

Pressed Salad

¼ head Chinese cabbage (also called Napa cabbage) cut into 1-inch squares

5 red radishes sliced into thin rounds

Radish tops from the red radishes (if they are fresh) cut into thin pieces

3 scallion, split the white end and cut each scallion into ½ inch lengths

1/2 level teaspoon sea salt

1 to 2 teaspoon brown rice vinegar or to taste

1. Place the cut Chinese cabbage in an oversized bowl.
2. Add sea salt and begin kneading the salt into the cabbage. The salt quantity and kneading should be enough to soften the vegetables and draw liquid out of the vegetables without being overly salty. The initial salt should taste a little saltier than you want the finished salad, keeping in mind the salt will be diluted as the water comes out of the vegetables.
3. Add the other vegetables, and knead. Adjust the salt if necessary.
4. Season with brown rice vinegar to taste.
5. Place in a crock or salad press and press for 30 minutes to 3 hours.
6. Remove from the press and serve.
7. Save the liquid from the vegetables to store with any leftover salad. It will help preserve the salad.