



BROWN BAG LUNCH IN THE GARDEN

June 11, 2010—Napa Cabbage

This Week's Recipe:

Spicy Napa Cabbage Slaw with Cilantro Dressing

Adapted from *Gourmet*, August 2008

- 1/4 c. rice vinegar (not seasoned)
- 2 tsp. sugar
- 1 tsp. grated, peeled ginger (or more to taste)
- 2 Tbl. Vegetable oil (or olive oil)
- 1 fresh Serrano chile pepper, finely chopped (with or without seeds)
- 1 1/2 lbs. Napa (Chinese) Cabbage, cored and cut crosswise into 1/2" pieces
- 2 or 3 carrots, chopped or grated
- 1 bunch green onions, sliced
- 1/2 c. coarsely chopped cilantro

Whisk together vinegar, sugar, ginger, oil, chile, and 1/2 teaspoon salt.

Add remaining ingredients and toss well.

Let stand, tossing occasionally, 10 minutes.

Harvesting & Storing Chinese Cabbage

- Cut off at base, right above soil level.
- Remove outer leaves and rinse off dirt, bugs
- Pat dry and store in a plastic bag in refrigerator
- May need to remove leaves singly and rinse before use (depends on insect damage)

Other Points of Interest in the Garden This Week:

- Tomatoes, peppers, & eggplant were mulched.
- The Chinese Long Beans are growing about 3-5" each day.
- Gooseberries are ripening.
- Bush beans are flowering and beginning to produce.
- Our rain gauge has recorded 4.2" of rain this week

Coming Next Week—Thyme

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Ginger Pork Pot Stickers

1 lb ground pork
1 cup very thinly sliced Napa cabbage
1/4 cup sliced green onion tops
1/4 cup thick teriyaki sauce (or a mixture of Hoisin sauce and soy sauce)
1 tablespoon minced fresh ginger
50 wonton wrappers, round
2 tablespoons vegetable oil, divided
2/3 cup chicken broth, divided
Red pepper flakes, optional

Stir together pork, cabbage, green onions, teriyaki sauce and ginger in a medium bowl.

Place a heaping teaspoon of filling in the center of each pot sticker wrapper. Brush water around the edges and fold up to enclose filling. Press firmly until edges are sealed well.

To cook, heat 1 tablespoons oil in a large skillet. Place half of pot stickers in a skillet, seam side up. Cook for 2 minutes or until bottoms are golden brown, tipping skillet to evenly distribute oil.

Add 1/3 cup chicken broth to the skillet; cook, covered, over medium heat for about 8 to 10 minutes until liquid has been absorbed and pork is cooked through.

Remove from skillet and repeat with remaining oil, pot stickers, and broth.