

COLESLAW

INGREDIENTS

1 piece of white cabbage
2 carrots
1 eating apple
1 small onion or 2 spring onions
a few sultanas (optional)
salad cream or mayonnaise

UTENSILS

1 mixing bowl
1 chopping board
1 grater
1 vegetable knife
1 corer
1 cooks knife
1 fork
some newspaper



METHOD

1. Get out all equipment and utensils.
2. Using the cooks knife shred the cabbage onto the chopping board, place in the mixing bowl.
3. Cut the ends off the carrots then peel or scrape into the newspaper. Grate into the mixing bowl.
4. Wash the apple then core it. Cut in half then in quarters, slice thinly or grate. Add to the bowl.
5. Onion- cut the top, cut in half through the root, (TRAIN and TUNNEL) flat side on the board ,put the fork in the root, cut up to the root, then across. Add to the bowl.
Spring onion- cut off the roots remove the outer layer and slice in small pieces.
6. Mix the salad cream or mayonnaise into the mixing bowl.
7. Decorate with sultanas if you wish.