



Sour Cabbage Coleslaw with Pulled Pork BBQ Sandwiches

Super-simple, probiotic-boosted kraut addition to coleslaw

Sour Cabbage Coleslaw

2 cups fermented kraut, with or without caraway seeds, drained

1/4 cup shredded fresh carrots

1/4 cup chopped green onions

1/4 to 1/2 teaspoon celery seeds to taste

3 Tablespoons Gold BBQ sauce (see recipe below)

Sandwiches:

4 to 6 seeded multi-grain burger buns

16 ounces fully cooked smoked pulled pork, warmed

Favorite BBQ sauce as desired

In a medium sized bowl, combine the first four ingredients, slowly add Gold Sauce as needed to coat the coleslaw. Chill in the refrigerator until serving.

Toast the buns on a grill or in the oven. Spoon BBQ pulled pork on the bun bottom, drizzled with the extra BBQ sauce. Top with a dollop of chilled sour cabbage coleslaw and a bun top. There is nothing like a pulled pork sandwich. Yield: Serves: 4 to 6

Cook's Note: If your kraut is too tart, rinse with cold water until desired flavor.

About the Recipe: Fermented kraut mellows together with carrots and green onions, which is topped with a golden mustard sauce. It's tangy with a little touch of sweetness. The gold sauce gives the coleslaw a sweet tart taste and adds that mustard flavor peppery punch to your favorite pull-pork BBQ sandwich.

Recipe for Gold Sauce:

Mustard BBQ sauce or BBQ Palmetto Gold Sauce

1 cup yellow mustard
3 Tablespoons honey
2 Tablespoons dark brown sugar
1/4 cup apple cider vinegar
1/2 teaspoon fresh cracked pepper
1 Tablespoon Worcestershire sauce
1/4 teaspoon (each) garlic powder; onion powder
Pinch of salt
1/4 teaspoon cayenne pepper or hot saucer, optional

To a small pot over medium high heat, whisk all ingredients together; bring to a boil. Reduce heat; let sauce simmer for 5 minutes; stirring occasionally. Remove the sauce from the stove; let cool. Serve immediately or store in an airtight container in the refrigerator until ready to use. Yield: 1-1/2 cups