

Cabbage & Noodles

Author: <http://www.cheriestihler.com/index.html>

Carolyn T's
Main Cookbook

Servings: 10



1 whole cabbage

1 pound egg noodles, wide

4 ounces unsalted butter, or less, if you'd prefer

Spices to taste (dill seed and caraway are recommended)

Salt and black pepper to taste

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 257 Calories; 11g Fat (38.9% calories from fat); 7g Protein; 33g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 12mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 2 Fat.

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Notes: Be sure to note that this dish is supposed to be served three days after you've made it. Although, I must say, right out of the pan on day one it was delicious. How could anything with a copious amount of butter not be delicious?

Description: An old recipe from Hungary

1. Boil the cabbage in water (chop into manageable pieces first) until it is so soft it mashes/flakes with a fork. This can take some time, over an hour. Boil the egg noodles in water (add a bit of salt and cooking oil) until they are done. Slightly underdone is best.

2. Time this so the cabbage is done at the same time or before the noodles.

3. Remove the cabbage from the water and drain. (Save the cabbage water for soup stock...when cool, put in a ziplock bag and then in the freezer.) Put the cabbage back in the empty pot or a large bowl. Cut it into tiny pieces.

Use any implement you want, but if a fork isn't doing the trick, the cabbage is undercooked. When the cabbage is all in tiny little pieces, add the butter, spices, salt and pepper. Go easy on the spices as they will intensify later. Mix. Add the drained noodles and mix. Try to keep the noodles intact.

4. Okay, what you have now is a rather boring buttered cabbage pasta thing. You are wondering why in heck I recommended it to you. Well don't eat it, stick it in the fridge. The next day you have this weird cabbage stuff with a bit of flavor to it. You can eat a little, but don't write me to say it's only so-so. Stick it back in the fridge.

5. Now it's the third day. It's yummy. Heat it up on the stove (each day you have some - you can heat the whole potful). If there are any leftovers, stick them back in the fridge. Fourth day...heaven.