



COLESLAW WITH VEGAN MAYONNAISE

Season:	All year round
From the garden:	Cabbage, carrots
Type:	Salad
Difficulty:	Easy
Country of origin:	Netherland
Serves:	6 serves or 30 tastes
Source:	www.minimalistbaker.com

Equipment

- *chopping board
- *knife
- *grater
- *bowls
- *measuring cup
- *measuring spoon
- *blender or whisk

Ingredients

- *small head of red or green cabbage
- *2 carrots
- * $\frac{1}{4}$ cup aquafaba (liquid from a can of chickpeas)
- *1 tsp mustard
- * $\frac{1}{2}$ tsp salt
- *1 $\frac{1}{2}$ tsp apple cider vinegar
- *1 tsp brown rice syrup or sugar
- * $\frac{3}{4}$ - 1 cup sunflower oil

Method

- 1.wash and grate carrots
- 2.wash and thinly slice cabbage (or shred in a food processor)

3. for mayonnaise, add aquafaba, mustard, salt, syrup and vinegar into a bowl and whisk until frothy. The mayo can also be made in a blender (immersion blender would work best) or a small food processor
4. keep on adding a little bit of oil while whisking until mayonnaise becomes thick and all the oil has been used
5. taste and add more mustard, vinegar, rice syrup or salt if necessary
6. mix the mayonnaise with the grated carrots and shredded cabbage in a salad bowl and keep in the fridge till needed

Notes: For a non-vegan mayonnaise, replace the aquafaba with an egg yolk. Add the oil very slowly, or the mayo can split.

Skills: measuring, *mixing, slicing, grating*