



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

MUSTARD AND CIDER-BRAISED CABBAGE AND TURNIPS

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS

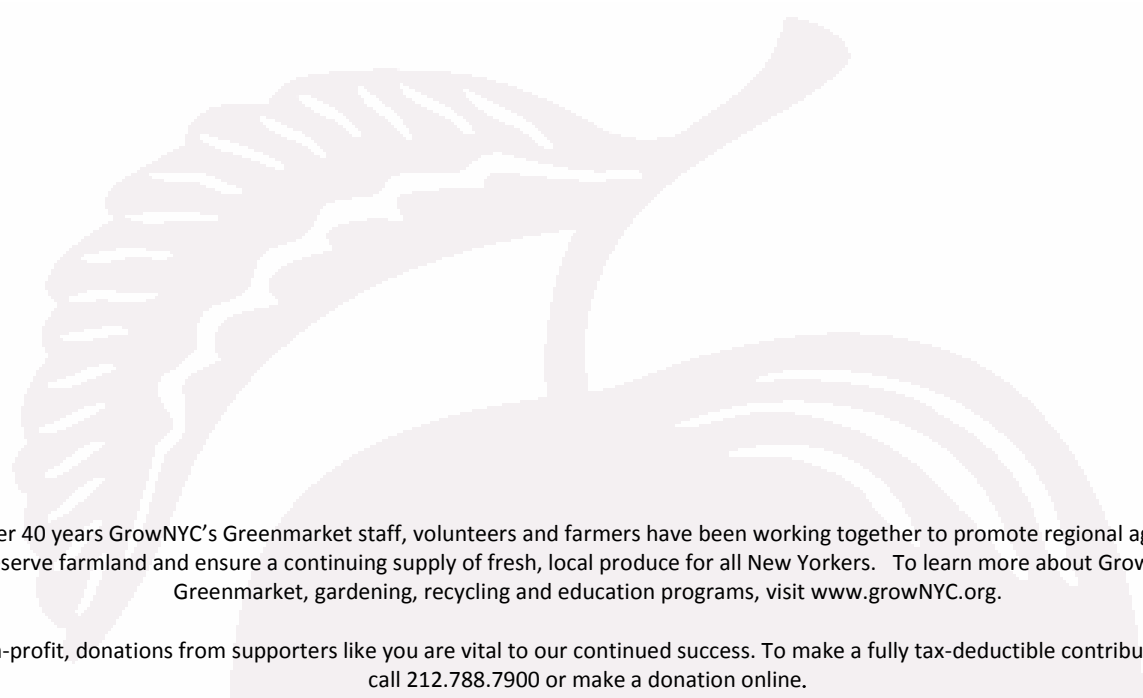
Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 teaspoon mustard seeds
- *1 onion, thinly sliced
- ¼ teaspoon sea salt
- *1 pound small turnips, peeled, halved, and thinly sliced
- *½ head of cabbage, shredded
- *1 cup apple cider

Procedure:

1. In a medium saucepan, warm olive oil over medium heat. Add mustard seeds and cook until they pop. Add onion and salt; sauté until tender, about 7 minutes.
2. Add turnips and sauté until tender, about 5 minutes. Add cabbage and cider. Cover and bring to a boil. Then lower to a simmer and cook for 5 minutes. Uncover and continue to cook until cider has reduced and thickened. Serve warm or at room temperature.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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