

DELICATA SLAW

Ingredients

2 medium Delicata
Squash- as straight as
possible preferably

1 medium Carrot

½ small Red Onion, about
1/3 Cup sliced

2 Granny Smith or Honey
Crisp Apples

2 medium Albino
Peppers, sliced

¼ Cup Rice Wine Vinegar

3 Tablespoons GDG
Pineapple Preserves

¼ Cup Grapeseed Oil

2 teaspoons Dry Mustard

1 teaspoon Ground
Ginger

1 teaspoon Salt

1 teaspoon Lemon Juice

Directions

In a large measuring jug combine Vinegar, Preserves, Mustard, Ginger, Salt and Oil and then use an immersion blender to puree (if not using an immersion blender, a whisk will work, but leave chunky pieces of Pineapple!)

Use a sturdy peeler to roughly peel the Squash and Carrot, square off the ends with a knife, and then use a Mandoline to cut into as thin as practical slices- make several passes on one side and then turn 90 degrees so that you have 4 flat sides.

Continue to slice and turn until you reach where the seeds begin (see picture in process) (*If you do not have a Mandoline this may not be a recipe easily created as it will require A LOT of knife work!*)

Repeat the procedure with Carrot. Place these in a large bowl with sliced Onion & sliced Pepper, pour over dressing and combine before covering and allowing to chill in the refrigerator at least one hour.

Meanwhile, slice Apple into matchstick size pieces and toss with a little Lemon Juice.

When ready to serve combine Apples and Delicata Slaw together.

Pair with Jasmine Rice and 5 Spice Roasted Duck or other poultry.