

BBQ Sliders

Serves 8

Here's my healthy alternative to pulled-pork sliders. A common replacement in vegan circles is jackfruit, but I find it's pretty hard to come by, and cabbage is more my speed anyway. Keep in mind with dishes like pulled pork, or even hot wings, we're typically going gaga for the sauce more than anything, so as long as you use a barbecue sauce you love, and the texture is close enough, you're in business! I love using my Cola Barbecue Sauce (p. 23) in this recipe.

Ingredients

½ head cabbage
vegetable broth, as needed
¼ - ½ c barbecue sauce
8 whole-wheat buns or other

Garnishes

Dill pickle slices (optional)
Caramelized onions (optional)

Steps

1. Remove core and outer green part from cabbage. Discard or save for homemade vegetable broth. Slice white parts very thinly into long strands.
2. Line a large pot with a very thin layer of broth. Add sliced cabbage and cook over high, stirring constantly with tongs and incorporating until softer, but not very soft or flimsy, about 2 minutes (think pulled-pork consistency).
3. Drain off any remaining liquid, then stir in ¼ c barbecue sauce. Stir to coat, adding more sauce as necessary. (I tend to add about 6 tbsp, but I like my sliders wet and messy!)
4. Pile into bun with onions and pickles if using.
5. Chef's Note: For caramelized onions, cook sliced onion in a thin layer of vegetable broth until golden and translucent, in as little liquid as necessary, or bake until golden and crisp.



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