

JAMAICAN STEAMED CABBAGE

RECIPE

The easy to prepare **Jamaican steamed cabbage** is one for vegans and vegetable lovers like myself. Simple ingredients and takes a few minutes to cook. You can eat it at breakfast, lunch, and dinner or as side salad like along with your main course.

INGREDIENTS

- 1 large cabbage
- 1 medium onion
- 1 medium carrot
- 1 celery stalk
- 2 cloves garlic
- ½ red sweet bell pepper
- ¼ yellow sweet bell pepper
- ½ green sweet bell pepper
- 2 sprigs of thyme
- 2 tablespoon olive oil
- ¼ teaspoon black pepper
- ¼ teaspoon turmeric powder
- Salt to taste
- ½ scotch bonnet pepper (optional)



STEAMED CABBAGE RECIPE (HOW TO MAKE
JAMAICAN STEAMED CABBAGE & CARROT
WITH SALT FISH)

HOW TO PREPARE

- I. Cut the cabbage into four quarters, remove the middle, wash the cabbage leaves and slice them into small pieces. Set aside
- II. Peel, wash and chop the carrot into thin strips.
- III. Chop the celery, onion and bell peppers into small pieces.
- IV. Finely cut the garlic.
- V. Add the oil, onion, garlic and thyme to a saucepan on medium heat and let it cook for about three minutes until the onion is a bit soft.
- VI. Add the cabbage, turmeric powder, bell peppers, celery, and carrot, scotch bonnet pepper if using any and salt to your taste. Stir well.
- VII. Turn the heat to low. Cover saucepan and let the vegetables steam until soft and tender. (I personally like vegetables crispy. Whenever I am cooking for myself, the cabbage and carrot cook for no more than 10 minutes.)
- VIII. Add the black pepper. After about 2-3 minutes turn the heat off.
I something add sweet chilly sauce to the recipes to give it a kick,