



# South African Recipes

*"cooking with confidence"*

## Fried cabbage

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By: Anton Mac Donald

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## Ingredients

- 1x Egg
- 1 Cup Flour
- 1 Teaspoon ground bay leafs
- 1 Teaspoon ground coriander seeds
- 3 Teaspoons BBQ spice
- 1 Teaspoon mild yellow curry
- ½ Teaspoon leaf masala
- Salt to taste
- Bread crumbs

## Method

- Loosen leafs of a Chinese cabbage.(Napa cabbage)
- Cut out the white part (it will be a wedge shape).
- Place cabbage wedges in a pot with boiling water and cook until soft and spongy.
- Remove from water and allow to cool and dry on a cooling rack.
- Heat oil in frying pan.
- Coat a piece of the cabbage both sides in flour, then in the whisked egg, and then in the crumbs.
- Fry immediately in hot oil until golden brown.
- Allow excess oil to drain and serve warm.