



# NORTH CAROLINA K-12 CULINARY INSTITUTE

## SHREDDING CABBAGE

Store cabbage whole in the refrigerator to retain crisp texture and nutrients. Process just before use since cut cabbage begins to lose Vitamin C. Remove any wilted or damaged outer leaves, wash heads, and drain. Follow the steps below to shred for use in recipes. Use immediately or cover cut cabbage and store in the refrigerator for up to 3 days.

