

# Pineapple Slaw

Recipe By *Brynie Greisman*



Cooking and Prep:  2  
h 15 m

Serves:  8

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Low Fat,  
Low Carb

**Source:** Family Table by  
Mishpacha Magazine

The special dressing, combined with the pineapple and cabbages, makes this coleslaw unique. Make the dressing in advance and refrigerate it separately. Then you can assemble the salad 1-2-3 without wasting time.

## Ingredients (8)

### Main ingredients

- 3/4 cup mayonnaise
- 1-2 tablespoons **Gefen Soy Milk**
- 1 tablespoon ketchup, or to taste
- 1 teaspoon **Gefen Worcestershire Sauce**, or to taste

- 1 teaspoon sugar
  - 1 teaspoon poppy seeds (*optional*)
  - 1 bag (400 grams or 4 cups) coleslaw mix
  - 1/2 cup crushed pineapple, preferably fresh or [Gefen Crushed Pineapple](#)
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## Start Cooking

### Prepare Salad

1. In a small bowl, combine the mayo, soy milk, ketchup, Worcestershire sauce, sugar, and poppy seeds, if desired.
2. Adjust the dressing to taste, if necessary.
3. Place the coleslaw mix and purple cabbage in a large bowl. Add the pineapple (you can also cut it in small pieces instead of crushing) and mix well. Add the dressing and toss to coat.
4. Cover and refrigerate for about two hours before serving.

#### Note:

Most Worcestershire sauce (pronounced Wooster-shire) contains fish ingredients and therefore many *poskim* hold that it should not be used together with meat. What can you use as a substitute if you can't find a brand without fish? Truthfully, nothing lends the same complexity and depth as Worcestershire sauce, since it contains so many sweet and savory ingredients. Soy sauce has a similar fermented base but is saltier. Your best options are 1) 1 tsp bottled steak sauce, or 2) 1 tsp soy sauce with a bit of red wine or red wine vinegar, or 3) a combo of red wine vinegar, minced garlic, minced ginger, molasses, red wine, and a pinch of salt. Remember that you want something with a little kick to it.

#### Tip:

For a beautiful presentation, serve the salad inside half of a fresh pineapple (see photo). It's a feast for the eyes as well as the palate!

## Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz