

Curried Cabbage Salad

This is delicious and great for picnics/potlucks

Serves 6-8

Ingredients:

1 red onion, very thinly sliced

filtered water

1/4 cup/55 g Homemade Curried Mayonnaise

(recipe below)

2 tbsp almond butter

2 tbsp dried apricots

2 tbsp cilantro, chopped

2 tsp fresh ginger, minced

1 head cabbage, shredded

2 medium carrots, shredded

1/4 cup slivered almonds

Cooking Instructions:

Cover red onions with filtered water and let sit for 10 min. to take out the bite. Drain. In a large bowl combine the mayo, almond butter, dried apricots, cilantro and ginger. Whisk until smooth. add the cabbage, carrots and onion to the dressing and toss well to mix. Chill until needed. Garnish with slivered almonds.

HOMEMADE CURRIED MAYONNAISE

makes about 1 cup

Ingredients:

1 egg yolk, room temperature

1 tsp stone-ground mustard

1 tbsp fresh lemon juice

1/4 tsp sea salt

1/4 tsp pepper

1 cup mild-tasting extra-virgin
olive oil (I used avocado oil)

1 tsp mild curry powder

COOKING INSTRUCTIONS:

Place the egg yolk, mustard, lemon juice, salt and pepper in the bowl of a food processor fitted with the blade. While it's running, add the olive oil to the insert. The insert should have a tiny hole in it that will allow the oil to slowly drip into the food processor. Leave the food processor running until all of the oil has dripped through. This emulsification process is key when making mayonnaise. Add the curry powder and give the food processor a quick whirl. Adjust salt and pepper to taste.

