



VEGETABLES CABBAGE



Ground turkey with cabbage cups (from left); pork sausage, potato, cabbage and carrot soup; shrimp tacos with serrano, cilantro and lime cabbage slaw. FOOD STYLING BY JENNIFER ZYMAN. PHOTOS BY CHRIS HUNT PHOTOGRAPHY

AJC 5:30 CHALLENGE
CITRUS CHICKEN SALAD

January salads go from blah to beautiful

By **Kate Williams**
For the AJC

Despite the fact that just about every food-focused website and magazine is showcasing salads right now, January is a strange time of year to eat a salad. It's cold outside, so you're likely wanting to consume something warm. In addition, many classic salad ingredients – tender lettuce, juicy tomatoes – aren't going to be at their best for several more months.

But New Year's resolutions are certainly not going anywhere, and neither are January salads. Instead of ignoring the trend, try this method for enlivening grocery store staples, as well as for making hearty a meal that would otherwise not be particularly satisfying: plan your salad around the elements of crunch, acidity, sweetness and some kind of herb (and lots of it).

First up: the acidity and sweetness, which you can get from ruby red grapefruits, sliced so that they're free of pith and peel and ready to add zingy sweetness and a pop of color to the salad. Extract the segments from the membranes over a bowl so that you collect all of their juices, which you'll whisk with olive oil to make a simple, yet effective, dressing.

Next, into the bowl go pieces of the freshest green leaf lettuce you can find, plus a peeled and chopped cucumber for crunch. Three cups of diced rotisserie chicken meat (or leftovers, if you've got 'em) will bring plenty of substance to the salad, and an entire bunch of mint leaves – no need to chop – add herbaceous brightness.

This dish is mostly just a chop and stir affair, so you'll likely have time to toast a big loaf of the best bread you can find and serve it with room temperature butter. Just because it's salad month doesn't mean you can't eat bread, too.

Salads continued on **F3**



Citrus Chicken Salad. CONTRIBUTED BY HENRI HOLLIS

Humble cabbage stars in easy winter dishes

There's more to cabbage than just boiling it and serving it on the side.

By **Jennifer Zyman**
For the AJC

The humble cabbage deserves a moment in the spotlight. Cabbage is often overlooked as a vegetable. It shouldn't be. It's a culinary powerhouse, especially this time of year.

Cabbage adds sweetness to soup, crunch to dishes, and can star in side dishes prepared with few ingredients. It can be used as stuffing wrapper, as a scooper for ground meat, or cooked down until luscious and silky in a soup.

Go to any winter farmers market, and you'll see tables overflowing with cabbage – from red to green to Savoy to Napa – with some varieties so large and picturesque, they make me think of the Cabbage Patch Kid logo or of Peter Rabbit stealing one from Mr. McGregor's farm. Some area vendors selling beautiful cabbage right now include Crystal Organic Farm at the Morningside farmers market and Woodland Gardens at the Freedom farmers market.

Among varieties, I use green cabbage most often because of its versatility. Since it is so sweet, it can add deceiving richness to any dish, and it is incredibly filling. The cabbage soup diet was popular in the 1980s because people had good short-term success losing a few pounds due to the low calorie and high fiber content of this cruciferous vegetable, which makes the soup filling.

When I was a kid, TV cartoon shows portrayed cabbage as a bland and smelly vegetable with

GROUND TURKEY WITH CABBAGE CUPS

- 1 head cabbage
- 5 limes, divided
- 1 tablespoon fish sauce
- 1 teaspoon dark soy sauce
- 1 teaspoon brown sugar
- 1 pound ground raw turkey (a mix of white and dark meat)
- 2 tablespoons canola oil
- 1 shallot (or half a small red onion), diced
- 4 cloves garlic, minced
- 1 teaspoon red chile flakes or chopped fresh Thai red chile
- 1 teaspoon salt
- ¾ cup chopped fresh cilantro
- ¾ cup chopped fresh mint
- 1 cucumber, peeled and sliced, for garnish
- Sriracha, for garnish



Spicy and herby ground turkey and cabbage cups.

Peel away and discard any tough outer layers or leaves from the cabbage. Rinse the cabbage. Using a paring knife, cut a deep cone-shaped incision into the bottom of the cabbage and remove the core. Gently separate the cabbage leaves. (You will have about 24 leaves.) Set aside on a plate or in a large bowl.

Juice 4 of the limes. Add the lime juice to a bowl, along with the fish sauce, soy sauce and brown sugar. Set the sauce aside.

Cut the remaining lime in half, then cut each half into wedges. Set aside.

Sauté the ground turkey in the canola oil over medium-high heat until browned. Add the diced shallot, garlic, red chile and salt, stirring to combine. Cook until softened. Remove from the heat, add the lime-fish sauce and stir until evenly coated. Once incorporated, mix in the cilantro and mint.

To serve: Spoon ½ cup turkey mixture into cabbage cups. Serve with the cucumber slices, lime wedges and Sriracha on the side. Serves 6.

Per serving: 207 calories (percent of calories from fat, 48), 16 grams protein, 13 grams carbohydrates, 2 grams fiber, 12 grams fat (2 grams saturated), 60 milligrams cholesterol, 580 milligrams sodium.

