

# Selena + RACHAEL RAY

EPISODE 4

## INGREDIENTS

### For Oil & Vinegar Slaw:

½ cup cider or white vinegar

¼ cup superfine sugar

2 tbsp salt

2 tsp white or fine black pepper

3 tbsp neutral oil, such as peanut or safflower

1 tbsp celery seed

3 tbsp poppy seeds

1 bag store-bought cole slaw mix (white cabbage, purple cabbage, carrot, grated onion) OR 1 small white cabbage, cored, quartered and shredded and 1 carrot, peeled, grated or shredded

½ red onion, finely chopped

## OIL & VINEGAR SLAW

### DIRECTIONS:

1. In a large mixing bowl, add the vinegar, sugar, salt, pepper, oil, celery and poppy seeds, and whisk until the sugar is dissolved.
2. Add in the coleslaw mix and red onion, and toss together until well combined.
3. Chill until ready to serve.



## INGREDIENTS

### John's Pickled Me Up (Michelada):

Lime wedges, 1 for rubbing on the rim and 1 for garnish

Celery salt, for rim

1 oz fresh lime juice

1½ oz tomato juice

½ oz pickle brine

1 tbsp hot sauce, such as Frank's RedHot

5-6 oz Mexican beer, such as Dos Equis, Modelo or Tecate

Pickle spear, for garnish

## JOHN'S PICKLED ME UP (MICHELADA)

### DIRECTIONS:

1. Rim a pint glass with celery salt by rubbing a lime wedge around the rim and dipping the wet rim into celery salt.
2. Add the lime juice, tomato juice, pickle brine and hot sauce to the glass and then fill it with ice.
3. Top with beer, stir gently and garnish with a lime wedge and pickle spear.

Makes 1 drink