

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Cabbage and Cucumber Slaw

As Seen in "660 Curries" by Raghavan Iyer

Salads are always welcome at the Indian dinner table. Here's a refreshing slaw, great for when the weather's hot out...

*1 large English cucumber
1 small head cabbage, thinly shredded
½ cup shredded fresh coconut
¼ cup finely chopped cilantro leaves
1 Tbsp sugar
1 tsp kosher salt*

*½ cup raw peanuts (no skins)
2 Tbsp canola or vegetable oil
1 tsp mustard seeds (black, yellow)
¼ tsp ground asafetida
juice of 1 large lime*

Trim, peel and halve the cucumber. Scoop out the seeds, then slice thinly across. Combine cucumber, cabbage, coconut, cilantro, sugar and salt in a large bowl. Toss to combine and coat.

Heat a small skillet over medium-high heat. Toss in peanuts and dry-roast, stirring occasionally, until they turn golden-brown in spots, about 3-4 minutes. Transfer to a mortar and pound them with the pestle until they have the consistency of coarse breadcrumbs. Add nuts to cabbage mix.

Heat oil in same skillet; add mustard seeds, cover and cook until popping stops, about 30 seconds. Remove from heat and sprinkle asafetida in and stir. Add to slaw. Add lime juice to slaw and stir well. Serve at room temperature or chilled.

Yield: Eight servings

Preparation time: 15 minutes

Cooking time: 10 minutes

