



weet, tender, stewed cabbage with meltingly soft carrots in a mild gingery sauce. Although the ingredients in this dish are almost identical to those in *Ye'tikil Gomen Be'timatim* (page 122), the result tastes completely different.



## ye'tikil gomen be'karot

**STEWED, SEASONED CABBAGE WITH TENDER CARROTS  
IN A GARLIC-GINGER SAUCE**

MAKES 4 CUPS

See photo opposite, and facing page 155

- 1 **large carrot, peeled and cut into sticks**  
(1 cup; see page 13)
- ½ **white or yellow onion, thinly sliced**  
(1 cup)
- 3 tablespoons ***Ye'qimem Zeyet*** (page 25)  
**or extra-virgin olive oil**
- 1 tablespoon **peeled and grated fresh ginger**
- 4 cloves **garlic, pressed or grated**  
(2 teaspoons)
- ½ teaspoon **salt**, plus more if desired
- ¼ teaspoon **ground turmeric**
- ¼ teaspoon **ground cardamom**
- ⅙ teaspoon **ground cloves**
- ½ **green cabbage, cut into 1-inch pieces**  
(7 cups)
- ¼ cup **water**
- 1 to 2 **jalapeño chiles, seeded, veined,  
and cut into thin strips lengthwise**
- Freshly ground black pepper**

Put the carrot, onion, *Ye'qimem Zeyet*, ginger, garlic, and salt in a large saucepan. Cook over medium heat, stirring frequently to prevent sticking or burning, until the onion is soft and translucent, about 5 minutes.

Stir in the turmeric, cardamom, and cloves and cook for 1 minute. Add the cabbage and water and stir well to combine. Cover and cook, stirring occasionally to prevent scorching, for 10 minutes. Add the chiles, cover, and cook until the cabbage is very tender and the carrots are soft, about 5 minutes longer. Season to taste with pepper and additional salt if desired.

Per cup: 163 calories, 1 g protein, 10 g fat (1 g sat), 17 g carbohydrates, 192 mg sodium, 103 mg calcium, 5 g fiber