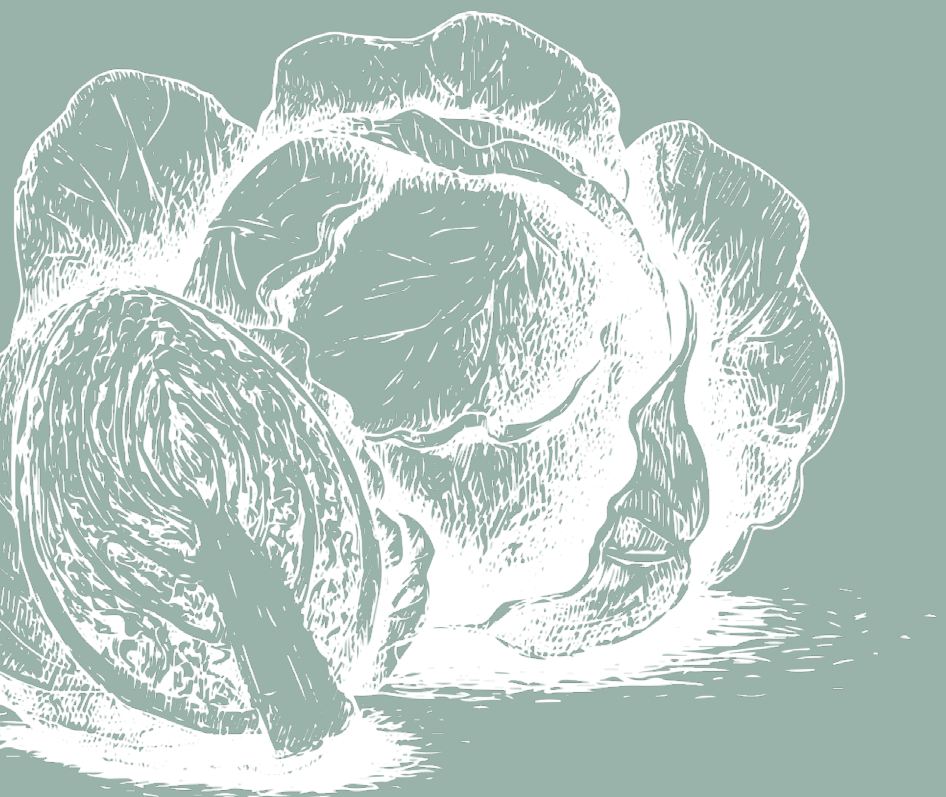


# CABBAGE CULTURES

A recipe book of the 2019 *Cabbage Patch*  
exhibit at the Garfield Park Conservatory



Cabbage, as we know it today, is a collaboration between nature and man. It is a domesticated, cultivated creature much like a chicken, dairy cow, or sheep dog. The wild cabbage (*Brassica oleracea*) can still be found along the limestone sea cliffs of Europe. The plant is biennial, blooming only in its second summer. Throughout the first, it stockpiles nutrients and water in its large leaves, which are then held over-winter. Next year, these resources will allow the plant to grow its flower spike—with luck, over 7 feet tall.

And yet, hearty leaves are a welcome winter meal for many animal species. Around 3,000 years ago, men and women living on the European continent discovered wild cabbage to be a valuable food source. They quickly developed it into a crop, and through selective breeding developed new cultivars. First came kale with its large leaves. Then, cabbage with its leaves tightly bunched in the terminal bud. Plants selected for a thick stem produced kohlrabi, while those bred for immature flower buds became cauliflower and broccoli. Along with collards, Brussels sprouts, and more this diverse group of greens is now known as the 'cole crops'.

As the cole crops developed, they also spread. People around the world—especially those living in harsh winter climates—have come to rely on these plants as staples in their diets. The hardiness, relative abundance, and nutritional value of cabbage have led it to be dubbed a 'friend of the poor'. And wherever cabbage has traveled, the people there have adapted it to their unique tastes and cuisine.

In these pages you can learn methods to serve cabbage fresh, pickled, fermented, fried, canned, or made into a stew. Recipes of Denmark, Poland, and Russia celebrate the cabbage homeland while those with their roots in China, Korea, Brazil, and the United States affirm its travels.

It is with this rich, global legacy in mind, that artists Gamburg/Magnussen have brought *Cabbage Patch* to Garfield Park Conservatory. It is their wish to share with you the bounty that mankind and nature have conspired to create. Wherever, and however, you enjoy your cabbage, do so knowing you are part of a rich culinary and agricultural journey.

