

Charred Cabbage “Salad”

Serves 4-6 | 10 minutes prep + 20-30 minutes cook time

This simple recipe shines on the grill but holds up just as well in a cast iron skillet or under the broiler. The goal is to deeply char the cut sides of the cabbage while letting the inside soften, creating a mix of textures—crispy, smoky edges and a tender, sweet core. On the grill, skip the oil and go straight onto high heat. For the stovetop, a well-oiled cast iron pan does the trick. Broiling? Use a sheet pan, drizzle with olive oil, and flip the wedges once they start to catch some color. Keep an eye on them—you’re aiming for bold char and soft centers. Liquid Shio Koji adds savory depth, and 1 tablespoon is plenty for a whole cabbage. The rest of the steps in the recipe are guidelines; you may like a splash more vinegar or even a dash of chili flake. Taste and adjust: the golden rule.

1 cabbage (or half, depending on crowd size)

1-2 tablespoons Katz Sauvignon Blanc Vin

1 tablespoon Liquid Shio Koji

2 tablespoons Olive Oil; plus more for cooking if using skillet or sheet pan

1 tablespoon Purple Striped Garlic Powder

Sea Salt Flakes to taste

Lemon juice to taste

Step 1 Cut cabbage into wedges, about 6 wedges per half cabbage.

Step 2 Grill, sear, or broil both sides of each wedge until blackened.

Step 3 Roughly dice charred cabbage into bite size pieces.

Step 4 Add cabbage and other ingredients to a large mixing bowl, and toss with tongs. Taste and adjust seasoning.