



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

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Freezer Coleslaw

Having some ready-made salad on hand can be handy. Freezer slaw will make those last minute meals much easier. Where it really shines is as a make ahead salad for those big BBQ's with family and friends.



Yield: about 5 pint jars

- 2 lbs. cabbage
- 1 large green bell pepper
- 3 large carrots
- ¾ cup chopped onion
- 1 tsp. salt
- 1 tsp. dry mustard
- 1 tsp. celery seed
- 1 cup apple cider vinegar
- 2 cups sugar
- ½ cup water

Shred cabbage, green pepper, and carrots. Add onion. Sprinkle with salt. Let stand 1 hour. Drain. Combine remaining ingredients in a saucepan. Bring to a boil; boil for 3 minutes. Stir to make sure the sugar is dissolved. Cool.

Ladle cooled liquid over the cabbage mixture. Let stand 5 minutes. Stir well.

Pack slaw into plastic or glass freezer jars or other freezer containers, leaving ½ inch headspace. Seal, label, and freeze.

Cooks note: *if you are concerned about salt, you may rinse the salt off before adding the liquid. Once thawed, add whatever other ingredients you may like such as mayonnaise for a creamier dressing, a shredded apple to add sweetness, maybe a squirt of Tabasco sauce.*

Source: Ball Blue Book Guide to Preserving

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