

Another method: Saute washed leaves in a little butter or oil in a pan. Add a little water, cover and steam until tender. Season with salt.

Or: Saute a little onion and garlic in oil or butter. Add prepared cabbage and saute 2 to 3 minutes. Add a little water and cook until tender.

SEASONINGS: basil, oregano, rosemary, tarragon

Ota Fern: (*Athyrium esculentus*) Use the young fresh green leaves only. To prepare remove the leafy parts by running your thumb and forefinger along the tough stem and ribs. Don't press too hard or you will bruise the leaves.

Ferns must be cooked very quickly and lightly to preserve their flavour and food value. Always add them last to any dish you are boiling or frying. Dishes made from coconut cream enhance the flavour of ota fern.

Fry in a little oil or butter for a minute and then squeeze thick coconut cream into the pan and continue cooking for another minute or two.

If serving with a western type meal, boil in boiling salted water for two to five minutes. Drain and serve with butter and a slice of lemon or with Miti sauce, (included in this collection)

SEASONINGS: basil, garlic, marjoram, mustard, savory, thyme

