FOOD & CULINARY

Coleslaw Dressing Recipe Jamie Oliver

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The Ultimate Guide to the Coleslaw Dressing Recipe Jamie Oliver Swears By

There are few side dishes as universally loved as a crisp, creamy coleslaw. It is the quintessential companion to barbecue, the perfect topping for pulled pork sandwiches, and a refreshing crunch alongside a hearty fish fry. However, the difference between a forgettable, soggy slaw and a memorable, vibrant one almost always comes down to one crucial element: the dressing. While everyone has their own family version, few chefs have mastered the art of the simple yet spectacular like the British culinary icon. This is why the **Coleslaw Dressing Recipe Jamie Oliver**has become a gold standard for home cooks looking to elevate their salad game. It is a masterclass in balance, proving that you do not need complicated ingredients to create something truly special.

In this comprehensive guide, we will dissect exactly what makes Jamie Oliver’s approach to coleslaw dressing so brilliant. We will walk through the classic recipe, explore the key ingredients that provide that signature zing, and look at several variations that allow you to adapt the dressing to any meal. Whether you are preparing for a summer cookout, a Christmas buffet, or simply a healthy weekday lunch, understanding this dressing will change the way you make coleslaw forever.

The Philosophy Behind Jamie Oliver’s Coleslaw Dressing

Before we dive into the specific ingredients, it is important to understand the philosophy that drives the **Coleslaw Dressing Recipe Jamie Oliver**is known for. Jamie is famous for his belief in bold, fresh flavors and minimizing food waste. His coleslaw dressing is no exception.

Unlike many American-style dressings that rely heavily on store-bought mayonnaise and sugar, Jamie’s version often starts with a base of natural yogurt or a lighter mayonnaise cut with something acidic. The goal is not to drown the vegetables but to coat them lightly. He emphasizes the importance of seasoning, often quoting that a dressing should be "bossy." This means it should be punchy, salty, acidic, and slightly sweet, so that when it mixes with the mild crunch of cabbage and carrot, the final result is perfectly balanced.

Why This Dressing Stands Out

- Acidity is King: Jamie always emphasizes the use of good vinegar (often white wine or cider vinegar) or fresh lemon juice to cut through the richness.
- Natural Sweetness: Instead of refined white sugar, Jamie often prefers a drizzle of honey or the natural sweetness of grated apple or carrot.
- Herb Freshness: A hallmark of Jamie’s cooking is the generous use of fresh herbs like parsley, chives, or dill to add a layer of freshness that dried herbs simply cannot provide.
- Texture Matters: The dressing is mixed vigorously to create an emulsion, ensuring it clings to every strand of cabbage without making the coleslaw watery.

This is the foundational recipe that appears in several of Jamie’s books and television shows. It is incredibly simple to make and relies on pantry staples. The magic is in the technique and the ratios.

Ingredients for the Dressing

To make the authentic **Coleslaw Dressing Recipe Jamie Oliver**style, you will need the following components. Note that Jamie often suggests making the dressing by feel, but here is the measured version that works every time.

- 4 tablespoons of good-quality mayonnaise: Jamie recommends using a whole-egg mayonnaise for the best flavor.
- 4 tablespoons of plain natural yogurt: This lightens the dressing and adds a tangy note. Greek yogurt works perfectly for a thicker consistency.
- 1 tablespoon of white wine vinegar or apple cider vinegar: For that essential acidic kick.
- 1 teaspoon of Dijon mustard: This acts as an emulsifier and adds a gentle warmth.
- 1 tablespoon of extra virgin olive oil: For richness and depth of flavor.
- Salt and freshly ground black pepper: To taste, but be generous.
- A pinch of sugar or a drizzle of honey: (Optional) To balance the acidity.

Step-by-Step Instructions

1. Build the Base: In a large mixing bowl, combine the mayonnaise, yogurt, vinegar, and Dijon mustard. Whisk them together until smooth and creamy.
2. Emulsify: While whisking continuously, drizzle in the extra virgin olive oil. This helps the dressing become thick and glossy, ensuring it clings to the vegetables rather than pooling at the bottom of the bowl.
3. Season Heavily: Add a good pinch of salt and a crack of black pepper. Taste the dressing here. Jamie always says the dressing should taste slightly too sharp and salty at this stage because it will be diluted by the crunchy vegetables.
4. Add Freshness: If using, stir through a handful of chopped fresh parsley or chives directly into the dressing before adding the vegetables. This infuses the entire dish with herby flavor.
5. Dress the Vegetables: Pour the dressing over your prepared shredded cabbage and carrot (or other vegetables). Mix thoroughly with clean hands or tongs, ensuring every piece is coated.
6. Rest (Crucial Step): Cover the bowl and let it sit in the refrigerator for at least 20 minutes. This allows the cabbage to soften slightly and the flavors to meld. Give it one final stir before serving.

Deconstructing the Key Ingredients

To truly master the **Coleslaw Dressing Recipe Jamie Oliver**promotes, it pays to understand why each ingredient is chosen over another.

