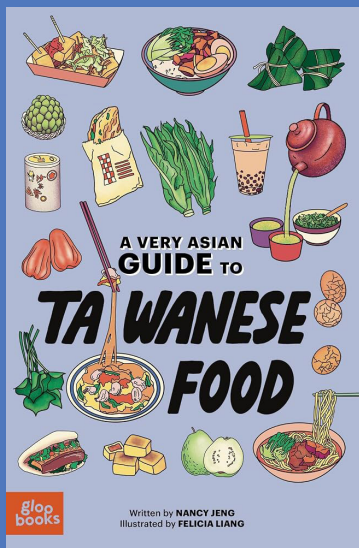


JULY 2026

Book COOK

Featured Book



A Very Asian Guide to Taiwanese Food

Nancy Jeng

Illustrated by Felicia Liang



“Three Cup” Cabbage

Tools

- Glass Baking Dish
- Spatula
- Small Mixing Bowl
- Whisk or Fork
- Paring Knife
- Cutting Mat
- Oven Mitt

Ingredients

- ½ lb cabbage
- 3 cloves of garlic
- 1 small piece of ginger
- 1 scallion
- 1 tablespoon sesame oil
- 3 tablespoons rice wine
- 2 tablespoons soy sauce
- 1 teaspoon brown sugar
- ¼ teaspoon red pepper flakes
- Bunch of Thai basil

Preparation

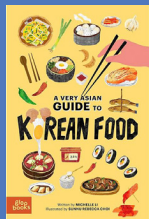
1. Preheat your oven to 400 degrees while you prepare your vegetables. If you would like to pair the dish with rice, this would be a good time to start some on the stove!
2. Start by slicing your cabbage into small, easy-to-eat chunks. Then peel and slice your garlic cloves and peel and cut your fresh ginger into small pieces. Chop your scallion into 1 inch pieces.
3. Use a small bowl and combine the sesame oil, rice wine, soy sauce, brown sugar, and red pepper flakes with a whisk or fork.
4. Add all vegetables and aromatics to the baking dish, then add the sauce and combine thoroughly.

Featured Farms and Markets

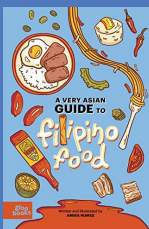
Darnell School Farm
Mt Vernon, IN

Seton Harvest
Evansville, IN

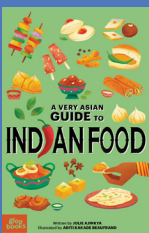
Check Out the Rest of the Series!



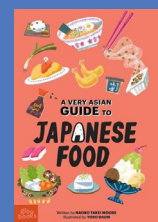
A Very Asian Guide to Korean Food
Michelle Li



A Very Asian Guide to Filipino Food
Amira Humes



A Very Asian Guide to Indian Food
Julie Ajinkya



A Very Asian Guide to Japanese Food
Naoko Takei Moore

Make sure to share a picture of the completed recipe with us by tagging @EVPLibrary on social media or sending an email to programming@evpl.org.

5. Place the baking dish in the oven and bake for 30-35 minutes or until the cabbage starts to brown and get crispy. Stir halfway through.
6. Take out the dish and stir in chopped Thai basil. Enjoy your cabbage along with a serving of rice!

This recipe can be replicated with other summer vegetables, and is most commonly known as a chicken dish called Three Cup Chicken or San Bei Ji.

Extend the Fun!

Discussion Questions and Activities

- Find Taiwan on a map or globe! How far is it from the U.S.?
- This book describes Taiwanese food using descriptive adjectives (Very crispy, very comforting, very tropical, etc.) What types of adjectives would you use to describe the kind of food you and your family eat?
- Many people in Taiwan live in big cities, where they have access to lots of street food. Street food is food served in public venues on streets, or at festivals or markets, and is usually ready to eat immediately. Do you have any favorite street foods? Think of food you may have eaten at local festivals or events.

Notes

