Modern Slaw

NIBBLEDISH CONTRIBUTOR

Ingredients

2 tbsp Mayonnaise

1 tbsp Yoghurt

1 tbsp Lemon Juice (freshly squeezed)

2 tsp Honey

1 tsp Harissa

¼ tsp Cumin

¼ tsp Turmeric

Black Pepper

Salt

Mizuna

Carrot

Corn

Red Onion

Instructions

Summer is coming so I put this together as a really light and simple coleslaw for hot days. This uses a dressing which has a nice balance of flavours without being overpowering, allowing the freshness and the individual flavours of the ingredients to shine through.

For the dressing, combine the ingredients as listed and mix well. Set this aside in the refrigerator for at least half an hour to let the flavours and colours come together and develop. The yellow from the turmeric will grow over time and after a while the dressing should take a soft yellow colour. The yoghurt here does a great job of mellowing the flavours, while giving the mayonnaise a little additional acidity. The lemon juice adds loosens everything up a bit, and the harissa is they key ingredient which gives the dressing the warm flavour base notes that make this dressing so delicious.

While the dressing is standing in the fridge, finely slice about a quarter of a small red onion and soak in a bowl of cold water. You don't need the sharpness of the onion in this dish so soaking the raw onion will remove a lot of that and leave you with something a lot sweeter. Also finely julienne about two-thirds of a medium carrot and soak that it a little more cold water in the fridge. This will plump up the carrot and get rid of the dryness that you can sometimes notice in finely cut carrot. After the carrot and onion have soaked for half an hour or so, you're ready to assemble the coleslaw.

Chop about 3 bunches of mizuna into thirds. Mizuna is a Japanese leafy green that is actually part of the cabbage family, although it more closely resembles baby salad green. The flavour is delicate and herbaceous and it works really well in this dish. Take an ear of fresh corn on the cob and run a knife down the sides to remove the raw kernels. If you've never had fresh, raw corn before this is something you have to try – it is impossibly sweet (if you have good produce) and the texture is explosively refreshing.

In a large bowl mix all the salad ingredients in the proportions you like and add enough dressing to coat it all. Toss this all together and return everything to the fridge for about

another 15 minutes so that everything has a chance to come together. Then you're ready to go.

This is great served as part of a barbeque, but it's so simple to make I often have it as a main meal for dinner partnering a simple grilled pork chop or roasted chicken.