



## COLESLAW WITH WHOLE EGG MAYONNAISE

<b>Season:</b>	<b>All year</b>
<b>From the garden:</b>	<b>Cabbage, carrots, egg</b>
<b>Type:</b>	<b>Salad</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>France</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b><a href="http://inspiredtaste.net">inspiredtaste.net</a></b>

### Equipment

- \*chopping board
- \*knife
- \*bowls
- \*whisk
- \*measuring cup and spoons
- \*lemon juicer
- \*grater

### Ingredients

- \*1 medium white or red cabbage
- \*3 medium carrots
- \*handful of fresh parsley
- \*1 egg
- \*1 cup vegetable oil
- \*1 tbsp mustard
- \*1 tbsp vinegar
- \* $\frac{1}{4}$  tsp salt
- \*1 tsp lemon juice (optional)
- \*pepper to taste

### Method

- 1.for the coleslaw, wash the cabbage, parsley and carrots
- 2.remove any tough outer leaves from the cabbage, cut it in quarters and cut the stem out

- 3.using a sharp knife, shred the cabbage as fine as possible
- 4.grate the carrots into a bowl
- 5.tear the parsley into small pieces
6. for the mayonnaise, add the egg, mustard, vinegar and salt in a bowl and whisk to combine
7. while one person is whisking, another person can start to add little a little oil. Make sure it is mixed in before adding more
8. when you notice that the mixture is thickening, the stream of oil can increase a bit, but still go slowly. If the oil is added to quick, the mixture could split
9. when all the oil is added, taste and check for seasoning. Add the lemon juice if more acidity is needed
10. in a salad bowl, combine the mayonnaise with the cabbage, carrots and parsley

**Notes:** A food processor can be used to speed up the shredding of the cabbage and the grating of the carrots.

**Skills:** measuring, *mixing, shredding, grating*