

Braised Cabbage With Umeboshi

Umeboshi goes particularly well with vegetables in the cabbage family and with daikon radish.

Cut the cabbage half in half again lengthwise. Remove and thinly slice the core. Cut cabbage quarters crosswise into 1/8-1/4-inch slices. Heat oil in a frying pan, add umeboshi, and sauté briefly. Add cabbage and toss with umeboshi. (At first, umeboshi will not disperse evenly, but as you continue tossing and sautéing, it will evenly coat cabbage.) After sautéing, if no juice has come out of the cabbage, add a little water, cover, and simmer over low heat until tender (15-20 minutes). Serve hot.

Preparation List:

Serves 3

- 1/2 head medium-sized cabbage
- 2 teaspoons sesame oil
- 1 tablespoon plus 1 teaspoon umeboshi paste or minced umeboshi