# Charred Cabbage and Toasted Bread Salad with Warm Beans

4 generous warm salad bowls with beans and toasted bread · Active 25 min · Total 35 min

Skills: Easy

## Ingredients

- 6 cups green cabbage cut into wide ribbons (400 g prepared)
- About 5 cups torn plain stale bread (180 g)
- 2 cans white beans, 15 oz/425 g each, drained and rinsed (480 g drained total)
- 3 tablespoons neutral or olive oil (45 ml), divided
- 2 tablespoons water (30 ml)
- 2 tablespoons cider vinegar (30 ml)
- 2 teaspoons prepared mustard (10 g)
- 1 teaspoon granulated sugar (4 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)

## Set out

Large heavy skillet, Small saucepan with lid, Large salad bowl, Whisk or fork, Spatula, Knife and board

## Allergens

Wheat. Check labels and substitutions.

## Ingredient labels

Mustard is present; check bread labels for milk, sesame or other added allergens.

## Make it

**1.** Dry the cabbage after washing. Heat 1 tablespoon/15 ml oil in the skillet over medium heat. Add the torn bread and cook for 6–8 minutes, turning, until crisp and golden. Transfer to a plate.

**2.** Raise the skillet to medium-high. Add 1 1/2 teaspoons/7.5 ml oil and half the cabbage. Cook for 5–6 minutes, turning twice, until browned in places but still slightly crisp. Move to the salad bowl and repeat with another 7.5 ml oil and the remaining cabbage.

**3.** Meanwhile put beans and water in the saucepan. Cover and heat gently for 4–5 minutes, stirring, until steaming hot. Drain any water left in the pan.

**4.** Whisk remaining 1 tablespoon/15 ml oil with vinegar, mustard, sugar, salt and pepper. Add the hot beans to the cabbage and toss with the dressing. Fold in two-thirds of the bread, divide among four bowls and scatter the rest of the bread over them. Serve immediately.

## One cabbage can serve several methods

Keep the remaining uncut cabbage wrapped in the refrigerator and plan a different use for it, such as a fine raw slaw. Repeating an ingredient does not require repeating the same texture or meal.

## A useful detail

The whole batch uses 45 ml oil: 15 ml for bread, 15 ml across the two cabbage batches and 15 ml in the dressing. Canned beans are newly opened in the base recipe; if using leftover cooked beans, observe their original storage window.

## Keep it well

For the best texture, assemble only what will be eaten. Refrigerate leftover dressed cabbage and beans within 2 hours, or 1 hour above 90°F/32°C, in a shallow covered container at 40°F/4°C or below; use within 2 days. Keep unused toasted bread separate, cool and dry, and use the next day. If the beans were leftovers, their earlier cooking date sets the limit. Reheat cabbage and beans to 165°F/74°C if serving hot again, then add bread.