

Cabbage and Noodle Kugel

Recipe By *Estee Kafra*



Cooking and Prep:  1
h 45 m

Serves:  10

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Pescetarian, Vegetarian

Source: KosherScoop.com

Cuisines: Ashkenazi

One day, as I was making cabbage and noodles, (I really like them) I was thinking to myself that I haven

Ingredients (13)

Main ingredients

- 5 tablespoons oil
- 3 leeks or 2 Vidalia onions, finely chopped
- 1 pound shredded green cabbage
- 1 teaspoon sugar
- 1 (12-ounce) package egg noodles, fine or medium width
- 1 teaspoon oil

- 4 whole eggs plus 1 yolk
 - 2/3 cup sugar
 - 1/4 cup Gefen Bread Crumbs
 - 2/3 cup oil
 - 1 teaspoon salt
 - 1/4 teaspoon white pepper
 - 2 Granny Smith apples, grated (*optional*)
-

Start Cooking

Make the Kugel

1. In a very large, shallow pot, sautee the leeks/onions and cabbage in five tablespoons oil, for about 45 minutes over a low flame. Sprinkle in the sugar half way through cooking, and mix so that it all caramelizes evenly.
2. Preheat oven to 450 degrees Fahrenheit.
3. Heat a pot of boiling water. Cook the noodles for about five minutes. Strain and rinse under cold water, and immediately toss with one teaspoon of oil to prevent noodles from sticking together.
4. In a large bowl, place the eggs, yolk, sugar, bread crumbs, oil, salt and white pepper. Mix, then add noodles and sauteed cabbage and leek (and apples if using).
5. Grease two nine-inch pans or 12 cupcake tins (you may need more). Pour in the noodle mixture. Bake for 15 minutes, then reduce temperature to 350 degrees Fahrenheit, and bake 30 minutes more for muffins, or 45 minutes for nine-inch rounds.