Enjoy your meal! Bon appétit! Velbekomme!





# Szechuan Sweet and Sour Cabbage

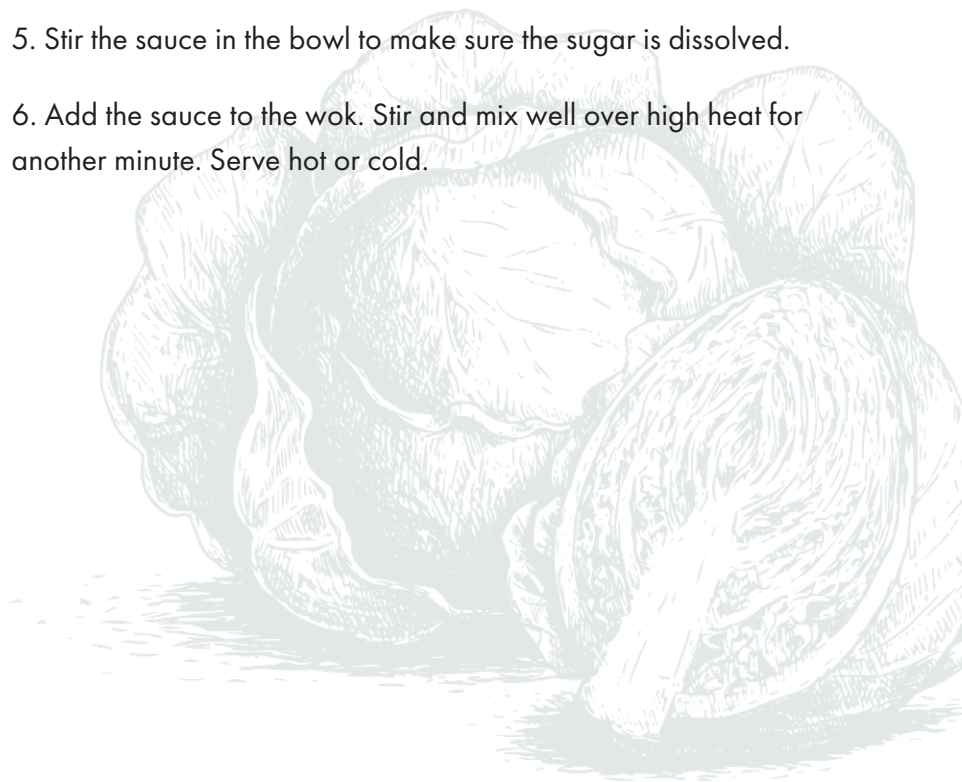
“This recipe is from Penny Stamm who was a Chinese cooking instructor in New York. She traveled to China many times to learn its cuisines. Szechuan Sweet and Sour Cabbage was one of her favorite recipes. Cabbage is a very common vegetable in China and it can be stored for a long period of time without refrigeration.”

Soo Lon Moy, Chinese American Museum of Chicago

## GATHER:

- 1 lb Chinese cabbage
- 2 T sugar
- 4-6 whole dried red chili peppers
- 2 T white rice vinegar
- 2 T light soy sauce
- ½ t tapioca starch
- ½ t salt
- 2 T peanut or corn oil

1. Wash the cabbage and cut into 1-by-1 ½ inch pieces.
2. Combine soy sauce, salt, sugar, vinegar, and tapioca starch in a bowl. Set aside.
3. Heat a wok, add oil, and stir-fry the red peppers until brown.
4. Add cabbage and keep stirring over high heat for 2 minutes.
5. Stir the sauce in the bowl to make sure the sugar is dissolved.
6. Add the sauce to the wok. Stir and mix well over high heat for another minute. Serve hot or cold.





# Cabbage Kimchi

“Kimchi has been a staple in the diet of Koreans for thousands of years. It is a great method of preserving vegetables throughout the season when the refrigerator was not available and also a great source of vitamins and other necessary dietary elements. Now it has become a well known and loved recipe internationally, because it has a special character of making someone becoming adhered and addicted once they have experienced its taste.

