

Grilled Cabbage

Joe Yonan - Washington Post
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Besides adding a smoke flavor, grilling cabbage brings out the vegetable's natural sweetness. The result makes for an easy accompaniment to grilled meats, particularly pork.

Please note that you will need a grill basket.

Make ahead: The cabbage can be grilled, cooled and refrigerated in an airtight container for up to one week.

3 to 4 tablespoons olive oil, plus more for the grill basket
1 medium (2 1/2 pounds) green or red cabbage
sea salt
freshly ground black pepper

Prepare the grill for direct heat. If using a gas grill, preheat to medium-high (450 degrees) and add soaked wood chips in a foil packet or in a smoker box.

If using a charcoal grill, light the charcoal or wood briquettes. When the briquettes are ready, distribute them under the cooking area for direct heat.

For a medium-hot fire, you should be able to hold your hand about six inches above the coals for 4 or 5 seconds. Have ready a spray water bottle for taming any flames.

Cut the cabbage in half. Cut each half into one-inch-thick slabs, leaving the core intact. Brush both sides of each slab with the oil and sprinkle generously with salt, placing them in a grill basket as you work.

Grill the cabbage slabs until they are charred in spots on the outside and starting to wilt (but are not soft) on the inside, about 10 minutes per side. (If some of the leaves come loose and start to burn, use tongs to pull them off and transfer them to a plate while you cook the remaining cabbage. If you're doing this on a full-size grill, the cooking time may be reduced.)

Transfer the cooked slabs to a cutting board. Cut out and discard the core. Cut the grilled leaves into thin slices.

If serving as a side dish, season with salt and pepper to taste.

Yield: 6 cups

Per Serving (excluding unknown items): 5728 Calories; 648g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 129 1/2 Fat.