

Asian Style Cabbage Salad

Makes approx. 24 tastes in the classroom.

Equipment:

Chopping board
Sharp knives - large and small
Bowls - 1 small, 1 large
Disposable gloves
Lemon juicer
Measuring spoons
Measuring cups
Peeler
Food processor with shredding disc
Tea towel
Large metal spoon
Microplane grater

Ingredients:

Salad

2 carrots
1 daikon (Chinese radish)
1 green cabbage
2 red onions
½ bunch mint (leaves picked)
1 bunch coriander
2 spring onions

Dressing

4 cloves garlic
2cm fresh ginger (grated)
1-2 long red chillies
½ cup lime juice
2 tbsp. rice vinegar
2 tbsp. fish sauce (if using)
½ cup vegetable oil
4 tbsp. brown sugar

What to do:

- Set out chopping boards and knives.
- Make the dressing first. Peel and finely chop the garlic, and place in the large bowl.
- Using disposable gloves, remove the seeds from the chilli and chop finely. Add to the garlic.
- Juice the lime and then add the lime juice, rice vinegar, fish sauce, oil and sugar to the garlic and chilli. Stir well to combine and set aside.
- Make the cabbage salad. Peel the carrot and daikon, and then use the food processor to shred them. Add the shredded vegetables to the dressing bowl.
- Cut away the stalk from the cabbage and remove the outer leaves. Cut the cabbage into 2 or 3 smaller pieces and then shred them finely. Add cabbage to the dressing bowl.
- Peel the red onion, cut in half and then cut it into fine slices. Add to the dressing bowl also.
- Trim the spring onions and slice finely on the diagonal. Set aside in a small bowl for garnish.
- Rinse coriander and mint, and pat the herbs dry. Set aside some leaves from each herb in the bowl with the spring onions, then roughly chop the rest and add to the large dressing/salad bowl.
- Use a large spoon to mix all the ingredients together, and then spoon into serving bowls and top with the reserved coriander, mint and spring onion.