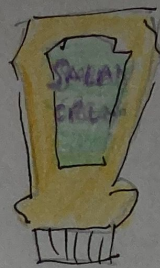


Coleslaw

- You will need** :
- half a white cabbage.
 - 2 or 3 carrots.
 - 1 Apple.
 - Some salad cream or Mayonnaise.
 - pepper and herbs.



To make



- cut the cabbage thinly into shreds.
- grate the carrot.
- cut apple into small slices.
- Mix six parts cabbage to one part carrot.
- Add the apple.
- Mix with enough salad cream to coat.
- Season with pepper, and herbs to taste.

- You can add one part grated beetroot.
- You can also add one part onion, and a few currants or sultanas.
- Coleslaw, the word comes from the dutch word for cabbage salad!
- It is called "slaw" in America.

