



## CABBAGE SCHNITZEL

**Season:** year round  
**From the garden:** cabbage, eggs  
**Type:** lunch, dinner  
**Difficulty:** easy  
**Country of origin:** austria  
**Serves:** 6 serves or 35 tastes  
**Source:** [www.myjewishlearning.com](http://www.myjewishlearning.com)

### Equipment

- \*food processor
- \*chopping board
- \*knife
- \*frying pan
- \*colander
- \*big cooking pot
- \*bowls
- \*kitchen roll or paper towels
- \*measuring cup and spoons

### Ingredients

- \* 800 g cabbage
- \*4 eggs
- \* $\frac{1}{2}$  cup breadcrumbs
- \* $\frac{1}{2}$  onion
- \* $\frac{1}{3}$  cup plain flour
- \* $\frac{1}{2}$  tsp salt plus extra for cooking water
- \*pepper to taste
- \*oil for frying

### Method

1. Shred the cabbage as finely as possible, using a food processor or a sharp knife
2. Bring some water to the boil in a big pot and salt it. Add the cabbage and cook it until tender, for 3-4 min.
3. Drain the cabbage in a colander, rinse with cold water to cool it down and squeeze out as much liquid as possible

4. break the eggs in a bowl and whisk
5. chop the onion finely
6. add the cabbage, onions, egg, breadcrumbs and flour to a big bowl, add salt and pepper and mix well.
7. form patties with the cabbage mixture
8. heat the oil in a frying pan and cook the patties for 3-4 min on one side. add a lid to the pan to make sure they cook inside too. flip them over and cook for another 2-3 min.
9. put them on paper towels to drain

**Notes:** a "schnitzel" is normally a piece of meat that has been covered in breadcrumbs and then fried. our cabbage schnitzel have the breadcrumbs mixed in.

**Skills:** using the food processor, measuring.