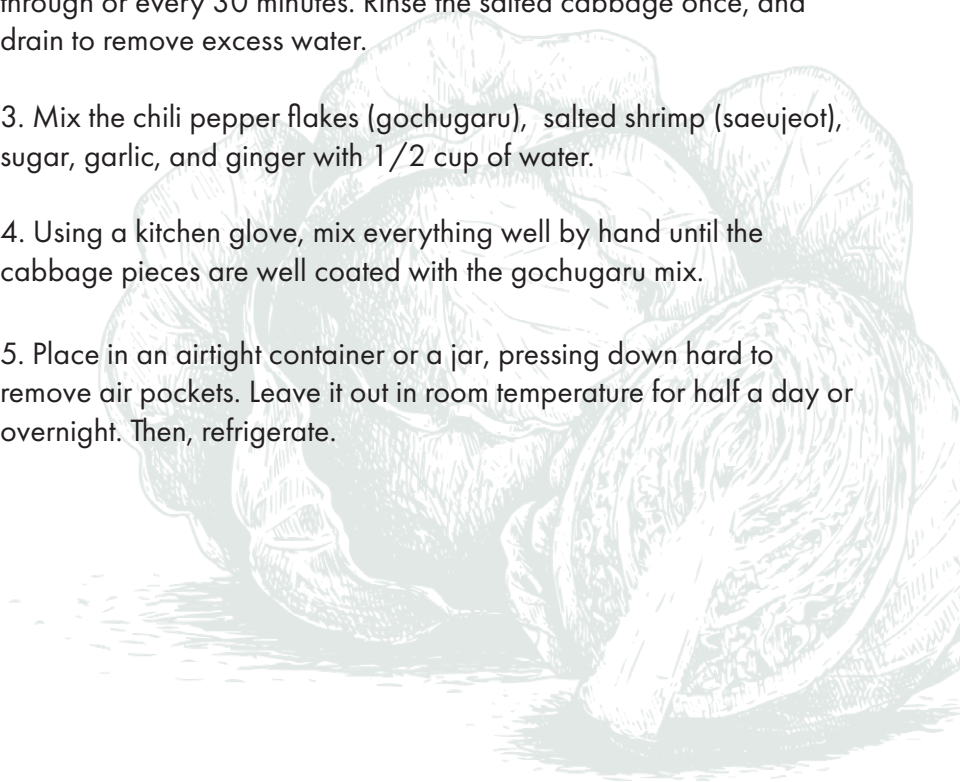
My wife and I, not being good at cooking, tried to make a Kimchi when we first got married in 1974. At that time, not many ingredients were available. But we had cabbage and hot peppers. Just remembering the scene when my mother and sister had made Kimchi years ago, we salted cabbage and put hot peppers and green onions in the bottle and left it there for a day. We did not know how it would turn out. In fact, we did not expect it to be good at all! But to our big surprise, when we tasted it, it truly was delicious. I still remember that triumphant moment.”

Dr. Yoon Tae Kim, Korean Cultural Center of Chicago

## GATHER:

- 1 head green cabbage (2.5 pounds)
- 4 tablespoons coarse sea salt
- 3 scallions, roughly chopped
- 1/4 cup Korean red chili pepper flakes (gochugaru)
- 3 tablespoons salted shrimp, finely chopped (saeujeot)
- 1 tablespoon sugar
- 1 tablespoon minced garlic
- 1/2 teaspoon grated ginger

1. Remove tough outer leaves of the cabbage if any. Cut the cabbage head into quarters and remove the core from each quarter. Cut each quarter into bite-sized pieces (about 2-inch squares). Rinse the cabbage and drain.
2. Place the cabbage in a large bowl. Dissolve the salt in 2 cups of water, and toss well to coat evenly. Leave it for an hour or 2 until the cabbages have softened, flipping over once or twice halfway through or every 30 minutes. Rinse the salted cabbage once, and drain to remove excess water.
3. Mix the chili pepper flakes (gochugaru), salted shrimp (saeujeot), sugar, garlic, and ginger with 1/2 cup of water.
4. Using a kitchen glove, mix everything well by hand until the cabbage pieces are well coated with the gochugaru mix.
5. Place in an airtight container or a jar, pressing down hard to remove air pockets. Leave it out in room temperature for half a day or overnight. Then, refrigerate.





## Vegan Bigos (Sauerkraut Stew)

"Bigos is a dish from Eastern Europe made primarily from finely sliced sauerkraut. This stew typically is made using smoked pork and a lard roux. It is made traditionally in the fall and through the winter when preserved foods were eaten. The warmth, spice, and fermented elements are said to keep one healthy in colder weather. Every family who makes bigos has their own version of the dish to suit their particular taste."

