

Ethiopian Collard Greens | Ye'abesha Gomen

Swick

Serves 4 | Active Time: 20 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing Your Mise en Place

- 1 1/2 lbs collard greens, stems removed and cut crosswise into 1/4" strips
- 1 lrg onion, minced
- 3 cloves garlic, minced
- 1" piece ginger, peeled and minced
- 2 Thai chiles, stemmed, seeded, and minced
- 1/8 tsp cardamom seeds
- 1/8 tsp. ground fenugreek
- 1/8 tsp. nigella seeds

Prepare all of your mise en place — which can all be done ahead, if desired.

Step 2: Cooking the Dish

- 2 tbsp non-dairy butter
- 2 tbsp extra-virgin olive oil
- 1 1/3 cup stock (or water)
- sea salt, to taste
- freshly ground black pepper, to taste
- white wine vinegar, to finish (to taste)

To prepare the dish, heat the butter in a large pot or Dutch oven over medium heat.

Next, add the cardamom, fenugreek, and nigella seeds and cook, stirring often, until fragrant, 1–2 minutes.

At this point, increase the heat to medium-high and add oil, followed by the onions. Cook, stirring often, until browned, about 6 to 8 minutes.

Next, add the garlic, chiles, and ginger and cook, stirring often, until soft and fragrant, about a minute or so.

Lastly, add the collards, along with 1 1/3 cups stock (or water), and salt and pepper; cover and bring to a boil.

Reduce the heat to low and cook, stirring occasionally, until collards are tender, which should take about 50 to 60 minutes.

Alternatively, the collards can be placed into a preheated 300°F (150°C) oven.

Note:

To finish, add a teaspoon or so of the vinegar and then taste for seasoning — adding more salt, pepper and/or white wine vinegar as needed.