

Coleslaw

Ingredients

2 carrots
 $\frac{1}{2}$ white/red cabbage
 1 apple (optional)

For the mayonnaise:

2 eggs
 Splash white wine vinegar
 1 tsp mustard
 200ml oil
 Salt and pepper to season



Aim Higher

Try adding some grated apple or using red cabbage instead of white

Equipment

All equipment is provided by school

Don't forget to bring a container and lid from home

Method:

1. Start by making the mayonnaise. Separate the eggs and add the yolks to a jug.
2. Add a splash of vinegar and the mustard.
3. Pour over the oil.
4. Put the stick blender to the bottom of the jug and turn on without moving for 10 seconds.
5. Slowly move the stick blender up the jug until all the ingredients have been emulsified.
6. Add salt and pepper and season to taste.
7. Peel the carrots, remove the stalky centre of the cabbage and core the apples.
8. Add the vegetables to the food processor with the grating attachment in place.
9. Mix the grated vegetables with the mayonnaise.