

**FRIED CABBAGE**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	5 g	1 g	3 g	7 mg	184 mg	44 mg

**Ingredient**

CABBAGE, GREEN, FRESH, SHREDDED  
 BUTTER  
 SALT  
 PEPPER, BLACK, GROUND

**Weight**

20 lbs  
 12 oz  
 1-1/4 oz  
 1/2 oz

**Measure**

8 gal 3/8 qts  
 1-1/2 cup  
 2 tbsp  
 2 tbsp

**Issue**

25 lbs

**Method**

- 1 Divide cabbage into equal batches weighing 10 pounds.
- 2 Fry each batch in butter, margarine or salad oil on 325 F. griddle for 10 minutes or until tender, stirring frequently to avoid scorching. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Add salt and pepper to each batch. CCP: Hold at 140 F. or higher for service.