



*Seasonal, Healthy, and Tasty for  
Chimacum Corner Farmstand*

## March 2015: Super Slaws!

### *Kohlrabi & Cabbage Slaw with Tahini-Lemon Dressing*

- 1 medium sized kohlrabi, stems and greens removed
- 1/2 a head of green cabbage
- 1 large bunch of parsley, roughly chopped
- 1 cup raisins
- 1 small ripe avocado, diced
- 1/4 teaspoon crushed red pepper flakes
- Salt and pepper to taste
- For the Tahini-Lemon Dressing:
  - 1/4 cup tahini
  - 2-3 Tablespoons fresh lemon juice
  - 1 teaspoon lemon zest
  - 2 teaspoons honey
  - 1 clove of garlic, minced
  - a small handful of very finely minced parsley
  - 3 Tablespoons water + more to thin if necessary
  - Pinch of crushed red pepper flakes
  - Salt and pepper to taste

Prepare the dressing by combining all the ingredients and blending with an immersion blender or regular blender until smooth. If the dressing is too thick add a splash of water. If the dressing is too thin add a little more tahini. Taste test and adjust seasonings as necessary.

With a mandoline or a sharp knife slice the kohlrabi into thin rounds. Then stack the rounds and slice into thin matchsticks. Cut the cabbage into 1/4-inch-thick strips

Place the kohlrabi and cabbage in a large salad bowl. Add parsley, raisins, avocado, crushed red pepper flakes, salt and pepper. Drizzle in the dressing.

*Makes 4 Servings*

### *Kohlrabi, Apple, and Walnut Slaw*

- 1 medium kohlrabi, peeled and julienned
- 1 carrot, julienned
- 1 large red apple, julienned
- 1/2 cup walnuts, chopped
- 4 large scallions, chopped
- 2 tablespoons apple cider vinegar
- 1/4 cup vegetable or walnut oil
- 3 teaspoons maple syrup
- salt and pepper to taste

In a large bowl, mix together julienned kohlrabi, carrot and red apple pieces. Add walnuts and scallions.

In a small bowl, whisk together apple cider vinegar, walnut oil, and maple syrup.

Combine dressing with vegetables and toss. Season with salt and pepper to taste.

*Makes 2 – 3 Servings*

### *Warm Cabbage Slaw with Pecans*

- 1 garlic clove, finely chopped
- 1 Tablespoon sherry vinegar or red wine vinegar
- 3 Tablespoons olive oil
- 1 red onion, quartered and thinly sliced
- 1 small red or green cabbage (about 1-1/4 pounds), quartered and thinly sliced
- Salt and freshly ground pepper
- 3 ounces crumbled goat cheese or mild feta
- 1 red apple, quartered and thinly sliced
- 1/4 cup pitted and chopped black or Kalamata olives
- 1 Tablespoon each chopped parsley and marjoram
- 1/2 cup toasted chopped pecans or walnuts

Heat the garlic, vinegar and oil in a wide skillet. Add the onions and cook for 30 seconds.

Add the cabbage, season with salt and cook over high heat, tossing constantly with tongs. When the leaves begin to soften, remove from heat. Add the remaining ingredients and toss just enough to combine them. Season with pepper and serve warm.

*Makes 4 to 6 Servings*



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### *Asian Peanut Slaw*

- 1 (3-inch) piece ginger, grated fine
- 1/2 cup rice vinegar
- 1 tablespoon soy sauce
- Juice of 1 lime
- 1 Tablespoon honey
- 2 tablespoons dark sesame oil
- 1/2 cup peanut butter
- 1 head cabbage, sliced thin (you can use green, red or Napa, or a combination)
- 1 red bell pepper, julienne fine
- 1 yellow bell pepper, julienne fine
- 2 serrano or jalapeno chiles, minced fine (more or less to taste)
- 1 large carrot, grated fine
- 3 green onions, cut on the bias, all of white part and half of the green
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped mint
- 1/2 teaspoon ground black

#### *For the dressing:*

Combine the ginger, vinegar, soy sauce, lime juice, honey, sesame oil and peanut butter in a small bowl. Whisk until well combined and smooth.

Combine the remaining ingredients in a large bowl. Toss with the dressing.

*4 to 6 Servings*

### *Carrot and Beet Slaw with Pistachios and Raisins*

- 2 garlic cloves, crushed
- 3/4 cup golden raisins
- 1/4 cup white wine vinegar
- 6 medium carrots (about 1 lb.), peeled, julienned
- 2 medium beets (any color; about 1 lb.), peeled, julienned
- 1/2 cup (packed) fresh flat-leaf parsley leaves
- 1/4 cup (packed) fresh mint leaves
- 3 Tbsp. fresh lemon juice
- 1/2 tsp. crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 1/2 cup extra-virgin olive oil
- 3/4 cup unsalted, shelled raw pistachios
- A few drops Asian fish sauce

Preheat oven to 350°. Spread out pistachios on a small rimmed baking sheet; toast, stirring occasionally until golden brown, 6–8 minutes. Let cool; coarsely chop.

Combine garlic, raisins, and vinegar in a large bowl; let sit 1 hour.

Remove garlic from raisin mixture and discard. Add carrots, beets, pistachios, parsley, mint, lemon juice, fish sauce and red pepper flakes; season with salt and pepper and toss to combine. Add oil; toss gently.

*Makes 6 Servings*