The Role of Yogurt vs. Mayo

One of the most distinctive features of Jamie's dressing is the 50/50 split between yogurt and mayonnaise. Traditional coleslaw is often heavy and greasy. By using yogurt, Jamie creates a dressing that is:

- Lighter: It feels fresher on the palate.
- Tangier: The lactic acid in yogurt adds a different dimension of sourness compared to vinegar alone.
- Healthier: It reduces the overall fat and calorie content significantly without sacrificing creaminess.

Why Jamie Chooses Cider Vinegar

While white wine vinegar is acceptable, Jamie often leans towards **apple cider vinegar**. This is not just for flavor; it is about synergy. Cider vinegar has a fruity, mellow sharpness that pairs beautifully with the sweetness of carrot and cabbage. It is less aggressive than distilled white vinegar, making the final dish more palatable for

children and those sensitive to strong acidic flavors.

Variations on the Jamie Oliver Coleslaw Dressing

Once you have mastered the basic **Coleslaw Dressing Recipe Jamie Oliver**uses, you can start to experiment. Jamie is a huge fan of "stealing" ideas from different cuisines, and his coleslaw dressing adapts beautifully to different flavor profiles.

The Asian-Inspired Twist

Replace the Dijon mustard with a teaspoon of toasted sesame oil and a splash of soy sauce. Swap the parsley for fresh coriander (cilantro) and finely chopped spring onions. Use rice wine vinegar instead of cider vinegar. This dressing is incredible with a slaw made of red cabbage, mangetout, and shredded chicken.

The Smoky Barbecue Version

This variation is perfect for a classic American cookout. Add a tablespoon of tomato ketchup, a dash of Worcestershire sauce, and half a teaspoon of smoked paprika to the base dressing. The smoky flavor complements grilled meats perfectly. This is a fantastic way to adapt the **Coleslaw Dressing Recipe Jamie Oliver** loves for a more robust flavor.

The Vegan & Dairy-Free Option

Jamie has famously adapted many of his recipes for plant-based diets. To make this dressing vegan:

- Replace the mayonnaise with a plant-based (vegan) mayonnaise.
- Replace the yogurt with a thick, unsweetened plant-based yogurt (coconut or soya work best).
- Use maple syrup or agave nectar instead of honey for sweetness.

The result is surprisingly creamy and just as delicious as the original. This variation of the **Coleslaw Dressing Recipe Jamie Oliver** offers ensures no one misses out.

Choosing the Right Vegetables for Your Slaw

The **Coleslaw Dressing Recipe Jamie Oliver**is designed to complement, not overpower, the vegetables. Therefore, the choice of vegetable mix is critical.

The Classic Base

Jamie typically uses a 3:1 ratio of white cabbage to carrots. He insists on slicing the cabbage as thinly as possible. Using a mandoline (carefully!) or the slicing disc of a food processor creates the perfect texture. Thick chunks of cabbage do not absorb the dressing well and result in a clumsy mouthfeel.

Adding Color and Crunch

- Red Cabbage: Adds a beautiful violet hue and a slightly peppery flavor. It is tougher than white cabbage, so massage the dressing in well.
- Fennel: Shaved very thinly, fennel adds a subtle aniseed flavor that works wonders with the yogurt dressing.
- Apple: A classic Jamie trick. Julienned or grated apple (Granny Smith for tartness or Gala for sweetness) adds a fresh burst of juice and natural sweetness that reduces the need for added sugar.
- Red Onion: Sliced very thinly. To tame its bite, soak the sliced onion in cold water for 10 minutes before adding it to the slaw.

Common Mistakes to Avoid

Even with a great recipe, things can go wrong. Here are the most common pitfalls when making the **Coleslaw**

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1. Dressing the slaw too early: While resting is good, resting for too long (overnight with a heavy dressing) can make the cabbage limp and watery. It is best to dress the slaw no more than 2-4 hours before serving.
2. Underseasoning: This is the #1 mistake. Because cabbage is mostly water, it dilutes salt significantly. You must season the dressing aggressively before you add it to the vegetables.
3. Using wet vegetables: After washing your cabbage and carrots, dry them thoroughly in a salad spinner or with a clean tea towel. Excess water will make the dressing runny and separate.
4. Forgetting the acid: A coleslaw without enough vinegar or lemon juice is just a bowl of creamy cabbage. The acid is what makes it refreshing.

Serving Suggestions: Pairing Your Coleslaw

The beauty of this **Coleslaw Dressing Recipe Jamie Oliver**promotes is its versatility. It is not just a side dish; it is a utility player in the kitchen.

The Perfect Burger Topping

A dollop of this tangy slaw on a juicy beef burger cuts through the richness of the meat and adds a fantastic crunch. It is even better on a pulled pork or fried chicken burger.

Fish and Seafood Companion

In the UK, Jamie often serves coleslaw alongside beer-battered fish and chips. The creamy, acidic slaw acts as a substitute for mushy peas or tartar sauce, refreshing the palate between bites of fried fish.

Jazz up a Jacket Potato

Skip the boring butter and cheddar. Top a hot baked potato with this coleslaw, some crispy bacon bits, and a sprinkle of cheddar for a satisfying, quick meal.

Frequently Asked Questions

Can I make this dressing ahead of time?

Absolutely. You can make the dressing (without the vegetables) up to two days in advance and

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