

The Peoples Cook

inviting audiences to feed & be fed

Shona Cabbage

makes approximately 6 servings

Shona taught us this recipe – her name means ‘gold’ in Hindi, so it’s a fitting title for the turmeric-filled joy you are about to make !!!

Elements:

- 1 medium-sized green cabbage
- 1 medium yellow onion
- 2 t mustard seeds
- 2 t ground turmeric
- 2 t garam masala
- 1/2 t chile de arbol (OR 1 serrano chile, sliced)
- a few kari/curry leaves (find them fresh at an Indian grocery store! you can omit these if you cannot find them.)
- olive oil
- pinch of salt

Implements:

- cutting board
- sharp knife
- large sauté pan
- wooden spoon
- stove

Method:

- 1) wash the cabbage & chop it into bite sized pieces (discard the tough inner spine)
- 2) Put a little olive oil in the pan; Cook mustard seeds on medium heat until they are aromatic & start to pop.
- 3) Add the chopped onions & kari leaves; cook until onions are translucent.
- 4) Add turmeric, garam masala, salt & chile de arbol (or sliced serrano chile)
- 5) Add the cabbage & saute until it softens.
- 6) Taste. Adjust spices as necessary.
- 7) Enjoy this with a starch & a protein for complete balance!!!

The Peoples Cook unites cross-cultural cooking & interdisciplinary art to promote well-being.

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