

Cabbage Kugel

Recipe By *Yeshiva Me'on*

HaTorah



Cooking and Prep:  1
h 20 m

Serves:  1

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Passover

Diet: Vegetarian, Gluten Free,
Low Carb, Pescetarian

Source: KosherScoop.com

After photographing this kugel, I took a sliver to taste. Not bad, I thought. But as the photo session continued I found myself going back again and again for “tastes.” Then I noticed that I wasn’t the only one sneaking pieces out of the pan. By the time we had finished photographing, the pan was cleaned to the bottom!

Ingredients (8)

Main ingredients

- 2 tablespoons oil
- 3 onions, diced
- 2 bags (1 pound) shredded green cabbage
- 1 tablespoon salt
- 1/2 teaspoon pepper

1/4 cup sugar, or to taste

6 eggs, separated

1/3 cup potato starch

Start Cooking

For the kugel

1. Preheat oven to 350°F. Coat one 9- x 13-inch or two 9-inch round pans with nonstick cooking spray.
2. In a large skillet, heat oil. Sauté onions until light brown. Add cabbage. Cover the skillet and cook, stirring occasionally, until cabbage is wilted. Add salt, pepper, and sugar. Stir to combine.
3. Remove from heat and add egg yolks, stirring rapidly while adding, so the eggs don't curdle. Add potato starch.
4. Using an electric mixer, beat egg whites until stiff. Fold into cabbage mixture.
5. Pour into prepared pan(s). Bake for 50 minutes, or until golden.