Fresh Cole Slaw

Description

This cole slaw will amaze you and it's deceptively simple and easy to make. Not a creamy or sweet cole slaw, definitely unlike any other you've ever tasted. Enjoy this light, low calory cole slaw bursting and brimming with flavor.

Ingredients

- 1 head green cabbage (about 1 pound)
- 2 tbsps red wine vinegar
- 1 tsp garlic, minced
- 1 tbsp kosher salt - for salt bath
- 1/3 cup extra virgin olive oil
- 1/2 tsp fresh ground black pepper
- 1/2 tsp kosher salt - for dressing

Instructions

Salt Water Bath
Soaking the green cabbage in a bath of salt water is the secret that makes this fabulous cole slaw different from any other you've tasted.

Remove and discard the tougher outer leaves from the green cabage. Cut away and discard the cabbage core. Slice the cabbage as thinly as you can. You should end up with about 6 cups.

Put the sliced cabbage into a large bowl. Add 1 tablespoon of kosher salt and cover with water. Let the cabbage stand in the salt water bath at room temperature for one hour.

Drain and dry the cabbage thoroughly in a salad spinner (or press between kitchen towels). Put the cabbage into a large bowl.

Dressing
In a small bowl, combine the red wine vinegar, garlic and pepper with 1/2 teaspoon of kosher salt and whisk. Add the olive oil slowly and continue to whisk. Keep whisking until thoroughly

Summary

Yield: 6
Source: Weber Charcoal Grilling - Dave Scully
Prep Time: 1 1/2 hours
Category: Salads
Cuisine: American

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blended and the dressing is opaque, about a minute or longer.

Lightly coat the cabbage with the dressing. You can prepare the cole slaw up to several hours before serving.