Gluten Free Thursday: Spicy Savoy Cabbage With Yogurt Sauce

Ingredients:

Difficulty: Easy
(serves 4)

2 tsp cumin seeds
2 tsp coriander seeds
1 tsp brown mustard seeds
2 tsp black sesame seeds
2 tsp red pepper flakes
2 + 2 tbsp olive oil
1 head of garlic, cloves peeled and sliced thinly
1 savoy cabbage (or another green cabbage you like), washed, halved, core removed and the rest cut in about 2cm strips (don't try to drain the cabbage too much and use the dripping water while cooking)
salt and pepper to taste
250 gr. plain Turkish or Greek yogurt

Instructions:

1. Heat a large and deep pot / pan on medium high heat, put cumin, coriander, mustard and black sesame seeds together with red pepper flakes in heated pan. Dry roast the spices for about 2-3 minutes, stirring every once in a while, until they get fragrant. Be careful and do not burn them.

2. Add the first 2 tbsp olive oil and garlic and continue roasting while stirring.

3. Add about 1/3 of cabbage and continue cooking while stirring and mixing the cabbage with spices, oil and garlic.

4. Add salt and pepper, another 1/3 of cabbage and again, continue cooking and stirring.

5. Add the second 2 tbsp olive oil, stir / mix and add the remaining cabbage, together with water left in the bowl. If there isn't much water then just put about 4 tbsp water to the pan. Cover the pan with a lid and cook for about 10-15 minutes on medium heat, until the cabbage is cooked enough (you can cook even more if you want them softer).

6. When the cabbage is cooked enough for your taste, transfer it to a serving dish and let it cool for about 5 minutes. After that, add yogurt and mix well. Serve warm (but it tastes great also later, when it's much colder). Enjoy!