

## RECIPES

### Coleslaw Ensalada de col

Did you ever notice how many Mexican restaurants garnish their plates with some shredded lettuce and a few bits of tomato, usually without any dressing? They do this because it adds, color, texture, and a complimentary flavor to their offerings at very little cost and effort. Not Tony's Jacal! Just north of Del Mar California, Tony's is the place that caused me to fall in love with Mexican food. There, they embellish their dishes with a delicious coleslaw, whose tart vinegar and oil base and colorful presentation is the perfect visual and flavor compliment to so many of their menu items—and just about anything else, particularly for the health and diet conscious.

The following recipe is close to the original that played such a large part in attracting me to Mexican cooking (with the addition of some red onion). You can significantly change the results by using different vinegars, changing the proportions, and adding additional ingredients, such as mustard, but do try this one first. You can use all green or all purple cabbage, but for the visual contrast I prefer the proportions in the recipe. Do not be concerned with the amount of salt. It is used to "cure" the slaw and then much of it is poured off with the excess dressing. For convenience, I usually use a shredded coleslaw mix; just add the dressing and whatever other items you want. The dressing amount works for 1 – 1 ½ pounds shredded veggies.

#### Ingredients

2 tablespoons plus 2 teaspoons cider vinegar

2 teaspoons salt

½ teaspoon finely ground black pepper

1/3 cup canola, corn or peanut oil

12 ounces very finely sliced or shredded green cabbage

6 ounces very finely sliced or shredded purple cabbage

4 ounces shredded carrots

½ cup very thinly sliced and chopped red onion

#### Directions

1) Make the dressing. Whisk together or shake in a small plastic container the vinegar, salt, pepper, and oil.

2) Make the salad. Mix the salad ingredients together and toss them with the dressing. Leave the slaw at room temperature for 3 to 4 hours, stirring it about every half hour. By the end of that time, the cabbage will have softened and the flavors melded. Using a large strainer, pour off the excess liquid and refrigerate the slaw until ready to serve, pouring off any additional excess liquid from time to time. The slaw keeps, refrigerated, for about a week. Makes 6 servings.

