

## Indian Sautéed Cabbage

By: Tanuja Kulkarni

**Serves: 4**

### Ingredients

2 Tbsp coconut oil (or canola)  
1 tsp mustard seeds  
1/2 tsp cumin seeds  
1/2 tsp turmeric powder  
1/8 tsp asafoetida powder  
2 green chilies, chopped  
6-8 curry leaves  
4 cups finely chopped cabbage  
1/4 cup water  
Salt to taste  
1/4 cup finely chopped cilantro leaves for garnish



### Directions

1. Heat oil in a pan on medium-high heat.
2. Once oil is hot but not smoking, add mustard seeds and let them sizzle and pop for 30 seconds.
3. Next, add cumin seeds and let them sizzle for 30 seconds.
4. Then add asafoetida, turmeric powder, green chilies and curry leaves. Stir fry in oil for 30 seconds to 1 minute.
5. Reduce heat to medium and stir in cabbage, salt, and water.
6. Cover and cook for 10-15 minutes. Stir cabbage every few minutes until tender.
7. Garnish with cilantro leaves.

*This dish is typically eaten with bread such as roti or naan, or with rice.*

*Modifications: Add 1 potato, thinly sliced 1" squares and 1/2 cup of peas after Step 4 and stir fry for 5-10 minutes until potato slices are almost cooked through. Then proceed to Step 5.*

#### Common Indian cooking spices:

- Asafoetida – umami enhancer (savory); a little goes a long way
- Turmeric – mustard-like earthy aroma, pungent, slightly bitter
- Curry leaves – seasoning that is usually tempered in vegetable oil
- Cumin seeds – spice with distinctive flavor and aroma