

Two Whales Hand Cut Coleslaw

Summer is here and it is time for the barbeque. Our special secret coleslaw recipe has been requested many times by customers who have discovered our delicious coleslaw. It is also great all year round for pot lucks, taking to granny and for the fund-raising community dinner.

Coleslaw is actually any form of cabbage salad so there are many different versions available. Our recipe originated with Sue and varies slightly each day depending on who is making it, the available vegetables and the weather! Making coleslaw is a work of art. Take this recipe and make it your own.

Take a medium, crisp, white, fresh, firm cabbage - approx 3lb - remove the tough outer and damaged leaves and put them in your compost bucket. Cut the cabbage into quarters, cut out the heart and slice into pieces approx 1" x ¼".

add ¼ cup finely diced red onion
and 1 cup hand-grated carrot
and mix together.

Mix 12 tbsp Hellmans or Kirklands (better as it uses free range eggs) mayonnaise
and 4 tbsp apple cider vinegar (use organic if possible)
in a large bowl and gradually add the vegetable mixture.

Taste and adjust the vinegar and mayonnaise to taste as each cabbage, carrot and onion varies in sweetness and sharpness.

Aim for the vegetables to be lightly coated with dressing.

This recipe will provide you with enough coleslaw for a really big family barbeque (or our friend Martin for a couple of days). We make four times this amount at the shop every day in season.

This coleslaw is best on day one but we think it will keep for three days in the fridge.

Vegan version

Use vegan mayonnaise and reduce the cider vinegar by half.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

