

Asian Slaw

*From the Kitchen of
Well Life with Miriam*

Serves 8

Ingredients:

- 1 medium head green cabbage
- 1 medium head red cabbage
- 3 tablespoons sea salt
- 3 large carrots
- 1/4 cup minced scallions
- 1 tablespoon toasted sesame seeds
- Add cilantro

- Dressing:
- 2/3 cup unseasoned rice vinegar
- 1/4 cup light brown sugar
- 1 1/2 tablespoons dark-roasted sesame oil

Directions:

Discard the outer leaves of cabbages. Cut heads in quarters; remove and discard cores. Slice cabbage thinly or shred in a food processor. Layer the cabbage in a large bowl with the sea salt. Toss to distribute salt evenly and let cabbage sit for 1 hour to soften.

Peel the carrots and grate them into thin shreds. Drain off any liquid produced by the cabbage and rinse the cabbage well in several changes of cold water to remove excess salt. Taste the cabbage; if it is still too salty, rinse it again.

Add carrots to the cabbage and mix well.

Whisk the rice vinegar, brown sugar and sesame oil together in a small bowl.

Pour the dressing over the cabbage and mix well. Let chill. Garnish with minced scallions and toasted sesame seeds before serving.

