



Recipes

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Punjabi Cabbage

Serves 1

Ingredients:

16 oz. vol. Yellow Onions , finely chopped
1 Tbsp. Fresh Garlic , minced
2 Tbsp. Fresh Ginger , minced
2 Tbsp. Green Serrano Chiles , seeded and chopped
2 oz. vol. Olive Oil
1 1/2 tsp. Cumin Seeds
1 1/2 tsp. Tumeric
1 3/4 lbs. Green Cabbage , shredded
1 1/2 tsp. Kosher Salt
1 tsp. Black Pepper
1 1/2 tsp. Yellow Curry Powder
2 tsp. Coriander Seeds
3/4 tsp. Ancho Chile Powder
1 tsp. Black Mustard Seeds
3/4 cup Red Lentils , prepared

Directions:

1. Heat olive oil in a large heavy bottom sauté pan over medium heat.
2. Add onions, garlic, ginger and chiles and sauté until onions are soft and translucent but not brown. Add cumin seeds and turmeric. Stir to coat onions in spices.
3. Add cabbage and stir to coat. Add remaining spices and lentils and cook until cabbage begins to wilt about 3-5 minutes.
4. If cabbage is too dry add a 4 oz. of vegetable stock to pan.
5. Hold warm for service.