

Cooking with Amanda – Barbecues, Picnics and Salads

Class 4 – Vegan and Asian Coleslaws

Vegan Coleslaw

Ingredients:

- ½ cup vegan mayonnaise (commercial brand or Tofu Mayo – see class 2 for recipe)
- 2 tablespoons lemon juice
- 1 tablespoon tomato paste
- 1 teaspoon dried basil
- Salt and pepper to taste
- Water to thin to desired consistency
- ½ white cabbage, sliced thinly
- 1 carrot, grated

This recipe is best prepared the day before needed, but can be consumed immediately if necessary. 😊

Place dressing ingredients, mayonnaise, lemon juice and tomato paste in a small bowl and stir until well blended. Taste and adjust flavorings, and add basil, salt and pepper as desired. Add water if needed to get the desired consistency.

Add shredded cabbage and grated carrot to a large bowl. Toss to mix, then add the dressing. Mix until all the cabbage is well coated. Chill for a few hours or overnight to allow the cabbage to soften and the flavors to meld.

Asian Coleslaw

Ingredients:

- 2 cups green cabbage, finely shredded
- 2 cups red cabbage, finely shredded
- 1 carrot shredded
- ½ cup celery, finely sliced
- ½ cup sweet onion, finely chopped
- ½ cup fresh cilantro, minced
- 2 tablespoons raw sesame seeds
- ¼ cup seasoned rice vinegar
- 2 tablespoons apple juice, frozen concentrate
- 1 tablespoon soy sauce
- 1 tablespoon fresh ginger, minced
- 1 garlic clove, minced

- ¼ teaspoon black pepper

Combine the green cabbage, red cabbage, carrot, celery, onion, and cilantro in a large bowl.

Toast the sesame seeds in a heavy skillet over high heat for about 2 minutes, stirring constantly until they begin to pop and become fragrant. Cool, then grind them in a small grinder and add to the salad.

To make the dressing, combine the rice vinegar, apple juice concentrate, soy sauce, ginger, garlic, and black pepper in a small bowl.

Just before serving, pour the dressing over the salad and toss until evenly distributed. This salad is best served immediately.