

Recipes included at this site do not appear in
A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

July 2018

SLAWS

Celery Salad with *Gorgonzola*

**Fennel and Red Onion Slaw
with Mandarin Orange Sections**

***Jicama*, Carrot, and Apple Slaw
with Roasted Garlic**

**Lettuce and Spinach Slaw
with Creamy Onion – Garlic Dressing**

Red Cabbage and *Bok Choy* Slaw

Swedish Buffet Slaw

Tibetan Glass Noodle and Vegetable Slaw

During the Middle Ages little attention was given to vegetables, especially raw vegetables. Salads were really almost unknown until the Renaissance. But salads again fell by the roadside of cuisine until the twentieth century. Even in the twentieth century the composed salad was, for the most part, a summer dish. Macaroni, shredded carrot, and potato salads and maybe a lettuce leaf here and there for presentation were about the extent of the winter salad due perhaps to habit and the lack of the gentle refrigeration of the crisper drawer. Now, a salad is a crucial decision with each menu planned, a phenomenon which I found to be global. A portion of the salads that I encountered in my research were included in *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul* but hundreds more settled back into my files.

The concept of the tossed salad is an interesting, often very boring, concept. A “fast casual” restaurant, which touts a bottomless salad bowl, presents one of those boring salads—all you can eat. The irony of it is the restaurant also presents an Italian menu. Italians love tossed salads but demand complexity. A food writer I encountered said it best, “Every forkful should present a different mixture of sensations.” Fruits, nuts, cheeses, peppers, raw or roasted, or cooked, chilled vegetables, beans, grilled soymeat, sautéed croutons, and herbs can augment a mixture of greens. With or without a dressing it should be interesting and taste good. A favorite Thai restaurant serves a complex, entrée-sized salad from the other side of the planet. It is presented with a fabulous sweet-spicy peanut sauce.

The texture of the presentation also stimulates the appetite so I have decided to share some shredded salads with you, the salads we call slaws. The term slaw was applied, and still is by some people, to shredded cabbage salads, e. g., coleslaw. Even our beloved James Beard in his *American Cookery* identifies slaw with cabbage and a few very selective additions. With the introduction of the shredding disk in the food processor and the now-ubiquitous salad bar in restaurants, some of the most awful



salads landed on the American table. I am firm in my recommendation that you put the food processor away and grab a well-sharpened chef's knife if you want to make a slaw that you will enjoy making and enjoy serving.

CELERY SALAD WITH *GORGONZOLA*

TPT - 1 hour and 7 minutes;
1 hour = flavor development period

This is a salad that is quickly prepared and goes with almost any meal. I have even used it, quite successfully, I may add, to accompany a menu from the Himalayan Kingdom of Bhutan. It is a refreshing salad to turn to when the palate needs to be cleared.

2 teaspoons calorie-reduced or light mayonnaise
2 teaspoons crumbled *Gorgonzola* cheese

3 celery ribs—*thinly* sliced crosswise

Freshly ground black pepper, to taste

In a mixing bowl, combine mayonnaise and *Gorgonzola* cheese. Stir to combine.

Add *thinly* sliced celery. Stir to combine well.

Season with black pepper.

Chill for at least 1 hour in the refrigerator to allow flavors to develop.

Serve chilled.

Yields 4 servings
adequate for 2 people

Note: This recipe may be doubled, when required.

1/4 SERVING – PROTEIN = 0.7 g.; FAT = 1.2 g.; CARBOHYDRATE = 1.7 g.;
CALORIES = 21; CALORIES FROM FAT = 51%



FENNEL AND RED ONION SLAW WITH MANDARIN ORANGE SECTIONS

TPT - 10 minutes

The flavors in this lovely winter salad need to challenge each other so the size of each ingredient is crucial. You want bits to excite taste buds like a pinball game. To get the fine, shaved pieces that make the texture of this slaw just right, I occasionally resort to a vegetable peeler or a cheese plane.

1 cup finely slivered fennel
1/2 cup finely slivered Italian red onion

1/2 cup canned mandarin orange sections
—well-drained and chopped

1 1/2 teaspoons walnut oil
1 teaspoon Dijon mustard with wine
3/4 teaspoon raspberry vinegar*
Salt, to taste
Freshly ground black pepper, to taste

4 slices Danish blue cheese—about 2 ounces—
for garnish

In a serving bowl or small salad bowl, combine *finely* slivered fennel and red onion. Toss gently.

Add mandarin orange sections. Toss gently.

In a shallow soup plate, combine walnut oil, mustard, raspberry vinegar, salt, and black pepper. Using a fork or a small whisk combine dressing ingredients. Pour over slaw ingredients. Toss gently. Refrigerate until ready to serve.

Garnish with slices of blue cheese.



