

Steamed Cabbage with Corn Gravy

Wash and cut 1 head cabbage into large pieces or wedges Steam cabbage until till tender.

Corn Gravy

2 Tbsp Butter
3 Tbsp Stoneground Cornmeal
2 cups Milk
3/4 tsp Garlic Powder
3/4 tsp Salt

Melt butter in saucepan, stir in cornmeal and let cook for a minute while stirring.

Add 1 cup of the milk and bring almost to a boil. Reduce heat to low and let simmer until thickened, then add rest of milk, garlic powder and salt.

Continue to simmer slowly until thickened, approximately 10 minutes.

Serve over hot steamed cabbage, sprinkled with Tony Chachere's Original Creole Seasoning or pepper.

Cabbages in Today's Tasting from grower
Melanie Solomon, Solomon Farms

Cornmeal from Jaimie Williams, Grace
Cottage Kitchen

Taste This!

Howard County Farmers' Market
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