

Recipe: Stir Fried Cabbage

Here is Michelle's recipe for the dish that she brought to the shared lunch at the AGM. She says it is very easy. She uses dried curry leaves, chilli powder and a bit less salt.

Fatma Zakaria's
Stir-fried Cabbage ✓
Bandh Gobi ki Sabzi

Here the cabbage is finely shredded and barely cooked. It is delightfully light, part salad and part vegetable dish. It may be served hot, warm, at room temperature or cold. You could put it on a plate with stuffed Indian pancakes or omelettes, or serve it as part of any meal.

For shredding the cabbage, I prefer to use one of the newer, lighter mandolines. Some are made in Japan, but Oxo makes an excellent one too. You could also use your food processor or just cut by hand. I like to use a bread knife for cutting cabbage.

SERVES 6

- 1 small green cabbage (about 675 g/1½ lb)
- 1–3 fresh hot green chillies, finely chopped
- 2½ tablespoons olive or peanut oil
- ¼ teaspoon whole brown mustard seeds
- 7–8 fresh curry leaves, lightly crushed in your hand
- 1–1¼ teaspoons salt
- 3–4 teaspoons lemon juice

Remove the damaged outer leaves of the cabbage. Quarter it lengthways and remove the hard core. Now shred it or cut it into slivers 3 mm/¼ inch thick. You should have about 560 g/1¼ lb. Place in a bowl and add the green chillies.

Put the oil in a wok or large, wide pan and set over a medium heat. As soon as it is hot, add the mustard seeds. When they pop, a matter of seconds, add the curry leaves (take care as they will splutter), quickly followed by the cabbage mixture. Stir and fry until the cabbage has just wilted, about 2–3 minutes.

Lower the heat and add the salt and lemon juice. Stir thoroughly, then turn off the heat. The cabbage should be wilted but still crunchy. Taste for balance of flavours and adjust as necessary.



Fatma Zakaria's stir fried cabbage, as cooked by Michelle