



GROUP RECIPE PRO - USAF - 2

California Vegetable Slaw

Categories: Pure Food Bar, Salad, Side

Yield: 100 serving Prep Time: 45 minutes Portion Size: 1/2 cup

Step 1

1 pt • Soy sauce
2 tbsp • Granulated Garlic
1 cup • Red onion • small diced
4 tbsp • Dry Mustard
1 qt • Cider vinegar
1 qt • Water
1/3 cup • Seeds - sesame seeds
3 qt • Canola oil

For the vinaigrette: Combine all ingredients except oil.

Heat a cup of oil with sesame seeds and let toast golden brown. Let cool and add to the remaining oil.

Slowly whisk in oil into mixture. Store in 8 qt Cambro, and reserve in salad refrigerator until needed.

Step 2

6 lb • Cabbage • shredded
1 lb • Carrots • shredded
2 lb • Peas - frozen • Cooked & cut on bias
1 lb • Radish - red or white • sliced very thin
1 cup • Scallions • fine sliced

Toss cabbage, carrots, snow peas and radishes with vinaigrette as needed. Serve in Pure Food Bar. Quantities can be adjusted based on volume.

- * Peas can be added in frozen as needed
- * Cabbage can be shredded in advance
- * Carrots used from Pure Food bar inventory
- * Radish are stored in water
- * Scallions are cut as needed

Nutritional Analysis

Calories	261		
Protein	1g	4	2%
Carbs	4g	16	6%
Fat	27g	243	93%
Cholesterol			
Sodium	384mg		

Information is on a per portion basis.