

VT Wild with Chef Ian Vair

October 2016

Smoky Sweet Habanero Coleslaw

Ingredients

- ½ head green cabbage (about 1 pound), thinly sliced
- 2 medium carrots, shredded
- ½ cup mayo
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 10 drops liquid smoke
- ½ tsp garlic powder
- 1 tsp salt
- 1 habanero, carefully diced

Directions

Mix cabbage and carrots together in a bowl. In a separate bowl, mix together mayo, vinegar, liquid smoke, garlic powder, salt and habanero. Pour mayo mixture over cabbage and carrots; mix well. Refrigerate for 30 minutes to give flavors a chance to meld.

Grilled Maitake & Cheddar Cheese Sandwich

Ingredients

- 2 slices bread of choice
- Maitake mushroom
- Sharp cheddar, sliced
- Sliced tomato
- Sliced avocado
- Olive oil for sautéing
- Mayo for bread

Directions

Heat sautee pan and add oil. Add pieces of mushroom to pan and sautee for approx. 2 minutes. Spread thin layer of mayo on 1 side of each slice of bread. On dry side of bread, layer cheddar, sautéed mushrooms, tomato and avocado. Top with 2nd slice of bread, mayo side up. Place sandwich in heated pan and cook for approx. 4 minutes, flipping sandwich halfway through.