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coleslaw dressing recipe jamie oliver

Published: September 3, 2026 | Index ID: #-

Jamie Oliver’s Coleslaw Dressing Recipe: A Fresh Twist on a Classic

Coleslaw is the unsung hero of countless barbecues, picnics, and lunchboxes. Its crisp cabbage base, sweet crunch, and creamy tang make it a versatile side that can elevate any meal. While many people rely on pre made dressings or generic recipes, Jamie Oliver’s coleslaw dressing recipe brings a vibrant, herb infused, and slightly tangy twist that transforms a simple bowl of shredded cabbage into a showstopper. In this guide, we’ll dive into the origins of this recipe, break down every ingredient, walk through each step, and offer creative variations to suit your taste. Whether you’re a seasoned cook or a kitchen novice, Jamie Oliver’s approach will inspire you to create a coleslaw that’s both delicious and Instagram worthy.

Who Is Jamie Oliver and Why His Coleslaw Dressing Matters

Jamie Oliver, the British chef known for his approachable cooking style and passion for fresh, seasonal ingredients, has revolutionized home cooking with a focus on simplicity and flavor. His coleslaw dressing recipe, featured in several of his cookbooks and YouTube videos, exemplifies his philosophy: use what’s on hand, add herbs for depth, and keep the process quick and intuitive.

What sets this dressing apart is the balance between creamy richness and bright acidity. Oliver introduces a splash of vinegar and a hint of mustard, while fresh herbs like parsley and dill lift the entire dish. The result is a dressing that’s not only light and refreshing but also complex enough to satisfy even the most discerning palate.

The Core Ingredients: Freshness Is Key

Below is a concise list of the main components for Jamie Oliver’s coleslaw dressing. Feel free to adjust quantities based on your preference for tanginess or creaminess.

- 1 cup mayonnaise – The base for the dressing’s smooth texture.
- 2 tablespoons apple cider vinegar – Adds sharpness and helps balance the sweetness.
- 1 tablespoon Dijon mustard – Provides a subtle heat and depth.
- 1 tablespoon honey or maple syrup – Sweetens the dressing and rounds off the acidity.
- 1/2 cup sour cream or Greek yogurt – Enhances creaminess and adds a slight tang.
- 2 teaspoons fresh dill, chopped – Brings a bright, almost citrusy note.
- 1 teaspoon fresh parsley, chopped – Adds color and freshness.
- 1/4 teaspoon salt – Adjust to taste.
- 1/4 teaspoon black pepper – For a mild kick.
- Optional: 1 teaspoon lemon zest – Intensifies the bright, citrusy flavor.

Step by Step: Making the Dressing

1. Prepare the herbs. Rinse the dill and parsley under cold water, pat dry, and finely chop them. The finer the chop, the more evenly distributed the flavor will be.
2. Combine the creamy base. In a medium bowl, whisk together the mayonnaise, sour cream (or Greek yogurt), and Dijon mustard until smooth.
3. Add the acid. Stir in the apple cider vinegar, ensuring it’s fully integrated. This will give the dressing its bright, tangy punch.
4. Sweeten. Mix in honey or maple syrup. Start with one tablespoon, taste, and adjust if you prefer a sweeter

dressing.

5. Season. Sprinkle in salt and pepper. If you're using lemon zest, add it now.
6. Fold in the herbs. Gently fold in the chopped dill and parsley, making sure they're evenly dispersed.
7. Refrigerate. Cover the bowl and chill in the fridge for at least 30 minutes. This resting period allows the flavors to meld beautifully.

Once the dressing has had time to set, it's ready to be tossed with your coleslaw base. The rest of the recipe is as simple as it gets.

Building the Classic Coleslaw Base

Jamie Oliver's coleslaw recipe pairs wonderfully with a straightforward cabbage mixture. Here's how to prepare it:

- 1 medium head of green cabbage – Finely shredded.
- 1 medium carrot – Julienne or grate.
- 1 small red onion – Thinly sliced.
- Optional: 1/2 cup shredded cheddar or Swiss cheese – Adds a subtle richness.
- Optional: 1/4 cup chopped walnuts or pecans – For crunch.

