

Cabbage-Mushroom Salad with Piquant Dressing

Recipe By *Temí Philip*



Cooking and Prep:  10
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Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Vegan,
Gluten Free

Source: Family Table by
Mishpacha Magazine

This salad is something different and classy — and easy enough for weekdays but nice enough for Shabbos. Serve it alongside your favorite grilled chicken or fish.

Ingredients (16)

Salad

- 1–2 small boxes fresh mushrooms
- 1 bag cut-up white cabbage
- handful cherry tomatoes, halved
- Bartenura Olive Oil**, for sautéing

salt and pepper to taste

Dressing

1/2 cup Heaven & Earth Ketchup

1/2 teaspoon dry mustard

1/2 cup distilled vinegar

1/3 cup sugar

2 cloves garlic, crushed or 2 cubes Gefen Frozen Garlic

1/2 teaspoon paprika

1/2 tablespoon salt

2 tablespoons oil

4 tablespoons water

Topping

croutons

crushed roasted almonds or pecans

Start Cooking

Make the Salad

1. Slice mushrooms by hand, not too thinly, and sauté in a little olive oil. Season with salt and pepper. This can be done one day in advance, and mushrooms should be refrigerated until use.
2. Mix all dressing ingredients together in a container and shake well (this can be made a few days in advance).
3. To assemble: Place cabbage and tomatoes in a large bowl. Arrange sautéed mushrooms on top. Pour dressing over salad or serve on the side. Top with croutons or nuts.

Note:

The original recipe called for 3/4 cup oil (!!!) and 1/2 cup sugar. The dressing is so flavorful, I felt it was completely unnecessary to drown the salad in so much fat and make it overly sweet. Trust me — it works perfectly as stated above. Also, if you like it a little less piquant, put in six tablespoons vinegar.

Tip:

This salad works beautifully with lettuce as well (and in a pinch, purple cabbage). For a more robust flavor, use part fresh mushrooms and part portobello mushrooms (see photo).