



COLESLAW

Season:	All year
From the garden:	Cabbage, carrots
Type:	Salad
Difficulty:	Moderate
Country of origin:	France
Serves:	6 serves or 30 tastes
Source:	inspiredtaste.net

Equipment

- *chopping board
- *knife
- *salad bowl and spoon
- *grater
- *measuring cup and spoons

Ingredients

- *1 medium white or red cabbage
- *3 medium carrots
- *handful of fresh parsley
- * $\frac{1}{2}$ cup mayonnaise
- *salt and 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.mix the cabbage, carrot and parsley with the mayonnaise and season with salt and pepper

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*