

CABBAGE AND CARROT STIRFRY

FINE COOKING ISSUE 83

1-1/2 tsp. cumin seeds
2 Tbs. canola oil
3/4 tsp. ground coriander
1/2 tsp. freshly cracked black peppercorns
1/2 jalapeño (seeds and ribs removed if you prefer a milder flavor), finely chopped
6 cups thinly sliced green cabbage (about 2/3 medium cabbage)
2 cups julienned or grated carrots (about 3/4 lb.)
2-1/2 tsp. kosher salt; more to taste
1-1/2 tsp. granulated sugar
1/2 cup loosely packed fresh cilantro sprigs, finely chopped
3 Tbs. fresh lime juice

Toast 1 tsp. of the cumin seeds in a small skillet over medium-high heat, stirring frequently, until deeply browned and beginning to smoke, 3 to 5 minutes. Transfer to a bowl to cool. Grind to a fine powder in a spice grinder.

Heat the oil with the remaining 1/2 tsp. cumin seeds, the coriander, and peppercorns in a large wok, Dutch oven, or 12-inch skillet over medium-high heat, and cook until the cumin is browned, about 2 minutes. Add the jalapeño and cook until sizzling and just starting to soften, 30 to 60 seconds, and then add the cabbage and carrots. (If using a skillet, the pan will be crowded at first.) Cook, stirring occasionally until the cabbage has wilted yet is still al dente, 3 to 4 minutes. Stir in the freshly ground cumin, salt, and sugar, and cook for 30 seconds. Remove the skillet from the heat. Stir in the cilantro and lime juice and taste for seasoning. Serve warm, at room temperature, or cold.