



CABBAGE SCHNITZEL

Season:	Winter, spring
From the garden:	<i>Cabbage, eggs</i>
Type:	<i>Lunch, dinner</i>
Difficulty:	<i>Easy</i>
Country of origin:	Austria
Serves:	<i>6 serves or 35 tastes</i>
Source:	<i>www.myjewishlearning.com</i>

Equipment

- *food processor
- *chopping board
- *knife
- *baking tray

- *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
- *2 garlic cloves
- * $\frac{1}{3}$ cup plain flour
- * $\frac{1}{2}$ tsp salt plus extra for cooking water
- *pepper to taste

Method

- 1.preheat oven to 200 degrees
- 2.shredd the cabbage as finely as possible, using a food processor or a sharp knife

3. 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.
4. drain the cabbage in a colander, rinse with cold water to cool it down and squeeze out as much liquid as possible
5. break the eggs in a bowl and whisk
6. chop the onion finely
7. add the cabbage, onions, egg, breadcrumbs and flour to a big bowl, add salt and pepper and mix well.
8. form patties with the cabbage mixture
9. place patties on a lined or oiled baking tray and bake for around 20 minutes
10. serve with garlic mayonnaise and a salad

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

Skills: Using the food processor, measuring.