two before; ghee keeps well in the refrigerator.
- Ready your seasonings, because once the cooking starts, it will go fast.
- Heat your very widest skillet over high heat. Seriously, it should be almost comically oversized for this amount of cabbage. If you have nothing larger than a regulation 10-incher, you should probably cook this in two batches to avoid steaming—instead of lightly charring—the cabbage.
- When the skillet is hot, add the ghee and the ginger. The ginger should fry immediately. Dump in the cabbage and stir.
- Add the garlic, thyme, poppy seeds, sesame seeds, salt, and pepper.
- Spread the cabbage out evenly and continue to fry over very high heat, stirring every 45 seconds or so, giving the cabbage time to caramelize on the bottom. Watch that it doesn't actually burn, but let it get a little dark on the edges. Cook until the cabbage has lost its raw taste but before it goes completely limp, about 5 minutes.
- Add the reserved butter froth, stir to combine, turn out into a serving dish, and serve immediately.

Nutrition Facts

 **PROTEIN 5.82%**  **FAT 72.4%**  **CARBS 21.78%**

Properties

Glycemic Index:64, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:14.435217484184%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 187.76kcal (9.39%), Fat: 16.01g (24.63%), Saturated Fat: 9.27g (57.91%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.6g (5.11%), Cholesterol: 37.63mg (12.54%), Sodium: 429.94mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin K: 107.88µg (102.75%), Vitamin C: 55.08mg (66.76%), Manganese: 0.47mg (23.74%), Fiber: 4.4g (17.61%), Folate: 64.99µg (16.25%), Vitamin A: 658.8IU (13.18%), Vitamin B6: 0.24mg (12%), Calcium: 114.8mg (11.48%), Magnesium: 33.9mg (8.47%), Potassium: 294.02mg (8.4%), Iron: 1.48mg (8.22%), Vitamin B1: 0.12mg (8.15%), Copper: 0.16mg (7.86%), Phosphorus: 73.47mg (7.35%), Vitamin B2: 0.08mg (4.75%), Vitamin E: 0.66mg (4.37%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.35mg (3.52%), Selenium: 1.93µg (2.76%), Vitamin B3: 0.51mg (2.53%)