Yields 4 servings

Notes: *My recipe for raspberry vinegar can be found on p. 451 of volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 4.1 g.; FAT = 6.1 g.; CARBOHYDRATE = 12.5 g.;
CALORIES = 126; CALORIES FROM FAT = 44%



JICAMA, CARROT, AND APPLE SLAW WITH ROASTED GARLIC

TPT - 14 minutes

Once shredded, the slaw components become a challenge to distinguish. Someone always asks, "What is this?" To which, unless it is carrot, I usually and honestly answer, "I can't really tell," and then list the ingredients. Some people spend the whole meal obsessed by the challenge. The crisp texture contributed by the shredded jicama, carrots, and apple is gently complimented by the Dijon vinaigrette.

1 large garlic clove—whole and unpeeled

1 1/2 tablespoons additive-free apple cider or apple juice, if preferred

1 1/2 teaspoons extra virgin olive oil

1 1/2 teaspoons apple cider vinegar

1 teaspoon Dijon mustard, of choice

Freshly ground black pepper, to taste

1 cup shredded jicama*

1/2 cup shredded carrots

**1/2 cup shredded apple—Our choice would be a
Granny Smith or New York State Cortland apple**



In a heavy, dry skillet set over *MEDIUM* heat, roast *unpeeled* garlic clove, turning frequently until *blackened and soft*.** Peel and trim.

In the container of the electric blender, combine *peeled*, roasted garlic clove, apple cider, oil, cider vinegar, and mustard. Blend until smooth. Season with black pepper, to taste.

In a salad bowl, combine shredded *jicama*, carrots, and apple. Pour blended dressing over and toss well.

Yields 4 servings
adequate for 2 people

Notes: **Jicama*, if not available from your grocery store, may be found in both South American and Asian groceries.

**Garlic may be roasted in the oven at 400 degrees F., if preferred. *Watch carefully to prevent a burned, rather than roasted, result.*

This recipe is easily halved or doubled, when required.

1/3 SERVING – PROTEIN = 0.7 g.; FAT = 1.6 g.; CARBOHYDRATE = 11.4 g.;
CALORIES = 70; CALORIES FROM FAT = 22%



LETTUCE AND SPINACH SLAW WITH CREAMY ONION – GARLIC DRESSING

TPT - 12 minutes

Somewhere along the way iceberg lettuce became a social error. We all flocked to dark green and red greens, to mescluns, to spinach, to anything that wasn't light green and crisp. We referred to iceberg lettuce as simply water. Oh, we were so nutritionally enlightened . . . Iceberg lettuce wedges can make a beautiful salad presentation. Shredded, there is nothing like this lettuce to top tacos and other Tex-Mex entrees. And, the crisp texture and color contrast it can add to any salad can be a definite advantage. Heads of organic iceberg lettuce are generally available in well-stocked grocery stores.

- 2 cups shredded iceberg lettuce—well-rinsed and well-dried**
- 2 cups shredded baby spinach—well-rinsed and well-dried**

CREAMY ONION – GARLIC DRESSING:

- 1/2 cup calorie-reduced or light mayonnaise**
- 1 teaspoon extra virgin olive oil**
- 1 teaspoon garlic oil**

- 1/2 cup finely chopped sweet onion—Walla Walla, Vidalia, or Mayan or Texas Sweet**
- Freshly ground black pepper, to taste**



Combine well-dried shredded lettuce and spinach in a salad spinner. Spin to allow any remaining water to drain off. Set aside until required.

In a small bowl, combine mayonnaise, olive oil, and garlic oil. Using a small wire whisk, combine thoroughly.

Add *finely* chopped onion and pepper. Stir to combine.

Turn greens into a small salad bowl. Serve onto salad plates. Accompany with prepared dressing.

Yields 4 servings
adequate for 2 people

Note: This recipe can be halved or doubled, when required.

1/4 SERVING – PROTEIN = 2.8 g.; FAT = 12.2 g.; CARBOHYDRATE = 7.3 g.;
CALORIES = 147; CALORIES FROM FAT = 75%

RED CABBAGE AND *BOK CHOY* SLAW

TPT - 2 hours and 15 minutes;
1 hour = vegetable wilting period;
1 hour = refrigeration period

The coleslaw with mayonnaise dressing and celery seed that was a standby in my family just got an update and a facelift after all these years. Cabbage and bok choy are members of the Brassica family with which I discussed in depth back in May 2016. Back in February 2016 we explored red foods and the bizarre Colonial aversion to these foods that we know today as superior sources of phytochemicals and anthocyanin. Suddenly my old family coleslaw is more beautiful and more healthful but just as delicious.

1/4 cup *calorie-reduced or light* mayonnaise
1/2 teaspoon *extra virgin* olive oil
1/4 teaspoon sugar
1/4 teaspoon celery *or* lovage seed



3 cups *thinly slivered* red cabbage—well-washed
and well-dried
1 cup *thinly slivered bok choy* leaves
1/2 teaspoon salt

1/4 cup *thinly slivered* Italian red onion

In a small dish, combine mayonnaise, olive oil, sugar, and celery or lovage seeds. Stir to combine. Set aside until required.

