

October 2012:

A tasty side dish for your fall dinners - goes especially well with any type of pork dish. Cabbage is readily available year round, but I think of this as a hearty addition to the cooler weather dinners. It can definitely be considered a "comfort food" to add to your table. Enjoy!



"Haluska"

(Hungarian/Polish Cabbage and Noodles)

Ingredients:

1 stick of butter

(OR 1/4 # bacon chopped into small strips)

1 large onion, peeled and cut into strips or chopped

1 small head cabbage

(OR 1/2 large head of cabbage, shredded cut into strips - approx. 4-6 C. total)

1 tsp. salt

1/4 tsp. black pepper

1 # egg noodles, cooked and drained

(I like the really skinny Amish-style noodles - I break them into smaller lengths before cooking)

1 pt. sour cream - serve on the side or mixed in with the cooked cabbage & noodles

- Melt the butter - in a large saucepan or pot (large enough to hold the chopped cabbage)
- If you are using bacon - (cook bacon until crispy, add the cabbage to cooked bacon & fat)
- Sauté the cabbage and the onion in the butter/cooked bacon & bacon fat until glossy and tender (about 5 min)
- Add the salt & pepper. Cover and cook over low heat about 15 min.
- Add the cooked, drained egg noodles and mix all together.
- Serve with sour cream on the side (or mix it into the cabbage/noodles before serving)

Serves 4-6 side dish portions