

Mascha's Cabbage Salad

Recipe By Renee Muller



Cooking and Prep:  05
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Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Gluten Free,

Pescetarian

Source: ArtScroll

I have a sister-in-law who somehow always manages to come up with a new salad. Whenever we plan who's bringing what to family gatherings and such, it is always understood that Mascha will take care of the salad. Or, knowing her, the salads.

This is one of my favorites, particularly because of how well it works with the Shabbos menu. Crunchy, colorful, with a perfectly balanced dressing.

Ingredients (12)

Dressing

- 1/2 cup oil
- 1/4 cup distilled vinegar
- 2 teaspoons mustard
- 1 heaping tablespoon **Gefen Honey**

1 tablespoon sugar

1 teaspoon salt

Salad

4 cups romaine lettuce, chopped small

2 cups purple cabbage, shredded

2 cups green cabbage, shredded

2 cups broccoli florets, chopped into small pieces

1/2 cup honey-glazed pecans, coarsely chopped

5 scallions, thinly sliced

Start Cooking

Prepare the Dressing

1. Combine all dressing ingredients in a jar or cruet. Shake well until combined.

Tip:

To render this salad more dietetic, try substituting water for half the oil. It works.

Prepare the Salad

1. In a large bowl, toss together the lettuce, cabbage, broccoli, pecans and scallions.
2. Pour on prepared dressing just before serving.

Note:

While vacationing in Switzerland one summer I discovered something quite interesting. Missing the convenience of pre-shredded cabbage, I was forced to use the real thing. Well guess what, “the real thing” (aka the whole cabbage head, which had to be cleaned and chopped by hand) is sooooo much better! What a difference! Tastier, crunchier... it goes without saying that this is how I prepare this salad, ever since.

Acknowledgment

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