

## **CLASSIC COLE SLAW**

From David Moody

While I enjoy cabbage in all its guises (fresh sauerkraut is always a pleasure), I think that fresh cabbage is at its best when presented in the time honored classic, cole slaw. I first started cooking during summers in college at a camp on Shelter Island at the eastern tip of Long Island. I learned this recipe from "Grandpa" Goldstein, who spent a few weeks at the camp each year making onion rolls and pastrami for the kitchen staff. After two weeks of watching him create heavenly cole slaw out of mountains of cabbage, I finally got him to share his secret – mix it by hand and don't skimp on the sugar.

1 medium head of cabbage, cut into quarters and cored  
3 carrots, peeled and coarsely grated  
1 white onion, peeled and finely grated  
1 cup vegetable oil  
½ cup cider vinegar (plus possibly more to taste)  
¼ cup white sugar (plus possibly more to taste)  
2 teaspoons salt  
¾ teaspoon white pepper  
mayonaisse (optional)  
celery seed (optional)  
scallions (optional)

1. Cut the quarters of cabbage cross-wise into the thinnest strips you can manage. With a sharp knife, the strips will be about 1/8 of an inch wide.
2. Add the cabbage to a large bowl, and grate the carrots and onions directly into the cabbage. Mix well.
3. Add the oil to the cabbage mix and mix again. Grandpa Goldstein would mix the cabbage with the oil with his hands as if he were kneading bread dough. You can use a spoon if you want – while the taste will be the same, the texture won't be exactly right. Continue mixing long after the oil is evenly distributed throughout the cabbage, until the cabbage begins to get slightly limp.
4. Add the cider vinegar, sugar, salt and pepper and mix for a few more minutes. Depending on your own taste, you may want to add additional vinegar or sugar (or both) taste. Neither overpowers the other; they just make the sweet/sour combination more intense.
5. The above recipe is for the purist. If you like your cole slaw creamy, you can add mayonaisse at this point. It will take about 1 cups of mayonaisse or so to get the proper consistency. Celery seeds are also a great addition – 2 tablespoons add spice and color to the slaw. You might also include finely diced scallions to the cole

slaw, but don't cut down on the onions – the juice from the finely grated onion is a key ingredient. Leftovers will keep a week in the refrigerator.

*Serves 8.*