

Cooked Cabbage

—Phillip Jones

Ingredients:

1 medium to large head cabbage

1-2 small palmfull(s) of salt.

Shake or two of Black Pepper

about one tablespoon oil (vegetable, or olive)

Directions:

Split the head of cabbage in quarters using sharp knife, (to make easier to handle). (No — we are not cooking in quarters). Cut out Core in each section of cabbage.

Take a very sharp knife, and slice in fine slivers cutting diagonally around edges. Repeat until you get close to the very thick hard leaves. Repeat with each quarter. (Throw away the rest.)

You should have enough shredded cabbage to overflow a large colander. Wash thoroughly, under a water spray. Allow to drain but do not shake dry. Pour contents of Colander into a large cooking pot, including remaining water left on shredded cabbage, add the palm full(s) of salt. Add ½ cup additional water. Pour in a tablespoon full of oil, out of the bottle (or you can use Bacon Grease).

Place on Stove on medium heat (electric stove on 5). Allow to cook about 30 minutes or until tender. Before serving add a shake or two of Black pepper. Add additional salt and pepper to taste.