



Warm Indian Cabbage Salad

Ingredients:

2 T. Coconut Oil

1 t. Black Mustard Seeds

1 medium Shallot, small dice

½ t. ground Turmeric

1/8 t. ground Asafoetida (optional)

5-6 fresh Curry leaves (or ½ t. dried)

1-2 Serrano peppers, slit lengthwise

4 cups packed shredded Cabbage (green and/or purple)

2-3 T. grated Coconut (unsweetened)

2-3 T. chopped fresh Cilantro

Salt to taste

1-2 t. lemon juice

Heat coconut oil in a large saute pan. Add the mustard seeds and wait till they splutter (cover, or use a splatter screen). Add the shallot, turmeric, asafoetida, curry leaves and serrano chilis. Stir frequently for 1-2 minutes, or until shallot softens and spices are fragrant.

Add cabbage, some salt to taste, and mix well. Cover the pan with a lid (or foil) and let it cook in its own water, stirring occasionally for about 5 minutes. When the cabbage is tender/wilted, mix in the grated coconut, cilantro and lemon juice. Adjust seasonings and serve warm.

Serves about 4 as a side dish.

Recipe courtesy of Sushma Marur. Specialty ingredients can be found at Indian markets such as Bazaar in Vallejo (4380 Sonoma Blvd).