

***Sweet & Spicy Broccoli Slaw** from Urban Sacred Garden*



My dear friend Joyce from [Friends Drift Inn](#) gave me a jar of Bread and Butter Pickles. She is the canning Queen and anything she gives you in a Ball jar is delicious (I won't get into specifics). When I needed to whip up a slaw recipe for my Final Four party (where my Louisville Cards won – woo!), the pickles and the broccoli seemed like an obvious combination. Broccoli isn't as surprising a substitute for cabbage in slaw as you might think. Broccoli and Cabbage have a similar

texture and are both cruciferous vegetables (known botanically as the Brassicaceae family) along with Cauliflower and Bok Choy. For this combination I also added a little Jalapeño and Hot Sauce for a spicy kick to contrast the Sweet Pickles. The combo created the perfect palate explosion.

Yield: About 8 Servings

INGREDIENTS

3 Cups Broccoli Stems, Julienne Cut or Shredded
1/4 Cup Broccoli Heads, Semi-Finely Chopped
1/2 Cup Cabbage, Julienne Cut or Shredded
1/2 Cup Carrots, Julienne Cut or Shredded
1 Shallot, Finely Chopped
1 Large Garlic Clove, Finely Chopped
1 Jalapeño, Sliced into Thin Circles

1 Cup Bread and Butter Pickles, Coarsely Chopped
1/2 Cup Bread and Butter Pickle Juice*
1 Tbsp Hot Pepper Sauce
Fresh Ground Sea Salt
Fresh Ground Black Pepper

*If you don't have enough pickle juice, as a substitute whisk together 1/4 Cup Apple Cider Vinegar with 1 Tbsp Sugar. You will still want 1/2 Cup Vinegar/Juice total.

DIRECTIONS

1. In a large bowl toss together Broccoli, Cabbage, Carrots, Shallots, Garlic, Jalapeño, Pickles, Pickle Juice/Vinegar and Hot Sauce. Add Salt and Pepper to taste. Continue adding Salt and Pepper until the flavor balances out. If in doubt, add a little more salt. You will start to taste the flavor shift.
2. Cover and place in the refrigerator for at least one hour to marinate. Serve cold. Keeps for a couple of days in the fridge. Enjoy!