

# LYNCHBURG

is for

# LOCAVORES

COOKING DEMONSTRATION WITH

*Mahabuba Akhter*



## Cabbage with Ground Beef

1 chopped onion  
1 tbsp cooking oil  
1/2 tsp ginger paste  
4 toasted garlic  
4 crushed cardamom  
1/2 tsp cumin powder  
1 tsp of roasted ground cumin  
2 cups chopped cabbage  
1 lb ground beef

1/2 bunch of chopped cilantro  
salt to taste

In a large pan, fry onion with oil until it is golden brown. Add all spices and let it cook for five mins. Add ground beef to pan and cook for 10 mins to brown. After that, add cabbage and cook until cabbage get tender .

Garnish with chopped cilantro and serve with rice or bread .

## Cabbage Pakora

1 cup finely chopped cabbage  
1 cup finely chopped onion  
1/2 tsp salt  
1 green chilli chopped  
2 cloves of garlic finely chopped  
1/2 tsp of nijjila  
A pinch of turmeric  
1/2 tsp of whole cumin  
2 tbsp. of gram flour  
1 cup cooking oil for dip fry  
salt to taste

In a large bowl, mix cabbage and onion with salt and let it sit for 10 mins. This allows vegetables to release some water and make for a betty fry. Mix in the rest of the ingredients to make the batter.

Heat oil in a fry pan and gently drop several tsp full batter into fry pan. Flip it up side down and make both side brownish. Serve as a delicious appetizer.