

Today we're talking about one of the leafy green darling recipes of the South. Not Southern collard greens. We'll devote time, rightfully so, to that iconic soul food dish in another episode. But today, it's all about Southern cabbage.

Welcome to The Soul Food Pod!

The first soul food podcast about Southern soul food.

I'm your host, Shaunda Necole, cookbook author and food and lifestyle blogger. Making life easier plus more soulful, one recipe at a time.

What makes me an expert on authentic soul food?

My heritage dates back to my great-grandmother Florence, a highly esteemed North Carolinian one-woman catering queen.

In honor of my Grandma Florence's legacy, I run the world's number-one soul food website today.

I'm a born and raised Southern girl living my best life in the fabulous entertainment and food capital of the world, Las Vegas.

I'm so proud to share my family's African American soul food recipes representing our beautiful people and a legacy of what we eat.

My mission here on The Soul Food Pod is to provide you with recipes for success.

So join me as I create conversations about how accessible and approachable classic Southern soul food recipes can be.

I'll teach you how these iconic recipes are now easy enough for anyone to make and everyone to love you.

Southern cabbage, Southern fried cabbage, boiled cabbage, coleslaw, chopped cabbage, or cabbage pressure cooked in the Instant Pot.

There are so many delicious and flavorful ways to prepare this delightful cruciferous veggie. It may seem intimidating because recipes like Southern fried cabbage and Southern coleslaw (that's a tongue twister are so iconic.

But let it be known here and right now that even though cabbage itself is basically made up of a bunch of thick and dense, waxy leaves, flavorful Southern soul food cabbage recipes are so easy to make.

So let's get started with The Soul Food Pot's best Southern cabbage recipes.

And no better way to break this down than with your frequently asked questions.

You asked, how do you fix bland cabbage?

Suppose you didn't grow up in the South.

In that case, you might not understand the value of this conversation and how a properly seasoned bowl of warm cooked cabbage is like a comforting Southern hospitality hug from your favorite auntie or grandma.

And just the same, a well-seasoned batch of Southern coleslaw is like a spicy, sun-kissed, memorable and bright moment, marking it as your favorite summer day.

So you can imagine that for Southern cooks, there's no room for a bland cabbage recipe.

Now, if you're using a recipe from The Soul Food Pot, you'll never have to worry about figuring out what seasoning or spices will work for any dish. I've always got you with the best soul food blends.

But what if you still want to know for yourself what to add to cabbage for flavor?

Here's an easy way to understand how to do this.

Soul food rule number one: Always season your vegetables and meat.

Soul food rule number two: Start with the queen of all seasonings worldwide. Salt.

Remember when the Internet exploded a few years ago with Salt Bae, the Turkish butcher Nusret Gökçe, who was nicknamed Salt Bae?

The Mister and I just dined at his restaurant, *Salt Life* on the Las Vegas Strip in Park MGM's beautiful outdoor area in Toshiba Plaza.

In case anyone wants to go, I highly recommend this restaurant, by the way.

But like Salt Bae and his *Salt Life*, you can't get blood from a tomato.

Meaning that cabbage alone, simply put, is simply bland and void of flavor.

It may naturally be slightly sweet. But without flavor, it's nothing desirable.

Now usher in a fleet of legendary Southern soul food cooks who have elevated this now darling dish of the South with the addition of flavors like butter, garlic, onion, pepper, and in some cases, bacon grease to add that flavorful sensory sensation that makes cabbage what we know it to be today. A classic, magnificent meal!

So, you asked what are the best herbs for cooked cabbage when making Southern cabbage with no meat?

I season with an onion, a chicken or vegetable broth, apple, cider vinegar, salt, of course, black pepper, garlic powder, red pepper flakes, and even Old Bay seasoning for a Cajun kick.

When making a Jamaican cabbage recipe, I'll add chopped carrots and season with the litany of soul food seasonings I mentioned, and fresh thyme.

So how about making cabbage with bacon?

Many, many Southerners enjoy fried cabbage with bacon, and this can be your choice of turkey bacon (my preference), pork jowl bacon, Canadian bacon, diced ham, or even chopped bacon bits.

While most of my cabbage recipes are sautéed in a butter broth base (so good!), some folks might say it's sacrilegious not to sauté with a bit of bacon grease.

Totally up to you, though, but nonetheless, flavorful either way.

