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Sweet and Tangy Coleslaw with Orange and Fennel

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**Sweet and Tangy Coleslaw with Orange and Fennel**

**INGREDIENTS:**
- ½ cup apple cider vinegar
- 2 tablespoons vegetable oil
- 3 tablespoons fresh orange juice plus 1 teaspoon orange zest
- ¼ teaspoon pepper
- 1 pound (about 6 cups) shredded cabbage
- 1 teaspoon table salt
- ¼ cup sugar
- ½ small fennel bulb, cored and thinly sliced
- 1 tablespoon minced fennel fronds
- ¼ cup golden raisins

**DIRECTIONS:** Combine vinegar, oil, orange juice and pepper in a medium bowl. Place in freezer until well chilled (glass or metal bowl works well for this). Chill for at least 15 minutes and up to 30 minutes. While the mixture chills, toss the cabbage with the salt and sugar in a large, microwave safe bowl. Cover with a plate and microwave on high for one minute. Stir briefly, recover, and microwave again on high for 30-60 seconds until the cabbage is partially wilted and reduced in volume by one third. It should still be a little crunchy. Transfer the cabbage to a salad spinner and spin off excess moisture. Alternatively, squeeze excess moisture from the cabbage with paper towels. Remove vinegar mixture from the freezer, add cabbage, orange zest, fennel, fennel fronds, and raisins. Toss to combine. Refrigerate until chilled, about 15 minutes. Toss before serving.

“This recipe makes a nice accompaniment to the lamb (see page 26-27). It is also good with pork and BBQ beef.”