

Seasonal Eating
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Cabbage Steaks
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One of the current trends in cooking vegetables is steaks. No, not beef steaks with vegetables on the side. Instead, the vegetables are cut into thick, steak like slabs and then roasted until tender and served with a sauce drizzled over the top. No, they don't taste like beef steaks but they make an easy, flavorful side dish or even a vegetarian main dish. Cauliflower and cabbage are two vegetables that work well for steaks.

This week I experimented with cabbage steaks. Thick slices from a small head of cabbage are roasted until browned and caramelized in places and tender throughout. Some of the outer leaves around the edge of the steak become even crispy for a unique texture. If they become too browned, just remove them after cooking. On the plate you simply cut around the core of the cabbage, like a bone.



The vinaigrette sauce for these cabbage steaks starts with a base of mustard – Dijon for flavor and a whole grain mustard for the little pop of the mustard seeds. Orange juice balances the mustard with sweet and seasonings are added for flavor. Drizzled over the warm steaks, it dresses them perfectly with a tart zip for the mellow cabbage.

Choose your favorite sauce and try a vegetable steak of cabbage or cauliflower. A new way with familiar vegetables.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Cabbage Steaks with Dijon Vinaigrette

1 small head green cabbage
olive oil
kosher salt
black pepper
1 tablespoon Dijon style mustard
1 tablespoon whole grain mustard
1/2 teaspoon sherry wine vinegar
2 tablespoons orange juice
1/4 teaspoon dried dill weed

1 tablespoon chopped fresh chives
1/4 teaspoon kosher salt
1/8 teaspoon black pepper
1/2 cup olive oil

Wash the outside of the cabbage and cut a little off the core end to make a flat surface. Place on cutting board with flat core end down and cut vertically into 1/2 inch thick slices. Place on a silicone or parchment paper lined baking sheet. Brush with olive oil and sprinkle with salt and pepper. Bake at 375 degrees for about 40 minutes or until tender and golden brown, turning over once after about 30 minutes. Meanwhile, in a medium bowl whisk the mustards, vinegar, orange juice, dill weed, chives, salt and pepper together. Slowly stream in 1/2 cup of olive oil while whisking. Place cabbage steaks on plate and drizzle with vinaigrette.