

CABBAGE, CARROT & APPLE SALAD

An Homage to Meta Given (1942)

Source: From Scratch Sensations – LIBK

Prep Time: 15–20 minutes • **Chill:** 1 hour •

Serves: about 5



Recipe Description

Crisp cabbage, sweet-tart apple, and sunny carrot in a lightly creamy dressing with a whisper of cider. Simple, bright, and make-ahead friendly — the kind of bowl that brings freshness to a hearty autumn menu.

Ingredients

Salad

- 2 cups shredded green cabbage (about 6 oz)
- 1 tart apple (about 1 cup), peeled or unpeeled, cut into matchsticks or small dice
- 1 medium carrot, peeled and coarsely grated

Dressing

- $\frac{1}{4}$ cup mayonnaise (*use up to $\frac{1}{2}$ cup for creamier*)
- 2 tsp sugar (or honey)
- $\frac{1}{2}$ tsp apple cider vinegar
- 1–2 Tbsp apple cider (your twist; optional for brightness and to thin)
- $\frac{3}{4}$ tsp kosher salt, or to taste
- Freshly ground black pepper, to taste
- Squeeze of lemon juice (optional; helps keep the apple vibrant)

Directions

1. Prep the produce:

Cut the apple into matchsticks or small dice; toss with a tiny squeeze of lemon if desired.

2. Whisk the dressing:

In a large bowl, whisk mayonnaise, sugar, vinegar, 1 Tbsp cider, salt, and pepper. Add more cider as needed to reach a spoon-coating consistency.

3. Combine & chill:

Add cabbage, apple, and carrot to the bowl. Toss to coat (gently “massage” the cabbage for 15–20 seconds if you prefer a softer slaw). Cover and refrigerate at least 1 hour for flavors to mingle.

4. Taste & serve:

Stir, taste, and adjust salt/acid/sweetness just before serving.



Notes & Modern Suggestions

- **Classic add-ins:** $\frac{1}{4}$ cup toasted walnuts or pecans, a handful of golden raisins, or 1 tsp celery seed or caraway.
- **Herb lift:** 2 Tbsp chopped parsley or dill.
- **Lighter swap:** Replace 2–3 Tbsp mayo with Greek yogurt.
- **Vegan:** Use vegan mayo and maple syrup instead of honey.
- **Extra-crisp trick:** For maximum crunch, toss cabbage with $\frac{1}{2}$ tsp salt + 1 tsp vinegar and let sit 10 minutes, then blot and dress.
- **Make-ahead:** Best within 24 hours; keep apples crisp by folding them in just before serving if holding longer.
- **Pairs with:** Roasted Pheasant (or chicken), Onion & Thyme Galette, or Sage & Brown Butter Biscuits.



Optional: Meta Given's 1942 Mayonnaise (Classic Method)

A respectful adaptation of Meta Given's formula from the 1940s, when thrift, pantry staples, and technique reigned.

- $\frac{1}{4}$ tsp paprika
- 1 tsp dry mustard
- 1 tsp salt
- 2 tsp sugar
- 2 egg yolks (*pasteurized recommended*)
- $\frac{1}{4}$ cup apple cider vinegar **or** lemon juice (added in portions)
- $1\frac{3}{4}$ cups light olive oil or neutral oil
- Pinch cayenne



Method: In a mixing bowl, whisk paprika, dry mustard, salt, sugar, and yolks. Beat in about $\frac{1}{2}$ tsp vinegar. Add oil **drop by drop**, whisking constantly until thickened; continue with teaspoons of oil, alternating with splashes of vinegar as the emulsion tightens. When stable, you can add oil in a thin stream, whisking until all oil and vinegar are incorporated. Adjust seasoning. **Yield:** about 1 pint.

If it breaks: Whisk a fresh yolk in a clean bowl, then slowly beat the thin mixture into it to re-emulsify.

A little love note to Meta: Meta Given championed generous practicality — nourishing food that felt civilized yet sensible. This crisp cabbage-apple bowl keeps her spirit: humble ingredients, good technique, and a touch of brightness to make everyday cooking feel special.

