

# Salt and Serenity

## Crunchy Winter Slaw

Serves 4

**Nut Crunch:** (adapted from the LCBO's Holiday 2016 issue of Food & Drink.)

½ cup hazelnuts  
½ cup pine nuts  
½ cup sliced or slivered almonds  
½ cup shelled pistachios  
½ cup sunflower seeds  
½ cup pumpkin seeds  
2 Tablespoons olive oil  
3 Tablespoons maple syrup  
2 Tablespoons brown sugar  
½ teaspoon kosher salt  
½ teaspoon paprika  
pinch cayenne  
½ cup dried cherries

**Dressing:**

¼ cup cider or red wine vinegar  
2 tablespoons honey  
1 Tablespoon grainy Dijon mustard  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
½ cup sunflower or other neutral vegetable oil

**Slaw Vegetables:**

12 Brussels sprouts, stem and ragged outer leaves removed  
8 radishes, stem end removed  
¼ small red cabbage  
¼ small green cabbage  
¼ Napa cabbage  
24 sugar snap peas, stem end and strings removed  
¼ cup fresh mint leaves, coarsely chopped  
¼ cup cilantro leaves, coarsely chopped  
½ cup pomegranate seeds

1. **Make nut crunch:** Preheat oven to 350°F. Place the hazelnuts on a baking sheet and roast in oven for 10 minutes until they are fragrant. Place toasted hazelnuts into a Tupperware container and secure lid tightly. Shake the container vigorously for a few minutes. This will loosen the skins. Open container, remove skinned hazelnuts and discard skins. Let hazelnuts cool completely and then coarsely chop nuts and set aside.

2. Combine nuts and seeds in a medium-mixing bowl. In a small saucepan, whisk together olive oil, maple syrup, brown sugar, salt, paprika and cayenne. Cook over medium heat for 3-5 minutes until hot but not boiling.
3. Pour hot liquid over nut-seed mixture and toss until well coated. Pour out onto parchment lined rimmed baking sheet and spread the mixture out into a thin layer. Bake for 10 minutes, then stir and bake for a further 10 minutes. Remove from oven and sprinkle with dried cherries. Let cool.
4. Break up fruit and nut mixture into small clusters; store sealed in an airtight container. This recipe makes more than you will need. It will keep well for about a month in a sealed container.
5. **Make dressing:** Combine vinegar, honey, Dijon, salt, pepper and sunflower oil in a small jar. Shake vigorously to combine.
6. **Prepare slaw vegetables:** Set up food processor with slicing disc. Slice Brussels sprouts and radishes and transfer to large mixing bowl. (You can also slice sprouts and radishes by hand with a sharp knife)
7. Using a sharp knife, thinly slice the cabbages. Add to mixing bowl. Slice each sugar snap pea on the diagonal into 3-4 slices. Add to mixing bowl. Add mint and cilantro to mixing bowl. Pour about  $\frac{1}{4}$  cup dressing over slaw. Mix well to combine. Taste and add additional salt and pepper if desired. Transfer to serving bowl. Scatter  $\frac{1}{2}$  cup of nut crunch over slaw. Scatter pomegranate seeds over slaw. Serve.