

HPRCSC 2009 Fall Picnic Cooking Contest

Old Favorite Salad: Mike Parkhurst

Parkhurst's Infamous Cold Slop (that's what it says!)

1 medium head cabbage, shredded (see notes below)

2 small carrots, shredded

1 cup mayonnaise

½ cup sour cream

2 Tbsp sugar; more or less to taste

1 Tbsp lemon juice; more or less to taste

½ - 1 can (16-20 oz.) crushed pineapple, well drained

½ of a 16 oz bag miniature marshmallows

½ - 1 cup chopped walnuts or shaved almonds

1 cup green grapes, halved

Mix together the cabbage and carrots. Mix together the mayo, sour cream, sugar and lemon juice. One hour before serving, gently combine all ingredients and place in covered dish in refrigerator to allow flavors to blend.

Makes 16 servings (2/3 cup each).

Cook's notes, as prepared by Beth Nidziko:

This is a very forgiving recipe that you may tailor to your taste. For the 2009 Fall Picnic I substituted two 16 oz bags of shredded prepared cole slaw mix for each head of cabbage (and omitted the additional carrots). I made a triple recipe of the slaw, using lesser amounts of sugar, more lemon juice, more pineapple, less marshmallows and omitting the nuts (in case anyone at the picnic was allergic). I also used four times the dressing recipe, as the slaw initially seemed a bit dry with only a triple. With all cole slaw recipes, the trick is to moisten the slaw without the salad becoming runny. If you cut your own cabbage, avoid cutting it too fine, as can happen if you shred it using something like a Cuisinart. You may also want to initially under-dress the salad, but hold some dressing in reserve to add at serving time if the salad seems dry.