



Excerpted from the book [A TASTE OF HISTORY: THE FLAVORS, PLACES, AND PEOPLE THAT SHAPED AMERICAN CUISINE](#) by Chef Walter Staib with Martha W. Murphy. Copyright © 2019 by Walter Staib and Martha W. Murphy. Reprinted with permission of Grand Central Publishing. All rights reserved.

Hot and Spicy Cabbage Slaw

Serves 8

Colonial cultivators took full advantage of every growing window available to them. Cabbage can have two successful crops a year—both spring and fall—so it was a staple in the colonial diet. Back then, this dish would have been eaten when cabbage was freshly picked. But it holds up extremely well in a root cellar and would, therefore, have made regular appearances on dinner tables throughout the fall, and it could be prepared with preserved cabbage later on in the winter.

The spice element may remind you of kimchi, but this is a recipe that would have been enjoyed in Philadelphia during the eighteenth century.

Ingredients

- 1 medium savoy cabbage (2 to 2 ½ pounds), shredded very fine
- 2 scallions, finely chopped
- 1 tablespoon sugar
- 1 tablespoon chopped fresh parsley
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon kosher salt
- ½ teaspoon freshly ground black pepper
- 4 ounces bacon, chopped
- ¼ cup red wine vinegar
- ¼ cup olive oil

In a large bowl, thoroughly combine the cabbage, scallions, sugar, parsley, pepper flakes, salt, and black pepper.

In a large frying pan over medium heat, cook the bacon until crisp, 3 or 4 minutes. Add the vinegar and olive oil, stir with a wooden spoon, and pour over the cabbage mixture. Immediately cover the bowl with plastic wrap or a pot lid and let the salad sit for 10 to 15 minutes, steaming the cabbage to your desired texture. Adjust seasoning of salt and pepper and serve.

Chef's Note

While my personal favorite cabbage for this recipe is savoy, any cabbage that you may happen to have will work nicely.

© Copyright 2019 Now That's A Mouthful. All Rights Reserved.

**Product prices and availability are accurate as of the first date of publication on our site and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*



© Copyright 2019 Now That's A Mouthful. All Rights Reserved.

**Product prices and availability are accurate as of the first date of publication on our site and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*



From the book *A TASTE OF CHINA* by *CHINESE CUISINE*
All rights reserved.