

ブロッコリーの茎の味噌漬

MISO-PICKLED BROCCOLI STEMS

BUROKKORI- NO KUKI NO MISO-ZUKE

Preparation time: 25 minutes

Pickling time: 1–2 days

Makes: 5¼ ounces (150 g)



- 2 thick (2-inch/5 cm) broccoli stems (6¼ oz/175 g)
- 6 tablespoons soybean miso
- 7-spice powder (shichimi togarashi, see page 350), for serving

The outer layer of broccoli stems tends to be fibrous, but once pared off, the inner portion is flavorful and nicely textured. Pickling in miso for a couple of days transforms the stems into crunchy, savory bites to serve with drinks or tea. If your broccoli stems are thin (1¼ inches/3 cm), pickle for only 1 day and cut into rounds, rather than half-rounds for serving. For a lighter taste, use brown rice miso or barley miso.

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Pare off about ¼ inch (3 mm) around the outside of the stems. Drop the stems into a 1-quart (1-liter) resealable plastic bag and smear the miso around all surfaces of the stems to cover. Roll tightly, squeezing out all the air, and seal. Store in the refrigerator for 1–2 days to pickle.

When ready to use, remove the stems from the miso, scraping off the miso with your fingers. Wipe off any lingering miso from the stems. The miso can be reused once for pickling, for a broccoli-based miso soup with tofu and chopped *negi*, or dolloped into curry rice or *mabodofu* to add depth of flavor.

Cut the stems crosswise into ¾-inch (2 cm) pieces, arrange, cut side down on a cutting board and halve each piece but keep them together for serving. Arrange or stack several paired halves attractively on small individual plates. Sprinkle with *shichimi togarashi* and serve.

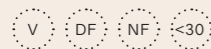
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CRISPY CABBAGE AND CUCUMBER

SHAKISHAKI-ZUKE

Preparation time: 20 minutes

Serves: 4, generously



- ½ teaspoon flaky sea salt
- 2 medium Japanese cucumbers (7 oz/200 g), cut into ¼-inch (5 mm) rounds
- ¼ small head cabbage (9 oz/250 g), sliced crosswise into thin shreds
 - 4 green shiso leaves, rolled and cut into thin tendrils
- 1 tablespoon unroasted sesame oil
 - 1½ teaspoons usukuchi shoyu (see page 344)

Not really a pickle, nor a salad, this treatment is reminiscent of *namul*, a beloved Korean dish in which raw vegetables or boiled greens are dressed with oil and salt.

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Massage the salt lightly into the cucumber slices. Squeeze gently and toss with the cabbage, shiso, oil, and *usukuchi shoyu*. Serve as a side dish to a Japanese or Western meal. Keeps well for a few days in the fridge, though the cucumbers will give up some liquid.

