Apple and Celery Slaw

From our garden: cabbage, fennel tops, flat leaf parsley, lemons

NOTES TO STUDENTS and VOLUNTEER:

1. Work individually to make this recipe.
2. Prepare the recipe as outlined in the method (so the apple does not go brown).

Equipment
- chopping board
- measuring spoons
- measuring cup
- small mixing bowl
- whisk
- large knife
- spatula
- salad servers
- serving bowl
- juicer

Ingredients

Salad
- ½ green apple
- ⅓ stick of celery
- 2 cups finely sliced cabbage
- 3 sprigs of parsley
- 2 tablespoons of sultanas

Dressing
- 2 tablespoon sour cream
- 1 tablespoon olive oil
- ½ teaspoon Dijon mustard
- 1 teaspoon of white wine vinegar
- 1 teaspoon lemon juice
- salt and pepper

Garnish with finely chopped fennel tops

What to do

- Make the dressing by combining the sour cream, olive oil, mustard, vinegar, salt and pepper in a small bowl and mix well with a whisk. Taste and add more lemon juice if required.
- Wash and dry the apple, celery and parsley.
- Slice the celery diagonally into very fine pieces.
- Finely slice the cabbage until you have 2 cups.
- Quarter and core the apple.
- Slice each apple quarter as thinly as possible.
- Place the apple, celery and cabbage in a serving bowl and sprinkle with the sultanas. Gently mix to combine.
- Pour the dressing over the salad and gently toss to combine.
- Garnish with fennel tops and serve with salad servers.