

LEO TEATERO



Canadian Creamy Coleslaw

The key to great coleslaw is to use fresh ingredients, chop them well and blend with a good ratio of vegetables to dressing. For two small heads of cabbage, I have 1 ½ to 2 cups dressing. You do not want the slaw to be too spicy. Coleslaw is the back-up dancer to flashy barbecue numbers. Its cool creaminess, crunchy texture, and tangy flavor balances out the richness of smoked and grilled meats.

Imperial / Metric

1 small green cabbage (Savoy), ½ thinly sliced the other ½ roughly chopped small
1 smaller red cabbage ½ thinly sliced the other ½ roughly chopped small
1 cup /150g thinly sliced red or white onions
2 cup /300g thinly sliced carrots

Dressing

3 tbsp./15g of apple cider vinegar
3 tbsp./5g of Dijon Mustard
3 tbsp./15g of Lemon juice or Pickle Juice
3 tbsp./42g of sugar
2 tsp./10g of Kosher Salt
1 tsp./5g fresh cracked pepper
2 cup/462g of mayonnaise
1 cup/245g of yogurt (Greek or sheep) or sour cream

Whisk together the vinegar, mustard, juice, sugar, salt, pepper, mayonnaise and yogurt in a small bowl or shake in a large covered container. You may refrigerate the dressing covered for up to three days.

Put cabbage, carrots and onion in a large bowl. Pour dressing over and toss thoroughly. If you are running late or this is last minute, you may speed up the process, by letting it stand at room temperature covered, for 45 minutes until wilted, then serve immediately. If you have more time, cover and refrigerate until slaw begins to soften, about 3 to 4 hours. You may refrigerate the slaw for up to three days. Mix well before serving.

Serve it on mixed fresh leaves of your favourite lettuce as a side with something barbecued.