



New York Deli Coleslaw

Salad
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Serving size: 10 | **Prep time:** 20 mins | **Cook time:** 20 mins

Ingredients

1/3 cup white vinegar

1/3 cup water

1/3 cup sugar

3 TB vegetable oil

1/2 cup onion (grated)

1 1/4 tsp fine sea salt

1/2 tsp white pepper

1 medium green cabbage (finely shredded, about 10 cups worth)

1 medium carrot (shredded)

3/4 cup mayonnaise (plus more to achieve a smooth

Directions

BRINE:

In a large bowl, whisk together all of the brine ingredients and set aside.

COLE SLAW:

Slice the cabbage into very thin pieces about 2-3 inches in length. Using a mandoline makes the process much easier.

In a large bowl, mix the cabbage and carrots into the brine making sure to coat well. Cover with plastic wrap and refrigerate for 2 hours,

Ideally overnight, halfway through the refrigerating process, mix the cabbage again to achieve even coating.

consistency)

Cracked black pepper, as needed

Nutrition

Amount per serving

Serving size: 1 serving

Calories: 147

Total Fat: 10g

Saturated Fat: 1.7g

Cholesterol: 5mg

Sodium: 431mg

Total Carbohydrate: 37.8g

Dietary Fiber: 1.3g

Sugars: 9.7g

Protein: 0.8g

POST BRINE:

Drain the cabbage to remove excess moisture. Mix the mayonnaise with the cabbage until smooth.

If needed, add a bit more mayo to get the perfect creamy consistency. Taste test, and adjust salt and pepper before serving.

Notes

<https://www.youtube.com/watch?v=Il7k1yewQc4>

CABBAGE

We used green cabbage since that's what is used by the delis to create this style of coleslaw. The cabbage should be paper thin or shredded. Using a mandoline for this step makes it a far easier process. As many of you know, young Jim spent a few years working in Long Island delis. He would shred dozens of cabbages with a meat slicer to make deli coleslaw. I doubt it's done this way anymore. Well at least on a meat slicer that is used for cold cuts with people increasingly seeking out veggie dishes that have not been contaminated with any meat products.

CARROT OR NO CARROT

Many delis will not include any carrots in their coleslaw. We chose to add it here for a bit of color but you can definitely skip the carrot for an authentic NY deli slaw.

BRINE:

Brining the coleslaw a day in advance yields maximum flavor and is truly the key to the unmistakable taste.

DRAINING

While the macaroni in mac salad absorbs all of the brining liquid, the cabbage in coleslaw gives up its liquid or water, similar to the NY deli shrimp salad. Therefore, you'll likely

have a lot of brine liquid to drain. You can save the liquid for use later on if the coleslaw dries out at all, but you most likely will not need it.

NOTES

The key to getting that New York deli coleslaw flavor is the brine. If you can wait, let the cabbage sit in the brine for 2 days before mixing it with mayo. This is how most delis do it.

White pepper can be used for appearance.

Leftovers can be saved for up to 5 days and taste even better after a few days.

Photos

