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Charred Cabbage with Garlic Chutney

Introduction

Charred cabbage with garlic chutney is a delightful dish that marries the earthy sweetness of cabbage with the bold flavors of garlic. This dish not only satisfies the palate but also offers a unique twist on traditional vegetable sides. Ideal for barbecues or as a striking appetizer, the charred cabbage is complemented beautifully by a vibrant garlic chutney, making it a standout addition to any meal.

Detailed Ingredients with measures

- 1 large green cabbage, cut into wedges
- 3 tablespoons olive oil
- Salt, to taste
- 1 teaspoon black pepper
- 1 teaspoon cumin seeds
- 8 cloves garlic, minced
- 1 red chili, chopped (adjust to taste)
- 2 tablespoons lemon juice
- Fresh cilantro, for garnish

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: Serves 4

This charred cabbage dish promises a burst of flavor and a visually appealing presentation. The simplicity of the ingredients allows the natural flavors to shine through, making it a versatile choice for any occasion. Enjoy the perfect balance of smoky, spicy, and tangy in every bite!



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Detailed Directions and Instructions

Step 1: Prepare the Cabbage

Cut the cabbage into wedges, making sure to retain the core in each piece to hold them together during cooking.

Step 2: Heat the Grill or Grill Pan

Preheat your grill or grill pan over medium-high heat to ensure a nice char on the cabbage.

Step 3: Oil the Cabbage

Brush both sides of each cabbage wedge with oil, ensuring they are evenly coated to help achieve a good char.

Step 4: Season the Cabbage

Season the cabbage wedges with salt and any preferred spices or herbs as desired.

Step 5: Grill the Cabbage

Place the cabbage wedges on the grill; cook for 5-7 minutes on each side, or until they are charred and tender. Adjust timing based on desired doneness.

Step 6: Prepare Garlic Chutney

In a blender or food processor, combine garlic, green chilies, and any other desired ingredients to create a smooth chutney. Blend until the mixture is well combined.

Step 7: Serve the Cabbage

Once grilled, remove the cabbage from the grill and serve with the garlic chutney drizzled on top or on the side.

Notes

Tip 1: Choose the Right Cabbage

For optimal flavor and texture, look for fresh, firm cabbage heads, preferably green or savoy.

Tip 2: Adjust the Heat

If you prefer a mellow flavor, consider reducing the amount of green chilies in the chutney.

Tip 3: Pair with Protein

Grilled cabbage pairs wonderfully with grilled meats or fish for a complete meal.

Tip 4: Store Leftover Chutney

Any leftover garlic chutney can be stored in an airtight container in the refrigerator for a few days.



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Cook techniques

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