

Sesame Miso Cabbage

Makes 2 hotel trays

Ingredients:

1½ cups of cider vinegar
1½ cups of dark miso or `light regular miso
¼ cup of honey
1 teaspoon of cayenne
3 cups of water
3 heads/ 13lbs cabbage, cut in 1/2" x 4" slices
18 carrots, peeled and sliced
1/8 cup minced ginger
¼ cup sesame oil
¾ cup sesame seeds

Directions:

Combine miso with cayenne, mix then add vinegar, honey and water in a 4 quart measuring cup and mix well.

Divide sliced cabbage and sliced carrots into 3 hotel pans.

Divide ginger evenly into the pans and mix with the carrots and cabbage.

Divide sauce evenly into the pans and mix to coat the veggies.

Cook in the steamer (in hotel pans, not steamer trays) for 15 minutes.

Remove from steamer (check for done-ness) add sesame seeds and sesame oil to each pan (dividing evenly). Mix well. Taste for seasoning (may need to add a dash of tamari).

Once everything is seasoned and mixed nicely combine the 3 trays down to 2 for serving.