

Tangy Apple Cole Slaw – Comfort du Jour

I've taken my go-to "KFC-style" slaw in a slightly different direction with this recipe, adding shredded Granny Smith apple for a little extra tartness. For the creamy-style dressing, I've swapped in a specialty white balsamic vinegar that echoes the flavors of the Granny Smith apple. The result is a tangier offering than usual, perfect as a side for anything rich or meaty that you might be pulling off the grill through the last days of summer.

INGREDIENTS

About 6 cups finely shredded green cabbage
1 cup carrots, finely shredded or cut into thin matchstick pieces
1 large Granny Smith apple, peeled (or not), cored and shredded
Juice of 1/2 small lemon (to prevent apple browning)
1/2 medium sweet onion, shredded and squeezed dry of juice* (see notes)
1/3 cup mayonnaise (I used canola mayo)
3 Tbsp. whole milk
3 Tbsp. buttermilk*
3 Tbsp. green apple white balsamic vinegar*
1 tsp. kosher salt
1/2 tsp. white pepper
1/2 tsp. celery seed

*NOTES

It is important that you press out as much of the onion juice as possible; otherwise the dressing will break down and become watery. I shredded the onion in my food processor and then pressed it through a mesh strainer. When assembling the salad, add the onion to the dressing rather than the cabbage.

Real cultured buttermilk works best, but you could have similar results with the same amount of plain, low-fat yogurt or Greek yogurt.

The green apple white balsamic vinegar is a specialty item. Check with a balsamic and olive oil shop in your area to see if it carries "Gravenstein apple" white balsamic. Otherwise, use 2 Tbsp. apple cider vinegar and 2 Tbsp. sugar to mimic the balanced sweetness of the balsamic.

INSTRUCTIONS

Combine the shredded cabbage and carrots in a large bowl. Add the shredded apple to the bowl, immediately squeeze the fresh lemon juice over the apple and then toss the apple to distribute the lemon juice. This will help prevent the apple from browning while you mix the dressing.

In a large glass measuring cup, whisk together mayonnaise, buttermilk and milk until the mixture is smooth. Add vinegar, salt, pepper and celery seed, and stir to blend. Add the shredded onion and stir until evenly distributed.

Adjust the dressing to your taste; if you find it too tart, add a teaspoon of sugar at a time until it is to your liking.

Pour the dressing over the cole slaw mix and toss to combine. Refrigerate at least an hour for best flavor, but this salad will also keep in the fridge for several days.