

# Pickled Rainbow Salad (Hakusai Chigusa-zuke)



This is a delicate, lightly salted raw salad in the Japanese 'Tsukemono' style and as such retains both fibre and enzymes beneficial for gastrointestinal health.

Enzymes in food are deactivated over 48°C, so it is beneficial for digestion to include some raw food in the diet. Tsukemono offer this advantage and also retain B and C vitamins that are daily required dietary constituents.

Cooking vegetables at high temperatures, for example boiling vegetables, may reduce their content of water soluble vitamins by up to 50%.

*Credits: Ceri, Zenxin master chef*

## Key facts:

Preparation: 20 mins

Standing time: 20 mins

Total: 40 mins

Serves: 12

## Ingredients:

- 1 head of organic Chinese cabbage, thinly sliced
- 4 organic red cabbage leaves, thinly sliced
- 1 piece of organic pumpkin, peeled and grated
- 1 medium organic Thai carrots, peeled and grated
- 1 small organic daikon radish, peeled and grated
- 2 organic Japanese cucumbers, thinly sliced
- 2" piece of organic, fresh ginger root, thinly sliced
- 1 tbsp Himalayan rock salt

## Method:

1. Wash all the vegetables and process as described above.
2. Place all the sliced and grated vegetables into a large bowl.
3. Sprinkle the salt over the vegetables and massage them gently.
4. Weight the mixture and leave for 15 mins.
5. Squeeze out the water carefully and reserve the vegetables.
6. Serve to accompany cooked food, beneficial with oily meat and fish.