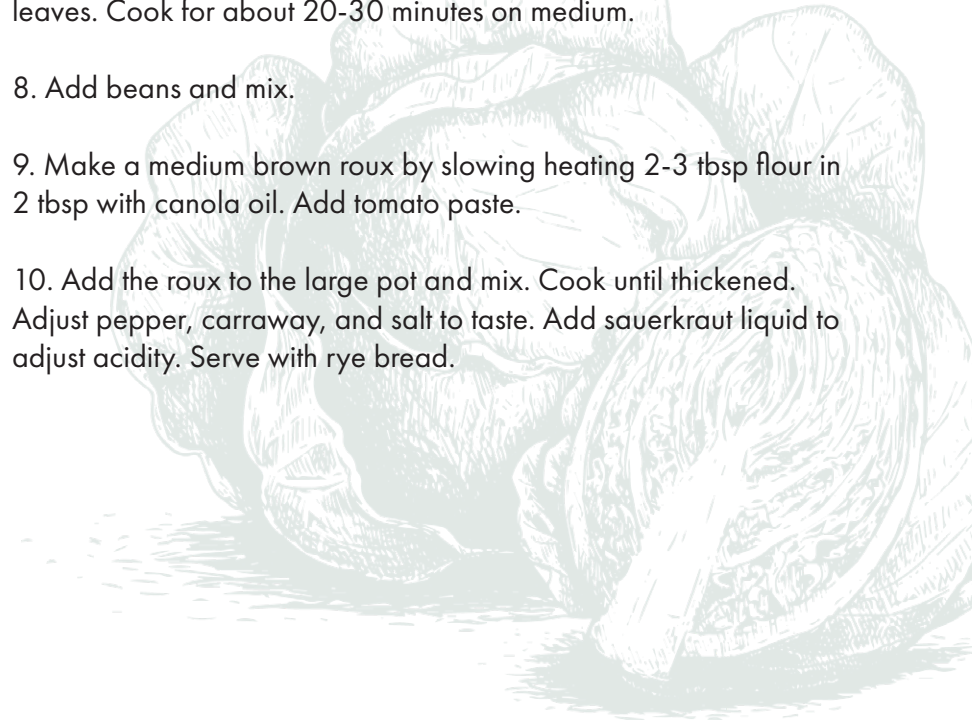
- Peter Podlipni, Garfield Park Conservatory Alliance (Former)

### GATHER:

1 bag sauerkraut*	2 tbsp ground black pepper
1 package dried boletus mushrooms*	1 tbsp caraway seeds
1 package porcini mushrooms, sliced	4 allspice berries
1 cup lima beans, parboiled	2 bay leaves
2 carrots, peeled and grated	Optional - cayenne pepper
1 large white or yellow onion, sliced	Salt
2 cloves garlic, minced	Canola oil
1 can tomato paste	Flour
2-4 cups veggie stock	

\*available at most Polish delis in Chicago

1. Optional: pre-boil the lima beans in a veggie broth with liquid smoke, soy sauce, and mirin for added flavor.
2. Strain the sauerkraut. Collect 1 cup of the liquid and save it for later. Soak the sauerkraut in cold water for 1 minute and strain. Rinse the sauerkraut and pull it apart until it is loose. Set it aside.
3. Boil 2 cups of water and add the dried mushrooms. Turn off and let steep. Remove the mushrooms and chop roughly. Save the broth.
4. Heat a large pot on high and add 2-3 tbsp canola oil. Add the onion and mix until wilted. Add garlic and stir.
5. Add the mushrooms and cook until slightly wilted. Reduce heat to medium.
6. Add the sauerkraut. Stir well. Add more canola oil slowly to help it mix. Simmer until the sauerkraut is wilted.
7. Add spices and salt and mix. Add mushroom stock. Add veggie stock until all is covered and submerged about an inch. Add bay leaves. Cook for about 20-30 minutes on medium.
8. Add beans and mix.
9. Make a medium brown roux by slowly heating 2-3 tbsp flour in 2 tbsp with canola oil. Add tomato paste.
10. Add the roux to the large pot and mix. Cook until thickened. Adjust pepper, caraway, and salt to taste. Add sauerkraut liquid to adjust acidity. Serve with rye bread.





# Mennonite Cabbage Borscht

"This recipe has its roots in the Russian Mennonite faith community. The Mennonite faith grew out of the Christian reformation and has traditionally been defined by pacifism and a desire for exemption from military service. These beliefs put them at odds with many governments resulting in persecution and the need for periodic migration.

