



# *Wolf Pine Farm*

## *Community Supported Agriculture*

### **Coconut Cabbage**

(Serves 4-6)

#### **Ingredients:**

4 tablespoons sunflower oil (or other oil)  
2-inch piece fresh ginger, peeled and cut into matchsticks  
2 green Thai or serrano chilies, thinly sliced  
8 curry leaves (or lemon balm) ok to skip if you don't have this  
2 teaspoons black mustard seeds  
½ teaspoon ground turmeric  
1 cabbage (or about 1 ½ pounds), cored and finely shredded  
2 tablespoons shredded, dried coconut  
1 teaspoon sugar  
1 teaspoon salt

#### **Instructions:**

Gather and prepare all the ingredients. Heat sunflower oil in a wok or large frying pan over high heat and add the ginger, chilies, and curry leaves. Fry for 1 minute.

Add the mustard seeds and turmeric, and when the mustard seeds start to pop, add the cabbage. Stirring constantly, fry until the cabbage starts to wilt.

Add the coconut, stirring well until it begins to toast. Add the sugar and salt. Serve immediately.

*This recipe is taken from: World Food Café: Global Vegetarian Cooking by Chris & Carolyn Caldicott*