



Nutritious, Delicious, Wisconsin!

## CABBAGE Zaub Qhwv

Red Cabbage



Taiwanese  
Cabbage

Green Cabbage



Chinese  
(Napa)  
Cabbage



### HMooB Varieties

- Green Cabbage, Zaub Pob Ntsuab
- Red Cabbage, Zaub Pob Liab
- Chinese (Napa) Cabbage, Zaub Qhwv Dawb/Zaub Qhwv Caws
- Taiwanese Cabbage, Zaub Pob Dawb

## TASTE & TRADITION



**Cabbage** is often served raw as a side with papaya salad or shredded as a garnish for a traditional red curry vermicelli noodle soup. In HMooB cooking steamed cabbage rolls are made using boiled cabbage leaves instead of spring roll wrappers to roll up the filling.

## RECIPE

### Boiled Cabbage & Pork Soup (Zaub Qhwv Nrog Nqaij Npua Hau)

#### Ingredients

- 2-3 lbs pork belly, pork butt, or rib meat
- Water
- 1 head of cabbage (rough chopped)
- 2 tablespoons salt
- 1 teaspoon black pepper
- Optional: ginger and chicken bouillon



#### Directions

1. In a large pot, bring water to a boil. *Tip: Use enough water to cover the protein with 2 inches of water above it or more.*
2. Carefully add the pork and simmer for 45-50 minutes. Skim off any fat or foam that rises to the top. *Optional: After 30 minutes, you can strain the broth into another pot to remove impurities, then return the pork to the clean broth.*
3. Add salt and black pepper. Adjust seasoning to taste.
4. Add the chopped cabbage (cut into quarters) and stir into broth.
5. Cook just until the cabbage wilts and turns a vibrant green. Do not overcook! It will become mushy.
6. Serve with steamed rice and your favorite HMooB pepper sauce.



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