And what about Southern cabbage with potatoes?

Such a good thing and so easy to make.

Season the potatoes with salt and pepper.

And I like to add my favorite Weber garlic and herb seasonings.

And if you feel the same, you'll love The Soul Food Pot's Southern creamy mashed potatoes recipe.

This next question about coleslaw, I'm asked a lot.

How do Black people make coleslaw?

The simple answer? With lots of flavor!

Like mayonnaise or Miracle Whip (we'll continue the great debate about which one is best Another time), and mustard, shredded carrots, onion and celery, vinegar, sugar, dill weed ,and thyme.

And of course, salt and black pepper. Plus sugar and cayenne pepper.

Do you want to make the most flavorful and delicious vegetables and meats?

Do you have the most flavorful seasonings in your pantry or on your spice rack?

No worries if you don't have the answers to these questions.

I've gotchu with my step-by-step digital printable guides to take your taste buds to new heights!

I put together a collection of the best African American seasonings and spices recipes passed along from my grandma to mom to me.

And now to you in my easy step-by-step cookbooks and guides of all that's flavorful with these ultimate lists for soul food seasonings and how to season Southern fried chicken.

Grab them from ShaundaNecoleShop.com

Also linked for your convenience in the episode description.

Southern soul food coleslaw is a classic shredded cabbage salad recipe that pairs perfectly with smoky barbecue meats and pulled pork sandwiches like a Black folks Southern potato salad recipe.

If coleslaw is absent at the barbecue, well, is it really even a barbecue or a cookout?

I'm just saying.

So how long do you cook Southern-style cabbage?

It takes about 25 minutes to fry Southern cabbage in a traditional cast iron skillet.

But it's important to note that this same Southern-style cabbage can be cooked quicker in an Instant Pot.

And trust me, I've made it many times both ways.

It tastes just as great.

How long does it take to cook cabbage in an Instant Pot?

Cooked cabbage only takes four minutes in the Instant Pot. (Wowza!) Fully cooked and infused with lots of flavors.

How do you make a Southern cabbage recipe in the Instant Pot?

It's easy. Place all the ingredients in the pot, use the pressure cooker setting for four minutes, and that's it!

Is it possible to substitute red cabbage for green cabbage despite having different colors?

Red cabbage, which is also called purple cabbage, and green cabbages, mostly have the same flavor, so they can be a substitute for one another in recipes.

Small thing to note though, the red variation has a slight disadvantage, like discoloring other foods and salads or cooked dishes when combined for an extended time. This won't matter for dishes like red cooked cabbage or coleslaw, which I enjoy making and also share on The Soul Food Pot.

What goes good with cooked cabbage?

Southern soul food cabbage recipes can be served with various dishes. Some Southern favorites include chicken, candied yams, and soul food baked macaroni and cheese.

What coin do you put in cabbage?

Yes, this is not an African American thing, but some folks add a dime to the pot when serving cabbage on New Year's Day.

Why do people put a dime in cabbage?

Legend has it that the person who receives the serving with the dime will have good fortune and prosperity in the New Year.

Sounds like a fun tradition!

People have also asked me, you know, to discard the first couple of outer leaves on the cabbage, right?

Taste and texture-wise, the cabbage's outer leaves, core and ribs are tough, yet edible and super flavorful if prepared correctly.

Some people, like myself, discard the outer leaves, especially when making raw cabbage dishes like coleslaw.

How do you cut cabbage?

Cut out the cabbage's core and use a food processor or a knife to shred the cabbage leaves.

And what are my favorite kitchen tools and gadgets to use?

For your convenience, I've included links for my favorite kitchen knives, cutting boards, and food processors for chopping and shredding cabbage.

You can find them in this episode's description because I'm all about any way to make your life easier, plus more soulful!

Now talking all this good cabbage, let me ask you, are you hungry yet?

Until next time, you beautiful souls.

Remember that cooking with love provides food for the soul!

Thank you for joining me for this episode of the Soul Food Pod. Did you enjoy today's conversation and recipe?

If you want more easy to make soul food recipes and Southern food for the soul, then follow me for ideas that make your life easier plus more soulful.

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On the Instagrams - follow me [@ShaundaNecole](https://www.instagram.com/ShaundaNecole)

Have you had today's recipe?

Would you make it?

Comment below and let me know.

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