



When food means something special . . .

Mixed Root Vegetable Slaw

As we pick up the pace of Summer dining, you know, with grillin' & chillin', alfresco meals, lighter menus, and salads-salads-salads, I'm sharing a recipe for a slaw you will want to add to your seasonal menus.

It is a colorful combination of several root vegetables and a mix of fresh herbs, all of which can be found in abundance at your favorite farm stands or your local market.

When it is served, this slaw is lightly dressed with a vibrant Dijon vinaigrette, for which a recipe follows.

It pairs well with most anything prepared on the grill or pan fried on the stovetop.

It can be a tasty side vegetable with, for example, grilled monkfish, pan-fried soft shell crabs, grilled skewered shrimp, pan-seared bluefin tuna or scallops, grilled baby back ribs, or wings.

And, should there be any leftovers, this slaw, along with a few additional ingredients, can be repurposed as a delicious frittata . . . but that discussion is for another day.

So let's get started. Here is how to put it together . . . hold the cabbage, hold the mayo!

Root Vegetable Slaw

Ingredients (serves 6 to 8)

Slaw

A combination of red - watermelon - purple radish (1 or 2 each depending on size or what is available)

1 large carrot

1 or 2 medium harkurei turnips

1 small fennel bulb

1 or 2 small kohlrabi

1 medium shallot

2 scallions

Parsley - Mint - Basil - Lemon Balm (use all four or any combination of what you have on hand)



Get to the root of the matter!



Roots ready for shredding

Dijon Vinaigrette • A Variation

Ingredients

- 1 egg yolk
- 1-1/2 tablespoons Dijon mustard (either smooth or whole grain)
- 3 tablespoons white wine or white balsamic vinegar
- 1 tablespoon red wine vinegar
- 2 teaspoons honey (many options)
- 1 teaspoon celery seeds (lightly crushed with the back of a spoon)
- Salt and pepper
- 1 cup of olive oil

Method

Salad

Wash and prep all vegetables by cutting off roots and stems, trimming away any blemishes/bruises, but do not completely peel.

Peel and slice the shallot into very thin rounds, set aside.

Trim any faded top leaves from the scallions along with the white root fibers from the bulb end. Thinly slice the scallions on the bias and set aside.

Prepare the root vegetables for the slaw as follows: cut them into smaller, manageable pieces. Using a spiral cutter fitted with a round cutting blade with medium holes, place the cut vegetables, a few pieces at a time, in the tray and turn the hand crank until all the vegetables are shredded.

Alternately, some food processors are equipped with a shredding blade which could be used to yield the same results.

If either of those two options are not available a third option would be to thinly slice the vegetables using a mandolin and then stack those slices and trim them into small , thin batons.

Once all the vegetables are shredded, working in several batches, wrap them in kitchen towel and squeeze as much liquid from each batch as possible. Place them in a large stainless or glass bowl.

Finally mince all the herbs and set them aside as you are now prepared to assemble the slaw.

Fold all the shredded root vegetables together forming a colorful mix. Scatter the prepared shallots, scallions, and finely minced herbs over and around the shredded vegetables and fold the slaw over again to distribute the alliums and herbs throughout. Cover the work bowl with clear film and refrigerate to cool and allow the flavors to meld together.



Shredded slaw

Prepare the vinaigrette.

Place all the ingredients except the olive oil in a stainless or glass work bowl.

Lightly sprinkle with salt and pepper.

Whisk the ingredients until thoroughly combined.

Slowly drizzle the olive oil into the bowl, whisking as you pour until a smooth emulsion is formed. Check to determine if the seasoning is to your taste and adjust as needed.

Using a rubber spatula, turn out the vinaigrette into a jar with an airtight lid and refrigerate until you are ready to serve the slaw.

To serve, first shake the vinaigrette jar making certain the dressing hasn't separated while resting in the refrigerator. Add several generous tablespoons of the vinaigrette to the slaw and fold it into the mix, evenly distributing and coating the shredded vegetables.



Slaw ready for the table

Serve the slaw at the table either in a single family-style bowl, or placing individual portions on each diner's plate.



Slaw on the side

For those who want more vinaigrette (you know who you are) place the extra vinaigrette in a small bowl with a spoon to be passed around the table.

This slaw recipe provides you with an alternative to the cabbage-heavy, mayonnaise-laden coleslaws so often served at Summer meals. And, with the Dijon vinaigrette variation presented here I have found it to be quite good on leafy green salads or cold green string bean salads . . . but I'll leave that for you to explore.

I'm recommending this slaw find its way into one or more of your Summer seasonal menus.

Do give it a try.

Best . . .



Eat well • Drink well • Be well

Herbs: The finer the mince the more concentrated the flavor.