In a large bowl, combine the shredded cabbage, carrot, and onion. If you're adding cheese or nuts, fold them in now. Pour the chilled dressing over the mixture and toss until everything is evenly coated. Let the coleslaw chill for an additional 15 minutes before serving to allow the flavors to meld.

Variations to Suit Every Palate

While Jamie Oliver's original dressing is a crowd pleaser, you can tweak it to create different flavor profiles. Below are a few variations that maintain the essence of the recipe while offering new twists.

- Spicy Kick. Add 1/2 teaspoon of cayenne pepper or a dash of hot sauce to the dressing. This works especially well with a base that includes sweet corn or pineapple.
- Vegan Version. Replace mayonnaise and sour cream with a plant based mayo and coconut yogurt. Sweeten with agave nectar instead of honey.
- Herb Swap. Swap dill and parsley for fresh basil and cilantro for a Mediterranean or Mexican flair.
- Smoky Flavor. Add a teaspoon of smoked paprika to the dressing and use roasted red peppers in the coleslaw.
- Asian Twist. Incorporate a tablespoon of soy sauce and a pinch of sesame oil into the dressing. Toss in shredded cabbage, sliced cucumber, and shredded carrots.

Tips and Tricks for Perfect Coleslaw Every Time

- Use a sharp knife. A sharp blade ensures thin, even slices that cook evenly and hold up in the dressing.
- Chill the bowl. A cold mixing bowl helps keep the dressing cool, preventing it from becoming too soft.
- Don't overmix. Toss the coleslaw gently to avoid tearing the cabbage fibers, which can lead to a mushy texture.
- Adjust acidity. If the dressing feels too sweet, add a splash more vinegar. If it's too sharp, a bit more honey will balance it out.
- Serve cold. Coleslaw tastes best when it's chilled. Keep it refrigerated until you're ready to serve.

Pairing Ideas: When to Serve Jamie Oliver's Coleslaw

Jamie Oliver's coleslaw dressing recipe pairs beautifully with a range of dishes. Here are some pairing suggestions to help you plan your menu.

- Grilled Meats. Pair it with grilled chicken, pork chops, or steak for a classic Southern feel.
- Fish and Seafood. Use it alongside baked salmon, shrimp skewers, or fish tacos to add a fresh, tangy contrast.

- Sandwiches and Burgers. A dollop of this dressing on a sandwich or burger adds creaminess and a burst of flavor.
- BBQ and Barbecue. Serve it with ribs, pulled pork, or brisket for a hearty meal.
- Vegetarian Dishes. Toss it with roasted vegetables or a quinoa salad for a wholesome, plant based option.

Frequently Asked Questions About Jamie Oliver's Coleslaw Dressing

- Can I make the dressing ahead of time? Yes! The dressing can be prepared up to 24 hours in advance. Store it in an airtight container in the refrigerator.
- What's the best type of mayonnaise to use? A light or classic mayonnaise works best. If you prefer a lighter version, use half mayo and half Greek yogurt.
- How do I keep the coleslaw from becoming soggy? Add the dressing just before serving and toss lightly. Keep the coleslaw chilled until it's time to eat.
- Can I add fruit to the coleslaw? Absolutely! Apples, pears, or dried cranberries add natural sweetness and texture.
- Is it possible to make a low fat version? Replace mayo with a light mayo or avocado for a healthier alternative.

Conclusion: Elevate Your Next Meal with Jamie Oliver's Coleslaw Dressing

Jamie Oliver's coleslaw dressing recipe is more than a side dish—it's an invitation to experiment, to bring fresh, vibrant flavors to the table, and to enjoy the simplicity of cooking with wholesome ingredients. By following the steps above, you'll create a coleslaw that's crisp, creamy, and bursting with herbaceous notes. Whether you stick to the classic version or explore one of the many variations, this dressing will become a staple in your culinary repertoire. So grab your ingredients, channel your inner Jamie Oliver, and turn an ordinary cabbage mix into a memorable dish that will delight friends and family alike.

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