



Macrobiotic Cooking With Theresa

In a Pickle

April 2, 2009

Have a sugar craving which will leave you a bit spacey should you choose to indulge? Eat a pickle! Your sweet craving will vanish! Add variety to your "standard" cucumber pickle. Get creative and indulge with a new array of "new and exciting" vegetables to pickle.

Ingredients: vegetable(s) of choice:

- cucumber
- daikon
- onion
- carrot
- Ume Plum vinegar
- spring water
- mirin

Directions:

- Select one or more vegetables.
- The key is to slice them thin.
- Put prepared vegetables in a glass or ceramic dish.
- Add equal amounts of ume plum vinegar and water to just cover the vegetables.
- Add 1-2 tablespoons of mirin to the mix.
- Cover dish and refrigerate 3-4 hours.
- Pickles will last a week in the refrigerator

