

## **Cabbage and Peas (Brian Keck)**

1 – 1 ¼ lb. cabbage (about ½ small head)  
1 ¼ c. frozen peas  
5 T. oil  
2 t. whole cumin seeds  
2 bay leaves  
¼ t. ground turmeric  
¼ t. cayenne pepper  
1 fresh hot green chili, very finely chopped  
¾ t. salt  
¾ t. sugar  
¼ t. garam masala (see below)

Core cabbage and cut into very fine, long shreds. Put the peas in a strainer and hold them under warm, running water until they separate. Heat oil in a wide pot over a medium-high heat. When hot, put in the cumin seeds and bay leaves. As soon as the bay leaves begin to take on color—this just takes a few seconds—put in the cabbage and peas and stir them about for 30 seconds. Add the turmeric and cayenne. Stir to mix. Cover, turn heat to low and cook for 5 minutes or until vegetables are just tender. Add the green chili, salt and sugar. Stir to mix. Cover and cook on low heat another 2 to 3 minutes. Remove cover and sprinkle in the garam masala. Stir gently and mix. Remove bay leaves before serving.

**Garam masala:** This is an Indian curry mix. Recipe is as follows:

1 T. cardamom seeds  
1 2” stick of cinnamon  
1 t. cumin seeds  
1 t. black peppercorns  
¼ of an average-size nutmeg

Place all ingredients in a coffee grinder or other grinding device. Grind fine and store in small container with tight-fitting lid. Makes about 3 T.