

Light

PRESSED SALAD (quick pickling)

1. Wash and slice vegetables into very thin slices.
2. In a large bowl, mix vegetables and add about one-half teaspoon of sea salt per cup of chopped vegetables. Mix gently by hand.
3. Transfer to a salad press and apply pressure to the press. If a salad press is not available, you may leave in a bowl and place a plate that fits inside the bowl, adding a weight on top of the plate.
4. Let the vegetables sit for 30 minutes to one hour or more (depending on the vegetables) or until water is expelled from the vegetables.
5. Discard the water before serving, and rinse off the vegetables so that they are not too salty.

EXAMPLES OF PRESSED SALADS

Mustard greens or radish greens, chopped finely and pressed for 30 minutes.

Cabbage leaves, finely chopped, layered with sea salt, and pressed for 30 minutes.

Carrots, grated, shredded or cut into matchsticks, pressed for 30 minutes.

Various combinations of vegetables.

Notes:

- Ingredients may be pressed longer, up to a couple of days, to make light pickles.
- Brown rice vinegar, umeboshi vinegar or shoyu may be used for variety in the pressing.