

# ESCABECHE DE REPOLLO: GUATEMALAN-STYLE CABBAGE SLAW

<b>Culinary Intro:</b>	This is a Guatemalan version of cabbage slaw.
<b>Nutrition Intro:</b>	Cabbage is a type of cruciferous vegetables rich in vitamins, minerals and good-for-you phytonutrients.

<p><b>Prep Time:</b> 30 minutes  <b>Ingredients for 8 servings:</b>  <b>Each serving = ½ cup</b>  <b>Cost per serving=\$0.23</b></p> <ul style="list-style-type: none"> <li>• 1 Tablespoon extra-virgin olive oil</li> <li>• 1 sprig of fresh thyme</li> <li>• 4 cups finely shredded cabbage (julienned)</li> <li>• 1 chile serrano, finely sliced (julienned)</li> <li>• ½ red bell pepper, finely sliced (julienned)</li> <li>• 1 large carrot, finely sliced (julienned)</li> <li>• ½ white onion, finely sliced (julienned)</li> <li>• 1 garlic clove, finely sliced (julienned, optional)</li> <li>• 2 bay leaves</li> <li>• ½ teaspoon salt</li> <li>• 1-2 Tablespoons vinegar</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Heat a large skillet over medium-high heat. Add oil and let warm up a few seconds. Fry the sprig of thyme. Once the thyme releases its aroma, add the cabbage, chile, red bell pepper, carrot, white onion, and garlic clove. Stir constantly until the cabbage starts to soften. Add the bay leaves and continue to stir. Season with salt. Stir. Do not let the mixture overcook.</li> <li>2. Remove the cooked cabbage mix from the heat. At this point, you may add 1-2 Tablespoons vinegar, or cool for 1 hour and then add vinegar, to taste. Store cabbage in an airtight container for up to 1 week. Use as a topping for tacos, tostadas, tortas, or eat as is.</li> </ol>	<b>1</b>	<p><b>Culinary/ Nutrition Notes for Demo:</b></p> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• make sure to use a skillet large enough to hold all of the ingredients</li> <li>• have enough space to be able to stir veggies around</li> <li>• heat should be at medium-high, so that the cabbage cooks fairly quickly</li> <li>• it is important that the vegetables are sliced very fine, in julienne, if possible → use a grater and shred veggies if necessary</li> <li>• the thyme will release its earthy aroma after being fried in the oil</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Like broccoli, cauliflower, and kale, cabbage is a cruciferous vegetable rich in nutrients.</li> <li>• Cabbage is a rich source of vitamin C. To get the most nutritional value from cabbage, try buying whole heads of cabbage rather than shredded cabbage, as shredded cabbage may lose some if its vitamin C.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• stir constantly so that all of the vegetables are evenly heated throughout</li> <li>• look for the cabbage to reach a bright green color as that is a good indication that the cabbage is just about done</li> <li>• do not overcook; the vegetables will lose their bright and fresh flavors</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The nutrients in cabbage vary slightly with variety and color. Plant foods, such as fruits and vegetables, have health promoting compounds called phytonutrients-plant-based compounds that may help lower inflammation and reduce the risk of developing some types of cancer.</li> <li>• Each color of plant foods represents a different family of phytonutrients, try choosing a variety of deep colored plant foods to obtain more health benefits.</li> <li>• Cabbage is also rich in fiber and low in calories.</li> <li>• Fiber helps is feel full faster, and promotes digestive health.</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• the vinegar helps preserve the freshness and adds a bit of tang to the mixture</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• By adding aromatics such as onion garlic, flavor is enhanced without adding extra salt.</li> </ul>

Nutrition Facts	
Serving Size 1/2 cup (68g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 35</b>	Calories from Fat 15
	% Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 35%	Vitamin C 40%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- Onion and garlic have prebiotics which promote digestive health.
- Try choosing fresh herbs and spices to add flavor and skip the salt shaker.

### Clean-up/Review comments

**Culinary:**

In Guatemala, a small grated beet is sometimes added to the mix. This is called “curtido.”

For a beautiful purple version, use red cabbage instead of the green.

**Nutrition:**

All the beautiful colors are also adding nutritional value to the meal!

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 large bowl for veggies</li> <li>5. 1 grater, if necessary</li> <li>6. mise en place bowls</li> <li>7. silicone spatula</li> <li>8. electric skillet</li> <li>9. locked tongs with silicone edges</li> <li>10. measuring cups</li> <li>11. measuring spoons</li> <li>12. paper plates/ cups/ soufflé cups</li> <li>13. paper towels</li> <li>14. tablecloth</li> <li>15. kitchen towel</li> <li>16. gloves</li> <li>17. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 head cabbage</li> <li><input type="checkbox"/> 1 white onion</li> <li><input type="checkbox"/> 1 red bell pepper</li> <li><input type="checkbox"/> 1 large carrot</li> <li><input type="checkbox"/> 1 chile serrano</li> <li><input type="checkbox"/> 1 bunch thyme</li> <li><input type="checkbox"/> 1 head garlic</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> bay leaves</li> <li><input type="checkbox"/> salt</li> <li><input type="checkbox"/> vinegar</li> <li><input type="checkbox"/> extra-virgin olive oil</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates, forks, napkins</li> </ul>	

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; julienne all vegetables ahead of time, leaving a portion of the produce intact for demo purposes
- Label all mise en place items
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½ hour