In a salad spinner, combine *thinly slivered* cabbage and *bok choy* leaves. Sprinkle salt over and toss. Allow vegetables to wilt at room temperature for about 1 hour. Toss occasionally to distribute the salt. Rinse the vegetables well in *cold* water and spin to *dry thoroughly*.

Add *thinly slivered* red onion.

Turn into a clean mixing bowl.

Add prepared mayonnaise dressing. Toss to coat vegetables evenly. Turn into a serving bowl. Refrigerate for about 1 hour.

Serve chilled.

Yields 4 servings
adequate for 2 people

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 2.4 g.; FAT = 11.8 g.; CARBOHYDRATE = 7.2 g.;
CALORIES = 130; CALORIES FROM FAT = 82%

SWEDISH BUFFET SLAW

Ra Fronsak Sallad

TPT - about 20 minutes

Here in the United States, shredded vegetables find their way into coleslaws and onto tacos or into a stir-fry. Occasionally shredded carrots arrive at the table as carrot salads or are added to tossed green salads as a garnish. As we have traveled, we have found that other cultures make much more use of shredded raw vegetables. This Swedish salad offers variety and the opportunity for diners to compose their own salad.



1/2 cup *finely* shredded raw green cabbage
1/2 cup *finely* shredded raw carrots
1/2 cup *finely* shredded raw beets
1/2 cup seeded and *finely* shredded raw cucumbers
—seeds removed
6 tablespoons *thinly* sliced radishes

2 medium, ripe plum tomatoes—peeled, seeded,
and *finely* slivered

Center leaves of a small head endive lettuce—leaves
separated, washed and thoroughly dried

Classic French dressing *or* celery seed dressing*

Using separate bowls filled with ice water, immerse shredded cabbage, carrots, beets, cucumbers, and sliced radishes *until very firm and crisp*. Drain each separately and thoroughly.

In a large, shallow salad bowl or on a platter, arrange each vegetable around the perimeter in a colorful heap separated from other vegetables. Place a couple of endive leaves between vegetable heaps to insure separation. Pour salad dressing into a small deep bowl and place this with its serving spoon in the center of the salad bowl or to the side, as preferred.**

Yields 4 servings
adequate for 2 people

Notes: *See *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*, vol. I, p. 436 for recipe.

**If salad is to be served at the dining table and passed, pass the salad dressing separately.

This recipe may be doubled or tripled, when required.

1/4 SERVING (with 1 1/2 teaspoonfuls French dressing per serving) –
PROTEIN = 0.9 g.; FAT = 4.6 g.; CARBOHYDRATE = 4.6 g.;
CALORIES = 62; CALORIES FROM FAT = 67%



TIBETAN GLASS NOODLE AND VEGETABLE SLAW

Tangtsel

TPT - 1 hour and 19 minutes;
1 hour = flavor development period

This slaw, which can also be found in my book, A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul, vol. II on page 341, is a simple salad with flavor that will amaze you. It is being repeated in this column because it is so very good and it dramatically demonstrates that ingredients other than cabbage can make a really spectacularly flavorful slaw. It compliments other dishes, prepares the palate for tastes to come, and yet excites the taste buds all by itself. This version has been downsized to serve two.

3/4 ounce dry glass noodles, bean threads, or cellophane noodles
3 cups boiling water

2 tablespoons freshly shelled or frozen peas

1/2 cup finely shredded green cabbage
1/4 cup finely shredded carrot
1 tablespoon thinly sliced scallion—green portion only—well-rinsed

1 1/2 teaspoons sesame oil
1 tablespoon rice wine vinegar
1/2 teaspoon tamari soy sauce
1/8 teaspoon sugar



In a saucepan or mixing bowl, soak rice noodles in *boiling* water for about 5 minutes. When pliable, cut with a scissors.

Add *frozen* green peas. Allow the noodles and the peas to sit in the hot water until “glassy”—about 10 minutes. Drain thoroughly. Turn into a serving bowl.

Add *finely* shredded green cabbage and carrot and *thinly* sliced scallion.

In a small bowl, combine sesame oil, rice wine vinegar, *tamari* soy sauce, and sugar. Stir to combine well. Pour over noodles and vegetables. Mix well. Refrigerate for at least 1 hour to allow for flavor development. Stir occasionally to insure uniform marination.

Serve cold or at room temperature, as preferred. Use a slotted spoon to serve.

Yields 3 servings
adequate for 2 people

1/3 SERVING – PROTEIN = 0.8 g.; FAT = 2.4 g.; CARBOHYDRATE = 10.3 g.;
CALORIES = 66; CALORIES FROM FAT = 32%



I would love to invite you into my herb beds; they are lush and beautiful this month.

Failing that,

we can explore the concept and reward of the herb garden together.

Please, do drop by,

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

Copyright © 2017