ALSO INSIDE

» Although cabbage sometimes looks quite tasteless, the vegetable is surprisingly complex, with health benefits that include anti-inflammatory properties and high levels of vitamin C. **F2**

stink lines being plucked from a boiling pot by some witchy-looking character. So, you'd think getting children to eat cabbage would

be hard. But the inherent sweetness and natural crunch appeals to them. I am still surprised every time I see my daughter grab a hunk of cabbage off my cutting board and walk away, snacking happily. So, like any mom, if my kid likes it, I use it a lot.

Although cabbage sometimes looks quite tasteless, the vegetable is surprisingly complex, with health benefits that include anti-inflammatory properties and high

levels of vitamin C. That's something we all need a little bit more of during cold and flu season.

There's more to cabbage than just boiling it and serving it on the side with corned beef and potatoes. These recipes are kid-approved and come together in an hour or less, making them excellent weeknight dinner options. If you can't find green cabbage, use any other firm variety. For best results, don't use bok choy.

FROM THE MENU OF... TIN DRUM ASIAN KITCHEN

Noodle dish perfect combo of spicy and savory kick

Tin Drum Asian Kitchen
1565 Church St., Decatur.
404-600-4149. www.tindrumasiankitchen.com

By **C. W. Cameron**
For the AJC

Tin Drum Asian Kitchen is a welcome addition to the ethnically diverse mix of cuisine now offered on Church Street in Decatur. I've tried many of the selections there and have enjoyed them all. The ingredients are fresh and seasoned just right. I especially enjoyed the Singapore Curry Chow Mein. The description of the dish given on the menu lists familiar, easy-to-find ingredients. I am hoping that I can recreate the "kick" this dish has in my own kitchen. Is it possible to get this recipe? – *D.M. Houston, Decatur*

Tin Drum Asian Kitchen founder Steven Chan says the Singapore Curry Chow Mein is one of the most popular dishes at Tin Drum and is THE most popular in Singapore. The Singapore Curry Chow Mein served at Tin Drum is a family recipe

TIN DRUM'S SINGAPORE CURRY CHOW MEIN

- ¼ cup plus 2 tablespoons vegetable oil, divided
- 1 pound skinless boneless chicken breast, cut into ½-inch thick slides
- 4 eggs
- 1 jalapeno, sliced
- 1 teaspoon minced garlic
- ½ pound chopped green cabbage
- ¼ pound shredded carrots
- ¼ pound sliced white onion
- ¼ pound sliced white mushrooms
- Green portion of four green onions, cut into 3-inch lengths
- 1 ½ pounds cooked rice noodles, drained
- 3 tablespoons yellow curry powder
- ½ cup plus 2 tablespoons Stir-



CONTRIBUTED BY STROH STUDIO

Fry Sauce (see recipe)

Heat an empty wok over high heat. Once wok is hot, add 3 tablespoons oil and heat oil 30 seconds. Add chicken strips and stir fry until cooked through, about 4 minutes. Remove chicken from wok and keep warm.

Add remaining 3 tablespoons oil to the wok and heat. When oil is hot, beat eggs in a small bowl, then add to middle of wok and let set 10 seconds. Mix egg and oil together and add garlic and jalapenos. Keep stirring so garlic does not blacken. Sauté 30 seconds, then add cabbage, carrots, onions, mushrooms and green onions. Stir fry 2 minutes. Add reserved chicken and stir fry 15 seconds. Add noodles and stir fry 2 minutes or until noodles are heated through. Add Stir-Fry Sauce and toss until all ingredients are coated. Add curry powder and continue to stir fry until all ingredients have been flavored. Serve immediately. Serves: 4

Per serving: 1,055 calories (percent of calories from fat, 24), 36 grams protein, 163 grams carbohydrates, 6 grams fiber, 28 grams fat (4 grams saturated), 228 milligrams cholesterol, 1,029 milligrams sodium.

TIN DRUM'S STIR-FRY SAUCE

- ½ cup Chinese oyster sauce
- ½ cup soy sauce
- 2 tablespoons cooking wine
- 2 tablespoons granulated sugar
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon white pepper

In a small saucepan, combine oyster sauce, soy sauce, cooking wine, sugar, garlic powder, salt and white pepper. Cook over medium-high heat and remove from heat just before mixture comes to a boil. May be made ahead and reheated when ready to use. Makes 1 ½ cups.

Per tablespoon: 12 calories (percent of calories from fat, 1), trace protein, 2 grams carbohydrates, trace fiber, trace fat (no saturated fat), no cholesterol, 563 milligrams sodium.

from Chan's wife Silvia. It's also known as Xing Zhou Mi Fen or Xing Zhou bee Hoon.

"This noodle dish is perfect for those seeking high flavor with

the great combination of spice and savory kick," said Chan. All the ingredients should be available at your favorite grocery store.

Is there a recipe from a metro Atlanta restaurant you'd like to make at home? Tell us and we'll try to get it. We'll also test it and adapt it for the home kitchen. Because of volume,

we can't answer all inquiries. Send your request, your address and phone number to fromthemenue@gmail.com and put "From the menu of" and the name of restaurant in the subject line.