



not your mama's coleslaw

NOVEMBER 1, 2006

SERVINGS: 8 TO 10 **TIME:** 30 MINUTES **SOURCE:** INA GARTEN

Here's how I get this salad ready for picnics, potlucks, and other summer flings: I prepare the cabbage and carrots and keep them in a big container or gallon bag. I make the dressing and keep it in a big jar. And when needed, I assemble what we need with chopped parsley. The parsley doesn't add a significant flavor, but it does make the salad look like a show-stopper. You could also use ribbons of kale for a modern twist. I don't use the blue cheese as often, but if you've got friends and family who like it, they will love it here.

The prepared vegetables without dressing will keep for 5 days in a bag. The dressing without blue cheese keeps... well, I can't say forever, but there's honestly not one thing in there that shouldn't keep for a month or two. We keep it in an airtight jar in the fridge. With blue cheese, I'd use it within a week.

This makes too much dressing for this quantity of salad, we have never used it all. But it keeps well (see above) and also makes an awesome dip for crudité's.

Refreshed in 6/17: With fresh photos, weights, and more detailed notes.

- 200g. mayo + rest yogurt*
- 2 cups (415 grams or 15 ounces) mayonnaise, low-fat is fine, as is swapping half with yogurt
 - 1/4 cup smooth (60 grams) Dijon mustard
 - 3 tablespoons (45 grams) whole grain mustard (I use whole grain Dijon)
 - 2 tablespoons (30 ml) apple cider vinegar
 - 1 teaspoon celery seed *fennel*
 - 1/2 teaspoon kosher salt
 - 1/2 teaspoon freshly ground black pepper
 - 1 1/2 cups (170 grams or 6 ounces) crumbled blue cheese (optional)
 - 1/2 of a small head (about 430 grams or 15 ounces for half) green cabbage
 - 1/2 small (about 375 grams or 13 ounces for half) head red cabbage
 - 1 giant carrot (about 6 ounces) or 4 slim ones, scrubbed or peeled and shredded
 - 1 cup chopped fresh parsley leaves or 1 cup slivered kale leaves

Make the dressing: Mix the mayonnaise, mustards, vinegar, celery seed, salt, and pepper in a smaller bowl. Stir in blue cheese, if using.

Prepare the vegetables: Halve the cabbage halves and cut out the cores. Slice the cabbage as thinly as you can with a sharp knife, on a mandoline, or with a food processor's slicing blade (lay the cabbage horizontally in the feed tube). Transfer chopped cabbage into a large bowl, fishing out any very large pieces and slicing them thinly by hand. Stir in the shredded carrot. If you're going to dress this later, this is the best stopping point.

To serve: Up to an hour before you'll eat the slaw, toss the cabbage mixture with dressing to taste -- you will want to start with half and add more as needed -- and parsley. Adjust seasonings as needed.