



WINTER SLAW

We've always wanted to include this slaw on our menu, however it's rarely winter on the Gold Coast, some winter veg can be a little polarising, and it requires a fair amount of chopping (which is all well and good if you have the knife skills of our apprentice Luke who would have this chopped before you've pulled all the veg from your crisper). However, this recipe is super easy if you have a mandolin or food processor with a julienne attachment.

Ingredients

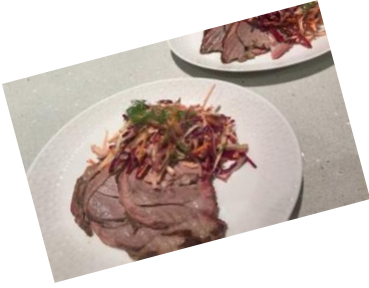
1 cup red cabbage, sliced thinly
1 cup white cabbage, sliced thinly
1 red onion, sliced thinly
2 carrots
1 fennel bulb
1 beetroot
3 radishes
1 large parsnip
Lemon
3 tbsp olive oil
200ml plain yoghurt
2 tbsp dijon mustard
1 handful mint and fennel fronds

Method

Using mandoline or food processor, julienne carrots, fennel, parsnip, radish, and beetroot last so not everything is red. Add cabbages, red onion and herbs. For the dressing whisk juice of lemon, yoghurt, dijon with olive oil, add salt and pepper to taste. Add dressing and toss lightly.

Tips: Any winter veg will do as long as it's crunchy, you can add/substitute celeriac, turnips and the like for what is available at the time. Any soft herbs can be used, dill, coriander, parsley etc. I have used mint here as I served with lamb. Also, I have swapped the yoghurt for coconut yoghurt in the past for a lactose intolerant family member.





Serving suggestion.

Great with any BBQ,
Particularly good
with lamb

