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Daikon and Daikon Leaves Pressed Salad - Press Overnight

Daikon leaves, cut very thin
1 daikon, cut in matchsticks
1 tablespoon sea salt

Place the daikon leaves in a suribachi or bowl, add 1 teaspoon sea salt, stir and knead them for about 5 minutes. Green juice will come out of the vegetables. Squeeze out the excess water and throw away this green juice. Mix the cut daikon with the leaves and the remaining sea salt thoroughly and press in a pickle press overnight. Remove the juice and serve!

Variation: 1 tablespoon chopped shiso leaves mixed with ½ teaspoon lemon juice can be added before pressing the salad.

PRESSED PICKLES

Procedure: Mix thinly sliced vegetables with sea salt thoroughly, scrunching vegetables by hand or by kneading the vegetables against the sides of a bowl to soften them. Tightly pack vegetables into pickle press, screw down and press firmly. Water from the vegetables will rise and cover them. Ferment or press for time indicated. Remove excess liquid from portion to be served.

Pressed Cabbage Pickles - Ferment 3 - 4 days. Yield: About 4 packed cups

1 large cabbage (core removed), shredded thinly
½ to ¾ teaspoon sea salt per 4 cups lightly packed shredded cabbage
Bay leaves, optional

Tamari Onions - Mixing vegetables with sea salt is not necessary for these yummy overnight pickles.

1 large onion, sliced in half moons
½ cup soy sauce
½ cup filtered water

Place sliced onion in the pickle press and cover with soy sauce and filtered water. Press overnight. Pickles are then ready to eat and you may continue to press them longer for an even stronger flavor.

Selected information reprinted by permission from Basic Macrobiotic Cooking by Julia Ferre

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JAPANESE PICKLE PRESS

Mine has 3 c
capacity, so
best or make w/
2c. maximum!



CONGRATULATIONS on the purchase of your new Pickle Press. It is a high quality piece of kitchen equipment imported from Japan which will serve you well for years, if cared for properly. With it you can prepare delicious pressed salads, pickles, and sauerkraut. Remember that your pickles will only be as good as the ingredients that go into them. We therefore recommend using fresh (preferably organic) vegetables, sea salt and filtered water which are available to you.

INSTRUCTIONS FOR USING YOUR NEW PICKLE PRESS

Using the Press: Pickle presses are simple and easy to use. They have three basic parts: the bowl which holds the vegetables and brine, the top, and the adjustable spring & disk which apply pressure. To use the pickle press, first place vegetables and brine in bowl. Next screw on lid until it tightens. Then turn and press down on the spring until the disk is exerting desired pressure onto the vegetables (see below for more details).

Vegetables: Vegetables are pickled by the action of friendly bacteria and salt. Salt keeps the bacteria in check. It permeates the vegetables, adding flavor and preserving them. The longer brine pickles or pressed salads stay in the medium, the saltier they become. Vegetables used should be at room temperature and should remain at room temperature throughout the pickling process. Pickling in the summer is faster because friendly bacteria are more active than at cooler times of the year. Vegetables should be washed and dried before starting the process. There are endless possibilities for pickles and pressed salads. Be creative and use a variety of vegetables. It is easiest to make pressed salads and pickles from watery vegetables like cabbage, radishes, and cucumbers. Variations can include all types of root vegetables (turnips, rutabaga, daikon, etc.), since these vegetables are more dense and contain less water it is best to use them in combination with cabbage.

Pressure: The pressure may be adjusted for different types of pickles: stronger pressure for pressed pickles and pressed salads and lighter pressure for brine pickles. Pickles can be made in as short of time as 1 to 2 hours, or may take up to 2 weeks. In general, pickles are done when they change color and flavor, and the salt has permeated them. Pressed salads are usually done when they have condensed and absorbed some salt but are still crisp. When making pickles in brine, bubbles will rise signaling that there is good fermentation.

Helpful Hints: Always check to make sure the liquid is rising to cover the vegetables. For pickles, if liquid doesn't cover the vegetables after 4 hours, add salted brine to cover (2 teaspoons sea salt per 1 cup filtered water). If liquid doesn't rise to cover the vegetables, it could be from too little salt, too little pressure, vegetables and salt mixed inadequately, or vegetables being too cold at the start. If the liquid did rise and mold developed, too little salt was used. Vegetables need to stay covered with liquid or they may spoil.

Storage: Salt brine and pressed pickles will keep in the refrigerator for 2 months. Pressed salads should be eaten within a few days of pickling.

Here are some sample recipes to get you started:

SALT BRINE PICKLES AND PRESSED SALADS

Procedure: Boil filtered water and sea salt until the sea salt has dissolved. Cool completely. Pack vegetables tightly in container. Cover vegetables completely with the brine. Apply enough pressure to keep vegetables submerged. Ferment or press at room temperature for the time indicated. Remove the brine before serving. (Brine for pickles contains 2 teaspoons sea salt per 1 cup filtered water, and brine for pressed salads contains 1 teaspoon sea salt per 1 cup filtered water.)

Cucumber & Onion Pickles - Ferment 3 - 4 days Yield: 2 quarts

Brine of 5 cups filtered water and 10 teaspoons sea salt
20 - 3 inch or 15 - 5 inch pickling cucumbers, whole
1 large onion, cut into half moons
1 clove garlic, thinly sliced (optional)
2 sprigs fresh dill, whole (optional)

Onion, Turnip & Radish Pickles - Ferment 3 - 4 days Yield: 1 quart

Brine of 2 cups filtered water and 4 teaspoons sea salt
1 large onion, cut into half moons
7 large red radishes, halved or quartered
4 medium turnips, thin quarter rounds

Cabbage, Cucumber & Carrot Pressed Salad - Press 4 - 5 hours or longer
Yield 4 cups lightly packed salad

Brine of 1 cup filtered water and 1 teaspoon sea salt
½ small cabbage (core removed), shredded
1 medium cucumber, thin quarter rounds
½ small carrot, grated

Pressed Chinese Cabbage & Radish Salad - Press 4 - 5 hours or longer
Yield: about 4 cups tightly packed salad

6 medium Chinese cabbage leaves, shredded
4 large radishes, thin rounds
½ teaspoon sea salt