The 'Russian Mennonites' are actually not Russian at all. Rather, they are of Dutch and Low German descent. They first found refuge in South Russia (now Ukraine) and eventually immigrated to North America. Arriving in the Americas, those Mennonites already present dubbed them 'Russian' after their most recent country of residence.

During their stopover in Russia, they picked up an affinity for borscht, a traditional eastern-European sour soup made from beetroot. Somewhere along the way, they replaced the beetroot for cabbage.

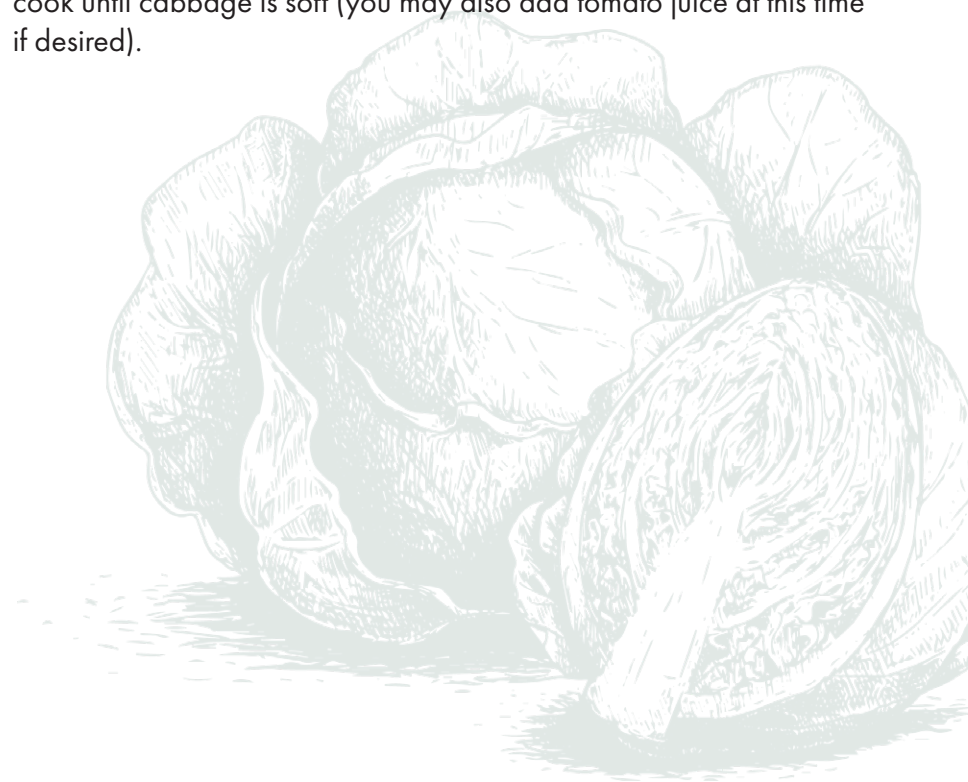
Growing up on the plains of South Dakota my mother (the grand daughter of Russian Mennonite migrants) prepared this dish on cold winter days and I carry on this tradition to share with my friends in Chicago during our long cold winters."

- Benjamin Jacob Anderson

## GATHER:

6 medium Potatoes  
10 Carrots  
Half head of Cabbage (red cabbage gives a nice color)  
Sautéed garlic and Onion  
Sage, basil, salt and pepper  
Whole Chicken or beef soup bone  
Optional: Tomato juice for color

1. Begin by cooking the chicken on very low heat for a few hours until meat has separated from bones.
2. Remove all bones. If cooking with beef do the same but leave the bone.
3. Add sautéed onions and garlic and also the potatoes, carrots and spices.
4. Once the potatoes and carrots are nearly soft add cabbage and cook until cabbage is soft (you may also add tomato juice at this time if desired).





# Fennel Slaw

"You can't serve Chicago BBQ without a good slaw, and this is our take on the traditional American side dish, perfect for potlucks and family gatherings. Cabbage is the backbone of any good coleslaw, and we pair ours with pickled fennel to give it a gentle crunch with the right balance of sweet and savory. Serve on the side or, like we do, use it to top a pulled pork sandwich to give it some extra 'oomph'.

