



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Sautéed Cabbage with Caraway Seeds

Serves 6

Ingredients:

1 large head of green cabbage, thin sliced with stem removed
1 yellow onions, diced small
4 cloves of garlic, sliced thin
3 tbsp butter
1 tsp caraway seeds
Salt
Black pepper
¼ cup cranberries, dried
2 tbsp whole grain mustard

Directions:

Bring a pot of salted water to a boil.

Prepare an ice bath (large bowl with ice and water)

Drop the thinly sliced cabbage in the pot of boiling water and cook for about 1minute. Remove from the water and place in the ice bath.

Drain cabbage.

In a large skillet, heat butter over medium heat until it starts to brown and develops a nutty aroma. Immediately toss in onions to prevent the butter from burning.

Turn the heat to high and cook the onions until they start to fry on the edges.

Throw in your garlic and caraway seeds and cook until aromatic (about 30 seconds).

Add cabbage and sauté 2 minutes.

Add cranberries and whole grain mustard.

Season with salt and pepper. Serve hot.