Cabbage Cutlet Buns with Crunchy Carrot Slaw

4 filled buns, each with 1 cabbage cutlet and one-quarter of the carrot slaw · Active 40 min · Total 1 hr 15 min

Skills: Steaming intact wedges and shallow frying a crumb coating

Ingredients

- 1 small green cabbage, cut into 4 connected wedges (600 g prepared)
- 4 cups water for steaming (1 L), plus more boiling water if needed
- 1/3 cup all-purpose flour (40 g)
- 2 large eggs, beaten (100 g without shells)
- 1 1/4 cups plain dry breadcrumbs (100 g)
- 1 teaspoon fine salt (6 g), divided: 1/2 teaspoon/3 g for crumbs and 1/2 teaspoon/3 g for slaw
- 1/2 teaspoon ground black pepper (1 g), divided equally
- 4 tablespoons neutral oil for frying (60 ml), divided equally between 2 batches
- 3 medium carrots, coarsely grated (300 g prepared)
- 3 tablespoons plain yogurt (45 g)
- 1 tablespoon plain white vinegar (15 ml)
- 1 teaspoon prepared yellow mustard (5 g)
- 4 plain burger buns (about 70 g each; 280 g total)

Set out

large saucepan with steamer basket and lid, knife and board, rack set over a tray, 3 shallow dishes, wide 12-inch/30 cm skillet, broad spatula, grater, mixing bowl, food thermometer

Allergens

wheat, egg, milk, mustard. Check labels and substitutions.

Make it

1. Put the steaming water under the basket, keeping it below the basket base. Bring to a simmer. Add the cabbage wedges, cover and steam for 15–20 minutes until a knife enters the core-side center easily. Check the water and top up with boiling water if needed.

2. Transfer the wedges to a rack, cut faces down, and drain for 10 minutes. Pat dry carefully. Meanwhile, mix carrots, yogurt, vinegar, mustard, 3 g salt and half the pepper. Refrigerate the slaw.

3. Put flour, beaten egg and breadcrumbs in separate shallow dishes. Mix the remaining salt and pepper with the crumbs. Coat each cabbage wedge in flour, then egg, then crumbs, pressing gently onto both broad faces and the curved outer edge.

4. Heat 30 ml oil in the skillet over medium heat. Add 2 wedges and cook for 3–4 minutes per broad face, turning with a wide spatula, until golden and the egg coating is fully cooked, at least 160°F/71°C. Briefly stand each wedge on its outer edge to color it. Repeat with the remaining 30 ml oil and 2 wedges.

5. Split the buns. Place 1 warm cabbage cutlet in each bun and add one-quarter of the cold carrot slaw. Serve immediately; the stated yield includes the buns and slaw.

Choose a firm small cabbage

A compact head makes connected wedges that fit ordinary buns. Save clean unused leaves for another meal rather than buying an oversized head for this recipe.

Ingredient labels

Check the bun, breadcrumbs and prepared mustard labels; breads may additionally contain soy or sesame. Yogurt supplies milk.

A useful detail

Wedge thickness varies with the cabbage. Steam until tender before coating, and allow the full draining time so water does not loosen the crumbs.

Keep it well

Refrigerate cooked cutlets and slaw separately in shallow covered containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat a cutlet in a 375°F/190°C oven until 165°F/74°C at its center; the crumbs will be softer than when fresh. Keep slaw cold and assemble with a fresh bun only when eating.