



From the Kitchen of Chef Xavier Jaramillo

Caribbean Sautéed Cabbage

Yield: Serves 6–8

Prep Time: 15 minutes

Cook Time: 20 minutes

Heat Level: Mild (aromatic, not spicy)

Dietary: Vegan/Dairy-Free

Ingredients:

3 Tbsp. dairy-free (plant-based) butter

1 large Spanish onion, julienned

1½ cups red, yellow and orange bell peppers, julienned

1–2 tsp. Scotch bonnet pepper, minced very finely
(use 1 tsp. for very mild result)

2 lbs. green cabbage, chopped and washed

1 tsp. onion powder

1 tsp. garlic powder

¾ tsp. kosher salt, plus more to taste

½ tsp. freshly ground black pepper

¾ cup vegetable broth, preferably low sodium

Process:

Begin by building the base: Heat dairy-free butter in a wide sauté pan or rondeau over medium heat. Add julienned onions and cook 3–4 minutes until soft and lightly translucent.

Next, layer the aromatics by adding the bell peppers and cook another 2–3 minutes, stirring until fragrant but still vibrant. Add the minced Scotch bonnet and immediately stir for 15–20 seconds, just enough to release aroma without developing heat.

Add the chopped cabbage, onion powder, garlic powder, salt and black pepper. Toss well to coat evenly. Pour in vegetable broth, cover and let cook 8–10 minutes until cabbage is tender but still slightly crisp.

Finish the dish by uncovering and cooking an additional 2–3 minutes to reduce excess liquid. Taste and adjust seasoning.

Serve with jerk chicken, grilled fish, oxtail, curry tofu or rice and peas. This dish is also excellent as a plant-forward main with quinoa or coconut rice.

Chef's Notes:

Flavor without fire: For extra Scotch bonnet flavor with zero heat, pierce the pepper and sauté whole, then remove before serving.

Texture control: Keep heat medium-high at the end for a light caramelization.

Caribbean touch (optional): A pinch of allspice or thyme elevates the dish beautifully without overpowering it.



Chef Xavier Jaramillo, Xav's Jammin' Caribbean Fusion

Chef Xavier Jaramillo is the current Operations Director for School Nutrition at the Detroit Public Schools Community District. He previously served as Executive Chef and Food Service Manager for Spectrum Juvenile Justice Services (SJJS).

Born in Jamaica, West Indies, Chef Jaramillo later moved to New York City, where he matriculated through the New York Public School system and earned his high school diploma in 1996. He received a Bachelor degree in Liberal Arts from Aquinas College in Grand Rapids in 2000, followed by an Associate degree in Culinary Arts from Schoolcraft College in Livonia in 2010. That same year, he earned his Culinary Certification from the American Culinary Federation.

In July 2017, Chef Jaramillo became a Culinary Instructor for Operation ABLE and currently serves on the Leadership Board of the Detroit Restaurant and Lodging Association. An entrepreneur at heart, he is the founder of Xav's Catering, Xav's Jammin Caribbean Fusion Food Truck, and opened his first restaurant in Fall 2025 in Farmington Hills.

Chef Jaramillo is married and the proud father of three daughters.

