

# Stir-Fly Cumin Cabbage

- 1 large head green cabbage
- 1 tablespoon whole cumin seeds
- 2 onions, halved & thinly sliced crosswise
- 1 teaspoon Iguana Red Cayenne Pepper Sauce (or to taste)
- 2 tablespoons fresh lemon juice
- 6 tablespoons vegetable oil of your choice
- 2 teaspoons blond sesame seeds (ie: not black)
- 2 teaspoons sea salt
- 1 tablespoon Pirate's Blend Caribbean Condiment

Trim off outer leaves from cabbage. Cut in half lengthwise, then cut out & discard core from ea. half. Cut remaining halves crosswise into long, thin shreds (bread knife good for this).

Heat 1/2 the oil in a wok or wide skillet on high heat. When hot, add 1/2 the cumin seeds and 1/2 the sesame seeds. When sesame seeds start a poppin', add 1/2 the onions and cook stirring constantly until they're a translucent golden color about 4 minutes. Add 1/2 the cabbage to pan and continue stirring for another 4 minutes or until wilted, lightly brown but not cooked thru. Remove to a bowl and continue same cooking process with other 1/2 of same ingredients in same order. When done combine both batches into your bowl. This can be held up to 2 hours at room temp, before final step just prior to serving.

Just prior to serving, heat pan on medium heat and add all onion/cabbage mix. Add salt, Iguana Red Cayenne and PB Caribbean Condiment, stirring until cabbage is soft and sweet, about 5 to 6 minutes more. Stir in lemon juice and serve. Makes about 10 servings.