

Eva's Winter Coleslaw



I received this recipe from my Sister-in-law in Brook Village, Cape Breton. She received it at a church social, from Eva, an elderly lady who had been making this for many years. Having an overabundance of cabbage one year, and not being a fan of sauerkraut, Eva had to find a use for it, and came up with this solution. This is a very easy recipe to make, and will bring the taste of summer to those cold winter days. This larger batch recipe will last for 3 months.

1 Head of cabbage (medium sized), finely chopped
4 Carrots, grated
4 Large onions, finely chopped
1 cup Granulated sugar
1 cup White vinegar
3/4 cup Vegetable oil
1 tsp Celery seed
1 tsp Dry mustard
1 tsp Salt

In a large bowl, toss cabbage, carrots and onions. Pack into **self-sealing jars. Set aside.

In a medium saucepan, add sugar, vinegar, vegetable oil, celery seed, mustard and salt. Bring to a boil and stir until sugar has dissolved.

Slowly pour the hot syrup over the vegetable mixture in the jar, to within 1/4" of the rim. Add the lid and tighten. Let stand for 24 hours. The jars will vacuum seal as the liquid cools.

Label and store in a cool place. Refrigerate after opening.

Makes approximately 4 - 500ml jars.

Note: If you wish to use a large head of cabbage, it is recommended that you increase the carrots and onions to 5, and double the syrup.

** You may use preserving jars, or commercial 'pickle/jam' type jars, providing the inside of the lid has a rubber seal.

Submitted by Vicki Herron

Vicki moved to the Valley in 2000, after a busy corporate life in Montreal and Toronto. She currently resides in the neighbouring community of Inglisville.