

Kitchen Garden at Collingwood College

Name of Recipe: Our Coleslaw-Cabbages, Carrots, Apples,
Spring Onion, Mint & herb mayonnaise

Volunteer Notes: We will be using the grater attachment on the food processor for the carrots. Discuss safety.

What to collect	What to do
Food processor-grater attachment Large mixing bowls Spoons & tongs Lettuce spinner	Divide students-each person is to prepare a vegetable and grate it in the Food processor. All will then go onto preparing the herbs. All will make the dressing together.
Lots of Parsley, chives washed & chopped Mint & Dill picked/washed-DON'T chop. 3-4x spring onion-washed, sliced finely	Once the herbs are washed> <ul style="list-style-type: none">• Chop the parsley• Pick the mint & dill> keep whole• Finely snip the chives with scissors
Peelers 4 x Peeled Carrots-grated 1/3 Purple cabbage, finely shredded 1/2 Cabbage, finely shredded 4 x Apples, peeled & cut into matchsticks Large bowl Acidulated cold water	Wash all the vegetables. Grating the carrots in the food processor-check the attachment is in correctly. Use the safety plastic plunger to push the vegetables down the funnel. Finely slice the cabbages, add to the bowl. Slice the apples into fine matchsticks-place into cold water to stop them going brown.
Dressing; 80 ml vegetable oil 80 ml orange juice & zest Ground pepper salt flakes Bowl Whisk	Whisk ingredients together. Taste and check seasoning. Drain the apples & gently mix all the ingredients together with the dressing. Taste.
Edible flowers/mint sprigs Individual bowls	Divide the dish into bowls/platter. Garnish & serve with tongs.