Inspiration Kitchens is located just around the corner from the Garfield Park Conservatory! We train low-income and homeless Chicagoans for careers in the food service industry in our kitchen. Our graduates go on to work at some of the city's hottest restaurants and catering companies, giving them the opportunity to exit poverty for good. After your next visit to the Conservatory, join us at our LEED Gold certified restaurant for an eclectic menu that inspires our students to explore new culinary trends and foods from around the globe."

- Evan Cauble-Johnson, Inspiration Kitchens

## GATHER:

- 1 head of red cabbage (very thinly sliced on the slicer)
- 2 cups pickled fennel
- ¼ cup chervil (finely chopped)
- 2 tbsp. kosher salt
- 1 tbsp. cracked black pepper
- 1 tbsp. cracked fennel seed
- ½ cup sugar
- 1 cup Champaign vinegar
- 1 cup mayo

1. Combine all ingredients and mix well. It doesn't get easier than this!





# Ardella Arkansas Cha-Cha

"This recipe originated in Arkansas, for my family, by my grandmother. As a little girl I recall traveling south with my family to visit grandma, and one of the things we would do is make cha-cha. Grandma would get up it seemed before daylight and harvest all the things needed from the garden, collect the pots, and then wake us up. It was always a wonderful feeling being in kitchen with my grandmother as she prepared anything. I just remember the smells."

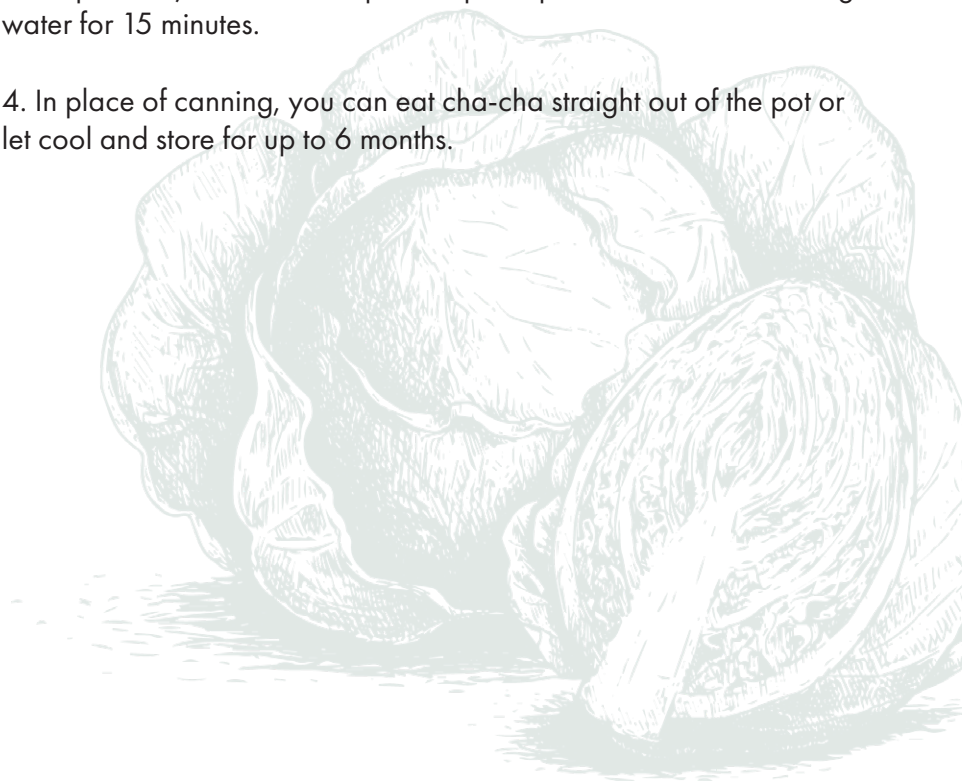
-Angela Taylor, Garfield Park Community Council

## GATHER:

- 1 large cabbage or 2 medium (chopped finely)
- 6 yellow onion (chopped finely)
- 10 green tomatoes (chopped)
- 2 carrots (grated)
- 10 hot peppers, red and green (chopped)
- 2 tbsp. sugar
- 1 large palm full of pickling spice (preferred) or 1/3 cup allspice
- 4 cups of vinegar

Proper preparation of canned foods is essential for safety.  
Visit [foodsafety.gov/blog/home\\_canning.html](https://www.foodsafety.gov/blog/home_canning.html) to learn more.

1. Put all ingredients in large pot and let come to boil, cooking at medium low heat for 20-25 minutes.
2. Prepare 8 canning jars by cleaning and completely submerge in boiling water for 5 minutes.
3. Fill jars to 1/2 inch from top. Put tops on jars and return to canning water for 15 minutes.
4. In place of canning, you can eat cha-cha straight out of the pot or let cool and store for up to 6 months.







A view of Cabbage Patch during construction

# Wrung Cabbage

“Wrung Cabbage is a traditional dish that comes from South Jutland, Denmark—the birthplace of Jens Jensen, the Danish emigrant and landscape architect who designed the Garfield Park Conservatory, among other projects. Therefore, this is a dish Jens Jensen may have enjoyed as part of his childhood Christmas dinners.

Many of the recipes we now know as regional Danish dishes were, in fact, popular throughout the country—a quality that also applies to this recipe for chopped cabbage in a white sauce. White sauce, based on flour and milk, in different variants was common fare in farm households. Nowadays, cabbage in white sauce is mostly served for Christmas, where it has been promoted from plain fare to a traditional holiday specialty.”

- National Museum of Denmark

## GATHER:

1 head of cabbage  
Pinch of salt  
Lump of butter  
Cream or milk  
Salt  
Pepper  
Cardamom  
Cinnamon

1. Cut the cabbage into 6–8 pieces, depending on size. Remove stalk and boil cabbage with a pinch of salt until tender.
2. Let the cabbage cool and chop it finely or run it through a mincer.
3. Drain the resulting cabbage mince by wringing it in a clean dish towel.
4. Prepare a thick white sauce in a pot by melting a lump of butter (a piece about a thumb thick) and adding cream or milk.
5. Add the cabbage mince to the white sauce. The resulting mix should have a soft and fairly thick consistency. Add salt, freshly ground black pepper and a little cardamom and cinnamon to taste before serving.

“Wrung cabbage” is a delicious accompaniment to pork sausage, meatballs and other traditional Christmas specialties.





# Brazilian Cabbage Salad

"This is a simple everyday salad commonly served for every lunch or dinner in central western Brazil. I ate it almost everyday as I was growing up in Mato Grosso, Brazil and still prepare it quite often here in Oak Park. In fact, I made it just this past weekend. This salad, along with beans and rice is my ultimate comfort food.

PASO works to secure immigrant rights, and build just communities. For someone who is in a new country, food is a powerful thing that can remind them of a lost home and help them as they make a new one."

-Zemir Magalhaes Bohlander, PASO West Suburban Action Project

## GATHER:

1/2 head of white cabbage  
1/2 red onion  
2 medium tomatoes  
1 medium jalapeno (optional)  
lime juice  
cilantro  
salt

1. Thinly slice the cabbage, onion, tomatoes, and jalapeno.
2. Mix with a small bit of cilantro and lime and salt to taste.
3. Serve.





## Roast Pork Sandwich with Pickled Red Cabbage

“While known as a humble vegetable, the cabbage in season looks opulent and lavish. When you pickle it, a deep, savory richness comes out.

We have long, dark winters here in the Nordic hemisphere. So, we have a tradition of curing and pickling; it’s all about offsetting the fattiness of the meat with something sour and tart. The roast pork sandwich is really one of our signature dishes, which combines the greasy roast pork, its crackling skin, freshly good-quality wholegrain buns (preferably homemade, of course) and rich red cabbage.

It is a serving rooted in the typical Danish Christmas Eve traditions. Roast pork with red cabbage is a popular dinner. Then the next day, people have pork and cabbage leftovers and don’t want to cook. We took these common leftovers and looked at them with fresh eyes. We paid attention to the bread, added the crunch of pork cracklings, plus raw apple, a great dressing – and the red cabbage. It’s a real meal with robust flavors.”

