

Long Keeping Coleslaw (Heather)

1 large cabbage
8 stalks celery
4 carrots
2-3 peppers
2 onions
1 tbsp salt

Shred cabbage, sprinkle with salt and stand for 2 hours, then drain.
Chop onions finely, grate carrots and slice celery.
Remove seeds from peppers and dice into small pieces.

Boiled Dressing

Boil together 5 mins.

1 cup oil
1 tsp mustard seeds
2 cups spiced vinegar
1 cup sugar
1 tsp celery seeds

When cool mix into the prepared vegetables until coated.
Store in covered in the fridge.
This will keep for a week in the fridge.

Makes a large quantity for visitors or catering purposes.



Kumara Salad (Raewin)

About 6 servings:

3 Orange-Fleshed Kumara (750 grams)
¼ cup Sultanas
1 Firm Banana
2 Spring Onions, finely chopped
Roasted Peanuts or Cashews (optional)
¼ - ½ cup Coconut

Dressing

¼ cup Olive Oil
1 tsp Dijon or mild mustard
1-2 tsp grated Root Ginger
2 tsp Sugar
¼ cup lite Sour Cream or plain low fat Yoghurt (optional)
¼ cup White Wine Vinegar
½ tsp Salt



Shake first six dressing ingredients in a screw top jar. Add Sour Cream or Yoghurt for a creamy dressing.

Cook Kumara till tender and chop in bite sized pieces.

Pour boiling water over Sultanas to plump them up, and then drain well and mix through the Kumara. Add sliced Banana, coconut (if using) and Spring Onions.

Toss with half the dressing, adding more when serving, if desired. Sprinkle with chopped nuts.