



Purple Polish Savory Cabbage Pierogi

By Dylan Sabuco

Prep Time 15 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

Equipment

- Large skillet
- Cutting board
- Kid-safe knife
- Measuring spoons
- Wooden spoon
- Citrus juicer (optional)
- Medium mixing bowl
- Dry measuring cups
- Heat-resistant spatula

Ingredients

Purple Polish Savory Cabbage Pierogi

- 1/2 head purple cabbage
- 2 T butter **** (for DAIRY ALLERGY sub 2 T olive or vegetable oil)****
- 1 tsp salt
- 1 tsp ground black pepper
- 1/2 lemon, juiced
- 12 wonton wrappers **** (for CELIAC/GLUTEN ALLERGY sub rice paper wrappers)****

Food Allergen Substitutions

Purple Polish Savory Cabbage Pierogi

Dairy: For 2 T butter, substitute 2 T olive or vegetable oil (if no soy allergy).

Celiac/Gluten/Wheat: Substitute rice paper wrappers for wonton wrappers.

Instructions

Purple Polish Savory Cabbage Pierogi

intro

Pierogi (pih-ROH-ghee) are a type of dumpling that originated in Poland. They are often filled with potatoes, cabbage or various kinds of meats. Red cabbage will give this recipe a unique, purple color. Caution: Red cabbage can stain clothes! Try counting to 5 in Polish while you stir during this recipe: 1 jeden (YEH-den), 2 dwa (d'va), 3 trzy (tsay), 4 cztery (STEH-ray), 5 pięć (PEE-ench).

chop + sauté

Chop the **1/2 head of purple cabbage** into small pieces. Combine the cabbage with **1 tablespoon butter, 1 teaspoon salt, and 1 teaspoon black pepper** in a large skillet over medium heat. Sauté this mixture for 5 minutes.

squeeze + reserve

Reserve 1/4 cup of the cooked cabbage for the Crazy Color-Changing Cream (see recipe). Squeeze the juice from **1/2 lemon** over the remaining cabbage mixture and transfer to a mixing bowl. Allow this mixture to sit for 5 minutes or more to develop a strong flavor.

recipe note

This sauce takes advantage of the chemical anthocyanin. This chemical is naturally occurring in red cabbage, and it is an acid-base indicator. This means the sauce should change color depending on which one you mix with the red cabbage, a base or an acid: pink or red for acids and green or blue for bases. Have kids try and guess what color the sauce will be at the end of the recipe.

arrange + fill + shape

Lay the **12 wonton wrappers out on a cutting board. Brush them with a small amount of water. This will make the wrapper stick when sealing it. Place 1 to 2 teaspoons of the cabbage mixture in the center of each wrapper. Fold the wrapper diagonally, bringing two of the corners together with a pinch. The pierogi will have a triangular shape. Be sure to pinch the pierogi firmly to seal.

allergy note

If you are using rice papers to make the dish gluten free, follow this step for preparing the rice paper wrappers. These types of wrappers are crunchy and hard, so you have to soften the wrappers with water. Dunk the rice paper in water for about 10 seconds. Now they should be ready for the rest of the steps of the recipe.

sauté + serve

In a large skillet, heat **1 tablespoon of butter** on medium heat. Spread the butter throughout the pan. Lay all the pierogi in an even layer in the skillet. Cook for 4 to 5 minutes (roughly 2 minutes on each side) or until golden brown. Dip and dunk the Purple Polish Savory Cabbage Pierogi in the **Crazy Color-Changing Cream!**

Featured Ingredient: Cabbage!

Hi! I'm Cabbage!

"I come in a few different colors and shapes, but I'm usually green or red (which is really purple-red) with tightly packed leaves forming a round head. You may be most familiar with me shredded in coleslaw and cooked for a St. Patrick's Day dinner with corned beef."

Cabbage was likely domesticated before 1000 BCE in Europe, and the ancient Egyptians, Greeks, and Romans used it in their cuisines. Cabbage was introduced to Asia and the Americas sometime between the 1500s and the 1700s and was considered a staple food in Europe by the 18th century.

China produces the most cabbage worldwide, but Russia consumes the most per person.

The word "cabbage" is late Middle English from the Old French (Picard dialect) "caboché" ("head"), a variant of Old French "caboce."

Cabbage has many relatives (broccoli, cauliflower, brussels sprouts, collard greens). All of these vegetables are part of a family called "Brassica."

The cabbage head grows in the center of a cabbage plant. Initially, the plant produces large, broad leaves, but eventually, the inner leaves begin to curl around a short, thick stem at the center. These inner leaves form the head of cabbage we see in markets.

Green cabbage is the most common type. It has thick green leaves that are packed close together in the head. One head can weigh from one pound to nine pounds! You can cook it as a standalone veggie, add raw cabbage to coleslaw, use it to make cabbage rolls, or add it to soups and stews.

There are a few varieties of green cabbage, including the pointed cabbage, which is shaped like a cone! Savoy cabbage is a smaller, milder variety with tender, wrinkly leaves that you can use to make cabbage rolls or add to salads and stir-fries.

Red cabbage is popular in coleslaw and salads because of its color and crunchy texture. You can also pickle red cabbage to serve as a condiment to top burgers or tacos, or serve it as a side, especially with German dishes.

White cabbage comes from the Netherlands and is also called Dutch cabbage. It is a type of green cabbage with very pale green to white leaves, although there is also a red variety. The Dutch variety is good for making sauerkraut, although you can also use it in the same way as green and red cabbage.

Napa cabbage, also called Chinese cabbage, is oblong with light green and yellow leaves and has a long, thick, and crunchy stem. It has a mild flavor and is popular in Asian cuisine in soups, spring rolls, stir-fries, and as wraps for pork and seafood.

Cabbage is high in fiber and vitamins C and K. Vitamin K is good for the blood. A cup of raw cabbage has more vitamin C than an orange!

Different varieties of cabbages have varying nutritional strengths. For example, red cabbage has more vitamins C and B6 and antioxidants called anthocyanins that help keep your heart healthy, while the green savoy has more vitamins A and B9 (folate).

Cabbage and other cruciferous vegetables are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.