

# Packer's Cole Slaw

This is how you get your tasty salad fresh out of the bag any day of the trip!

## Ingredients

- 1 tablespoon **non-iodized** salt or canning salt
- 1 cup of water
- ½ cabbage washed and shredded (ie. using a large holed grater)
- 1 stalk of celery shredded
- 1 carrot shredded
- ½ green pepper chopped fine
- ¾ cup of vinegar
- 1 teaspoon of mustard seed
- ½ teaspoon of celery seed
- 1 cup of sugar

## Steps to make it

1. Dissolve salt in the water in a large bowl and soak the cabbage for 1 hour.
2. Then add the next 3 ingredients and soak for another 30 minutes.
3. Then drain and rinse thoroughly.
4. Make the dressing; Combine the vinegar, mustard seed, celery seed and sugar in a pot and bring to a boil, stirring to dissolve the sugar.
5. Pour the dressing over the vegetable mixture in a bowl, cover and marinate in a fridge for 24 hours.
6. Squeeze out the moisture using a spoon and strainer and dehydrate (8-10 hours at 135F spread across trays).
7. Divide into zip bags or vacuum seal. 1/3 cup of dried cole slaw is a side dish for 1 person.
8. In camp rehydrate 1 to 1 (1/3 cup of water for 1/3 cup of cole slaw) and allow 30 minutes to rehydrate.
9. Yield for this recipe is approx. 10 side dishes.

End