

**MY GRANDMA'S COLESLAW**  
[Reproduced courtesy of JHR, aka The Warlock]

1 medium cabbage

Salt

2 8-1/4 oz. cans crushed pineapple in heavy syrup (or 1 large can)

2 Tbsp. ground mustard

1 Cup Best Foods or Hellman's Mayonnaise

Slice cabbage in half, top to bottom. Cut out core, removing as much tough white part as possible. Lay half-cabbage flat on cutting surface and slice very thinly, working from top to bottom. Keep slices in a stack. When done, rotate stack 1/4 turn and again slice very thinly. Sweep into colander. Repeat with other half of cabbage.

Sprinkle very generously with salt, tossing cabbage in colander until salt is thoroughly mixed in. Let stand in sink for 15-20 minutes, then rinse very thoroughly. Squeeze out all moisture possible, and empty into a non-metallic mixing bowl.

Empty crushed pineapple into a strainer over a container to catch the juice, and press out as much juice as possible. Empty drained pineapple into the mixing bowl.

Add the mustard and mayonnaise, and about 1/4 cup of the syrup from the pineapple. Mix very thoroughly.

Taste. Two Tbsp. of mustard should be adequate for most, but you may want to add more (or use less) . Do so very carefully. The residual salt from blanching should be adequate, but add more to taste if desired.

This may be eaten immediately, with barbecue or wherever a salad is needed. It is best if refrigerated overnight. Some very finely chopped sweet red and/or green bell pepper may be mixed in for appearance just before serving. A fine sprinkle of paprika on top and a garnish of parsley add to the appearance.

It is important that the pineapple be "in heavy syrup", as that in natural juice is too tart to give the desired result. Tastes terrible. If this is unobtainable, you may cheat a bit by making a cup of 50/50 simple syrup and letting the drained pineapple stand in it overnight, then draining it again.