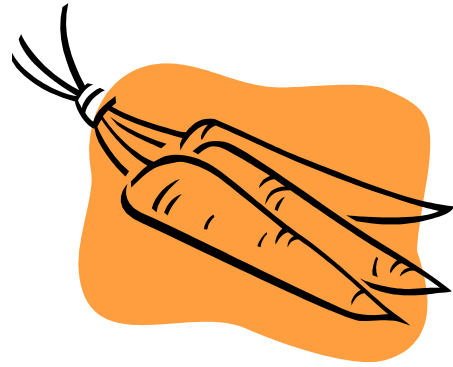


Pac Choi, Carrot, and Apple Slaw

3 heads baby pac choi
1 t. coarse salt (divided)
1 apple, peeled and cut into matchstick pieces
1 carrot, peeled and cut into matchstick pieces
1 ½ T fresh lemon juice
½ t. freshly grated ginger
1 ½ t canola oil
pepper



Cut pac choi stems in half lengthwise. Cut stem off as well as any bruised leafy tops. Rinse each half thoroughly to remove grit. Slice each half crosswise into thin strips. Place all in a colander. Rinse lightly and shake until most of the water has drained. Coat top with ½ tsp. salt, and cover with a plate that fits inside the colander. Place a can of food on top of the plate to weigh it down. Meanwhile place apple and carrot matchstick pieces in a medium bowl. Add lemon juice, canola oil and ginger. Add pac choi to the bowl with the apple and carrot. Add ½ t. coarse salt and some freshly grated pepper to taste. Stir and refrigerate for at least 15 minutes before serving. Comments: I'm sorry to say we haven't had a chance to test recipes yet this year. However, this one comes on good recommendation, and I'm intrigued by it. First of all, it's very simple to prepare – a priority for us lazy cooks. It is also a cold dish and, while my tastes don't naturally gravitate toward cold dishes, I think this one might work. For one thing, carrots and apples are good uncooked, and I think the sweetness of both of those would complement the slight bitterness of the pac choi. Ginger sounds fine (and you could use ½ t. of powdered ginger if you don't have fresh), but you could probably play around with the herbs and spices a little bit. I might also want to try lightly cooking the vegetables in a pan beforehand, just to tenderize them. The recipe also isn't very clear on what to do with the leaves. It also doesn't say how long the pac choi strips should be. Seems like a whole stem would be too long, so you could cut them into matchstick pieces the same size as the carrots and apples, and tear up the leaves before adding them.