



THE FRONT BURNER

Cooking tips, recipes & more from [The Culinary Superstore](#)

Recipe from **Fast, Fresh & Green** by Susie Middleton. Copyright 2010. Published by Chronicle Books, San Francisco, CA. Reprinted with permission of the publisher. All rights reserved.

Colorful Chinese Kick-Slaw

Serves 4 or 5

I call this kick-slaw because it's got kicky flavors – ginger, garlic, lime, and sesame. I used to make a version of this when I cooked in the kitchen of a gourmet market in Newport, Rhode Island, years ago. We sold lots and lots of it in the summertime to folks on their way to the beach. It's not only refreshing but colorful, too, with the red cabbage, orange carrots, and green snow peas. I've included this recipe, along with another slaw in this chapter, because I've never been a fan of ordinary mayo slaws.

Don't be daunted by the long ingredient list – yes, there's a little slicing and chopping to do, but then you're done. (As you can see by the length of the directions, this ain't hard.) The flavors hold up well, so it could be made ahead. But I think the texture suffers some, so I recommend assembling it pretty close to serving time. Put this out for any summer buffet, or use it as a bed for grilled flank steak or swordfish.

1/2 small head red cabbage (about 9 oz/255 g) cored and thinly sliced
5 oz./140 g snow peas, tails trimmed, each cut sharply on a diagonal into 3 pieces
4 oz./115 g carrots, shredded (use the large holes of a box grater)
1/2 tsp. kosher salt
2 tsp. minced garlic
1 Tbsp. finely chopped fresh ginger
1 Tbsp. fresh lime juice
2 Tbsp. orange juice
2-1/2 Tbsp. hoisin sauce
1 Tbsp. soy sauce
1/2 tsp. sesame oil
1-1/2 Tbsp. peanut oil
1/4 cup/15 g chopped fresh cilantro

1. In a large mixing bowl, combine the cabbage, snow peas, and carrots. Sprinkle with the salt and mix well.

2. In a small bowl, combine the garlic, ginger, lime juice, orange juice, hoisin sauce, soy sauce, sesame oil, and peanut oil. Mix well and pour over the cabbage mixture. Mix thoroughly, add the cilantro, and mix again. Serve at room temperature.