Carrot Cabbage Supper Slaw Mold

One small slaw mold, about 3 cups (720 ml); 6 vegetable side portions · Active 30 min · Total 9 hr 30 min

Ingredients

• Unflavored powdered gelatin, 12 g (one standard 7 g envelope plus 5 g weighed from another), of the specified setting strength

• ¼ cup cold drinking water (60 ml)

• 2 cups clear ready-to-use mild vegetable broth (480 ml), divided

• 1 tablespoon cider vinegar (15 ml)

• 1½ teaspoons granulated sugar (6 g)

• ⅛ teaspoon fine salt (0.75 g), or omit if broth is salty

• 1 cup very finely shredded cabbage, cut short (80 g), washed and dried

• ½ cup coarsely grated carrot (60 g), washed, peeled and blotted dry

• 2 tablespoons drained jarred pimento dice (20 g), blotted dry

• ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Knife and stable board, Coarse grater, Kitchen scale and measuring jug, Small saucepan, Mixing bowl and spoon, External cool-water bath bowl, Metal loaf mold of at least 1-liter capacity, Paper towel, Cold serving plate, Refrigerator

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Measure the loaf mold capacity with water, then empty, dry and wipe with oil. Prepare short fine cabbage shreds, grated carrot and dry pimento dice. Keep prepared vegetables refrigerated. Sprinkle gelatin over the 60 ml cold water in the bowl and bloom 5–10 minutes.

2. Heat 1 cup (240 ml) broth with sugar and salt until steaming but not boiling, around 140–150°F (60–65°C). Remove from heat and stir into bloomed gelatin until fully dissolved. Add the remaining 240 ml broth and vinegar.

3. Cool briefly using the external cool-water bath, then refrigerate 20–40 minutes, stirring gently every 10 minutes, until the liquid just thickens like a thin syrup. Fold in cabbage, carrot and pimento with a spoon. Transfer to the mold, keeping at least ½ inch (1.25 cm) headroom; use a small separate cup for any excess.

4. Cover and refrigerate at 40°F (4°C) or below for at least 8 hours and until firm through the center. Allow at least 9½ hours total including cutting and the suspension stage; a slower setting stage extends this.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut six small side slices, wiping the knife between cuts.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Broth may contain celery, wheat, soy or other allergens; check the actual product. No free-from claim follows from the vegetable list.

A useful detail

Free liquid totals 555 ml: 60 ml bloom water +480 ml broth +15 ml vinegar. The 160 g prepared vegetables contain additional moisture, so 12 g gelatin and thoroughly dried cuts are intentional. Do not substitute a large can of undrained vegetables into that balance.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water.