-Claus Meyer, Danish culinary entrepreneur, Melting Pot Foundation

### GATHER:

- 2 tablespoons Greek yogurt
- 2 tablespoons mayonnaise, ideally homemade
- 1 tablespoon prepared coarsely ground mustard
- 1 teaspoon apple cider vinegar
- 1 teaspoon acacia honey
- Sea salt flakes and freshly ground pepper
- 2 apples
- 4 pickled gherkins (preferably cornichons)
- 1 ¾ pounds leftover roast pork with crispy skin
- 4 good-quality buns
- 1 small portion of Warm Red Cabbage (Recipe on next page)

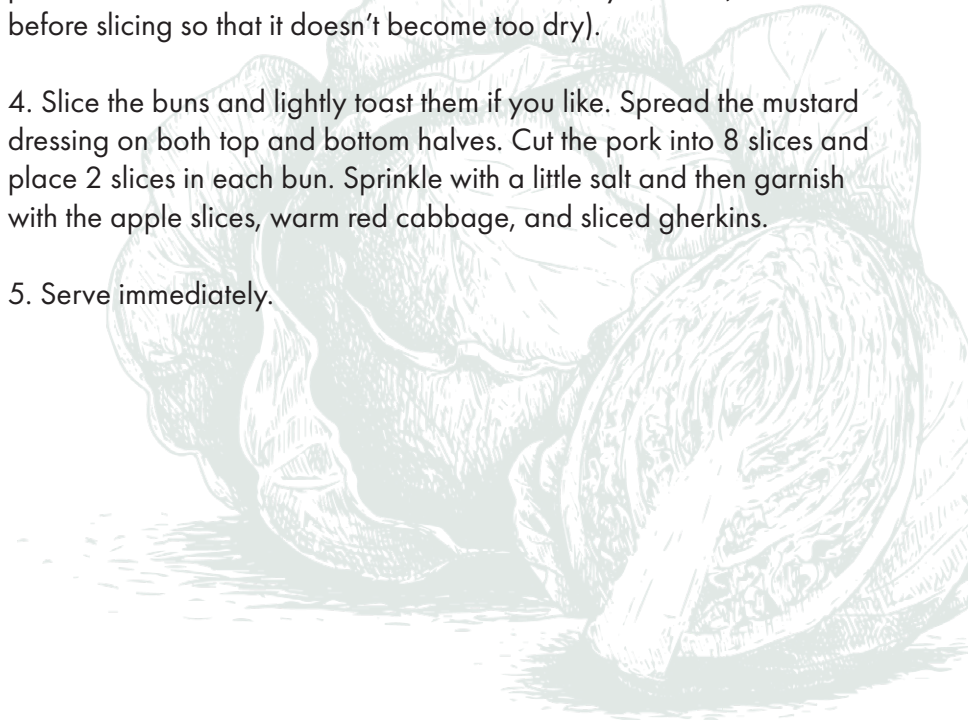
1. Mix yogurt, mayonnaise, and mustard together in a bowl to make a dressing. Season with the vinegar, honey, salt, and pepper.

2. Wash the apples, quarter them, and remove and discard the cores. Thinly slice the apple quarters and the gherkins.

3. Heat the red cabbage in a small saucepan. Reheat the pork in a preheated oven at 325°F for 10 to 15 minutes if you wish (reheat before slicing so that it doesn’t become too dry).

4. Slice the buns and lightly toast them if you like. Spread the mustard dressing on both top and bottom halves. Cut the pork into 8 slices and place 2 slices in each bun. Sprinkle with a little salt and then garnish with the apple slices, warm red cabbage, and sliced gherkins.

5. Serve immediately.



# Warm Red Cabbage

## GATHER:

1 red cabbage  
Juice of 2 organic oranges  
1 cinnamon stick  
3 star anise  
4 bay leaves  
1 ¼ cup caster (superfine) sugar  
1 ¼ cups concentrated cherry juice  
1 cup cherry vinegar  
1 ¾ cups red wine  
1 tablespoon sea salt flakes

1. Slice the red cabbage into quarters. Cut and discard the stalk. Slice the cabbage finely and place in a large saucepan with the remaining ingredients and stir over high heat.
2. Bring to a boil, and then reduce the heat and let the cabbage simmer, covered for 1 to 1 ½ hours, stirring occasionally. The liquid should all be absorbed, to result in a blank and clear appearance.
3. Drain just before serving.

# Special Thanks To:



*Cabbage Patch* is an exhibit created by Danish artists Gamborg/Magnussen for the Chicago Architecture Biennial 2019. It consists of an outdoor kitchen and over 10,000 cabbages planted behind the Garfield Park Conservatory. The Conservatory was designed by Danish immigrant and landscape architect Jens Jensen and opened in 1908.

The project was commissioned by the Danish Arts Center, managed by the Danish Architecture Center and produced in collaboration with Chicago Park District and Garfield Park Conservatory Alliance.

DANISH ARTS FOUNDATION



CHICAGO  
ARCHITECTURE  
BIENNIAL



GARFIELD PARK  
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