

*Peter Rabbit Wedgies*

Green cabbage

Ume su (umeboshi vinegar)

Water

4. Trim the end of the cabbage core and cut the cabbage in half from core end to top.
5. Cut one wedge per serving by cutting crescents from the core end to the top end of the head of cabbage. Make wedges about 2 inches wide at the thickest part of the wedge. The cabbage layers are held together by the core.
6. Lay the wedges in the bottom of a pot and add about one inch of water.
7. Bring to a boil, cover, reduce flame to simmer and cook about 3 to 4 minutes or until the cabbage is tender but still bright green.
8. Place the wedges on a plate to drain. Pour off the drained water back into the pot.
9. Sprinkle with ume su and serve.
10. The liquid remaining may be used for soup stock or drunk as a beverage, helpful for hypoglycemia.