

## Colorful Blanched Salad

### Ingredients

- 1/4 head of Savoy cabbage (regular cabbage may be substituted)
- 1/2 large carrot (cut the large end into carrot flowers)
- 1 handful of sugar snap peas cut in half diagonally
- 1 cup sliced red cabbage
- 1/2 red onion, cut in thin crescents
- Ume su
- Water (3 inches deep in the bottom of the pot)

### Preparation

1. Bring water to rapid boil.
2. Cut Savoy cabbage into 1" squares.
3. Add the first three vegetables to the boiling water one at a time in the order listed above. Boil each vegetable just long enough to be tender, yet still maintaining a firm texture. The color should be very vivid.
4. Place each vegetable in a basket or on a plate in a thin layer to cool quickly.
5. Arrange the vegetables on a serving plate.
6. Cook the red cabbage next and drain, then the red onion and drain. Place them together in a small bowl and sprinkle with a little ume su to bring out a magenta color. Arrange on the plate with the other vegetables.
7. Serve with your favorite dressing.