

Download Quick Easy Tsukemono Japanese Pickling Recipes

Japanese people eat pickled foods everyday, like koreans eat kimchi everyday. the pickling creates more enzymes that help you digest food and its nutrition better. they also have the lowest obesity rates in the first world. this book teaches simple recipes that use a formula of salt wt to food wt to create the enzymes. they are all listed by the time required (i.e. 1 hr pickles, 24 hr pickles, etc.) also each recipe is listed as light tasting or rich tasting for ex. each page shows all ...Ingredients. 1 large cucumber (or 2 small seedless cucumbers). 1 Tablespoon coarse salt. 1 teaspoon toasted sesame seeds. 1 or 2 dried chili peppers, left whole (Or 1 pepper chopped finely). 2-inch piece kombu, rinsed. Toss lightly with salt in a bowl, and then weight them by placing a clean plate or another flat kitchen object on top to remove excess liquid for approximately 20 minutes. Meanwhile, mix the shoyu, mirin, and rice wine vinegar to make the sanbaizu brine. Wash the salt off the vegetables and drain. Rinse the sea grapes. Tsukemono (Japanese pickled napa cabbage) ? ?????? - Duration: 4:33. Peaceful Cuisine 61,428 views