

## Studio 5

Friday, July 27, 2007

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### “Cole Slaw”

Becky Low

Dairy Farmers of Utah



#### **Ingredients:**

- 1/2 cup salad dressing or mayonnaise
- 1 tablespoon sugar
- 1/4 teaspoon salt, or to taste
- 1/2 teaspoon celery, mustard, or dill seed, optional
- 3-4 tablespoon milk or cream
- 1/2 small head cabbage, shredded
- 1/2 carrot, shredded

#### **Method:**

Combine salad dressing, sugar, salt and optional seed; stir until smooth and sugar is dissolved. Thin dressing to desired consistency by adding milk; stir until smooth. Adjust seasoning to taste.

Shred cabbage and carrot. Add dressing and stir to coat. Refrigerate 1-2 hours or until chilled.

### “Cucumber and Onion Salad”

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#### **Ingredients:**

- 1/2 small to medium onion
- 3-4 medium cucumbers
- 3/4 cup cold water
- 1/4 tablespoon vinegar
- 2-3 tablespoons sugar
- 1/2 -1 teaspoon salt
- 1/8 teaspoon black pepper

#### **Method:**

Peel and slice onion into rings, separate rings and place in medium bowl. Peel and slice cucumbers, add to onion rings.

Combine water, vinegar, sugar, salt and pepper. Pour over cucumbers and onions. Adjust seasonings to taste. Refrigerate 1-2 hours. Serve chilled

#### **Notes:**

Both recipes are classic summer salads. Most cooks will “dump and dash” ingredients to suite their taste preferences and vegetables available. Both will serve approximately 6-7.