

Cabbage Slaw

Kent Valley Apple Slaw

3 cups thin-sliced green cabbage
1 medium carrot, shredded
1 unpeeled apple, cored and coarsely grated
½ cup diced green bell pepper
½ red onion, sliced
Lettuce leaves
Apple wedges for garnish

Dressing:

¼ cup apple cider vinegar
3 tbsp. sugar
2 tbsp. vegetable oil
¼ tsp. garlic salt
¼ tsp. celery seed

Combine cabbage, carrot, apple, green pepper and onion.

Blend dressing. Toss salad with dressing and refrigerate until chilled.

Classic Cabbage Slaw

1 tbsp. kosher salt
4 cups shredded green cabbage
1 cup peeled, shredded carrots
¾ cup minced scallions
1½ tbsp. apple cider vinegar
1 tbsp. granulated sugar
1 tbsp. sour cream
½ tsp. celery seed
½ tsp. caraway seeds
Kosher salt and freshly ground black pepper

Dissolve the salt in 2 cups water in a large bowl. Add the cabbage and soak 30 minutes.

Rinse the cabbage and drain well. Return it to the bowl and combine with the carrots and scallions.

In a small bowl, whisk together vinegar, sugar, sour cream and celery seeds and caraway seeds. Add the dressing to the cabbage and toss. Season with salt and pepper. Refrigerate slaw 1 to 2 hours. Serve slightly chilled.

Buttermilk Slaw

¼ cup plus 1 tbsp. sour cream
¼ cup buttermilk
1 tbsp. cider vinegar
1 tsp. Worcestershire sauce
2 to 4 dashes hot sauce
1¼ tsp. sugar
1 tsp. celery seed
½ tsp. salt
½ tsp. freshly ground pepper
1 small head of cabbage (about 1 pound), tough outer leaves removed
¼ cup plus 2 tbsp. chopped red onion
¼ cup chopped parsley
2 tbsp. chopped fresh basil (optional)

In a small bowl, whisk together sour cream, buttermilk, vinegar, Worcestershire sauce, hot sauce, sugar, celery seed, salt and pepper.

Quarter the cabbage and cut out the core. Slice the cabbage lengthwise into ¼ inch shreds.

In a large bowl, toss the cabbage with the red onion, parsley and the dressing.

Refrigerate for up to an hour. Add the basil, if desired, at the last minute.

Note: a combination of red and green cabbage works well in this slaw.