

巻き干し柿

ROLLED DRIED PERSIMMONS

MAKI HOSHIGAKI

Preparation time: 15 minutes

Pickling time: 1–2 days

Makes: 6



- 6 dried persimmons (hoshigaki, see page 350)

Persimmons are harvested in the late autumn, then peeled and hung out to dry in the winter air. Dried persimmons (*hoshigaki*) are chewy, fruity, and unforgettable. Here they are rolled up, left to adhere together, then cut up and served in pretty, spiraled rounds. This might be the most enjoyable way to eat *hoshigaki* since the sticky inside portion is rolled into the dry outside portion, coming together in an extremely satisfying bite.

– Slice off the tops and cut a vertical slit down the side of each *hoshigaki*

and open them up like a book. Pry out any seeds and discard. Place 6 pieces of plastic wrap (cling film) lengthwise across your work surface and set each *hoshigaki* on a piece of wrap with a short side facing you. Roll up the *hoshigaki* and wrap tightly. Leave in a cool spot for 1–2 days to meld together. When ready to serve, unwrap and slice crosswise into $\frac{1}{16}$ -inch (1 mm) rounds. Use in a bento box or serve in a small bowl on the table as a palate refresher for a meal. Keeps for several weeks, if wrapped and uncut.

にんじんの常備菜

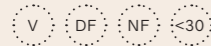
“ALWAYS ON HAND” PICKLED CARROTS

NINJIN NO JOUBISAI

Preparation time: 15 minutes

Cooking time: 3 minutes

Makes: 13¼ ounces (375 g)



- 2 large carrots (1 lb/450 g), peeled or scrubbed
- ½ tablespoon unroasted sesame oil
- Scant ½ cup (3½ fl oz/100 ml) rice vinegar
- ½ cup (2¼ fl oz/80 ml) hon mirin
 - ¼ teaspoon flaky salt
 - 1 teaspoon shoyu
- 1 small dried red japonese chile, cut into fine rings

Stir-frying the carrots briefly before sousing in sweet vinegar gives a longer shelf life to these deliciously appealing quick pickles.

– Quarter the thick parts of the carrot lengthwise and halve any thinner parts lengthwise. Cut into alternating diagonal, irregular pieces (*rangiri*, see page 17) about $\frac{3}{4}$ inch (2 cm) long.

In a medium frying pan, heat the oil over medium heat. Add the carrots and stir-fry until fragrant and the surfaces are slightly caramelized, about 3 minutes.

Slide into a sterilized jar large enough that the carrots only fill it to 75 percent. Add the vinegar, mirin, salt, shoyu, and chile. Cover, shake well, and store in the refrigerator as a convenient pickle to have on hand. Keeps for about 2 weeks.

