

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- ¼ red or white cabbage, shredded
- ¼ red onion, finely sliced
- 1 carrot, grated
- 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1 tsp white wine vinegar
- ½ tbsp wholegrain mustard (optional)
- pinch of salt
- freshly ground black pepper, to taste

Equipment

- Large mixing bowl
- Fork
- Paring Knife
- Tablespoon, teaspoon
- Brown chopping board
- Colander
- plate
- Scrap bowl
- Grater
- Measuring jug



Coleslaw



Ingredients

- ¼ red or white cabbage, shredded
- ¼ red onion, finely sliced
- 1 carrot, grated
- 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1 tsp white wine vinegar
- ½ tsp wholegrain mustard (optional)
- pinch of salt
- freshly ground black pepper, to taste

Method

1. Prepare vegetables – wash, slice cabbage and onion, peel and grate carrot
2. Put the cabbage, carrot and onion into a big mixing bowl.
3. In a measuring jug, mix together the mayonnaise, lemon juice, vinegar and wholegrain mustard.
4. Season with salt and freshly ground black pepper, stir to thoroughly combine.
5. Pour over the vegetables.
6. Toss the slaw with the dressing.