



**Miele**

# Pickled carrot salad with shichimi togarashi

By Miele

**30 minutes**

Preparation Time

**2 hours, plus pickling time**

Cooking Time

**6 serves**

Serves

## INGREDIENTS

### Shichimi togarashi

4 strips orange rind  
(approximately  
½ orange)  
½ cm (3 g) ginger, thinly  
sliced  
3 tsp chilli flakes, preferably  
Korean red chilli flakes  
½ tsp pepper  
3 tsp black sesame seeds  
2 tsp poppy seeds  
1 tsp nori flakes

### Pickled carrots

2 bunches baby carrots  
with leaves attached  
3 carrots  
250 ml (1 cup) rice wine  
vinegar  
250 ml (1 cup) water  
150 g (? cup) white sugar

### Carrot leaf dressing

80 ml (? cup) orange juice  
2 tsp tamari  
1 tsp rice wine vinegar  
2 tsp honey  
80 ml (? cup) vegetable oil

### To serve

Micro herbs, such as sorrel  
and amaranth

## METHOD

### Shichimi togarashi

1. Place the orange and ginger onto a universal tray and into the oven on shelf level 2. Dehydrate on Drying function at 50°C for 2 hours, or until dry.
2. Blend or process the dried orange rind and ginger into small pieces. Add the remaining ingredients and process until well combined but retaining some texture.

### Pickled carrots

1. Cut large baby carrots in half lengthwise and slice medium sized carrots into 4 mm rounds. Place carrots into a perforated steam container. Reserve 1 ½ cups of the carrot leaves and wash very well.
2. Combine the vinegar, water, sugar and 1 teaspoon of the shichimi togarashi in an unperforated steam container.
3. Place both steam containers into the steam oven and Steam at 100°C for 4 minutes. Remove and add the carrots to the pickling liquid.
4. Allow to cool to room temperature then place into the fridge. The carrots can be used after 1 hour, leave for up to 6 hours for a stronger pickled flavour.

### Carrot leaf dressing

1. Blend or process 1 ¼ cups of the reserved carrot leaves with the tamari, vinegar, honey and oil until smooth.

### To serve

1. Combine the pickled carrots, remaining carrot leaves and micro herbs in a serving bowl; and sprinkle with a little of the shichimi togarashi.

### Sustainability tips to make your ingredients go further

- The unused orange half can be used in the '[Blackened bok choy with sesame and orange sauce](#)' recipe or dehydrated for the '[Remains of the day cocktail](#)' recipe.
- The pickling liquid from this recipe can be used to pickle the beetroot stems in the '[Beetroot and crispy curds on barley crackers](#)' recipe. It can also be reused to pickle other vegetables after the carrots are complete.
- The ginger and orange can be dried with the spring onion greens in the '[Beef carpaccio with spring onion, caramelised mustard seeds and kimizu](#)' recipe.

### Hints and tips

- Nori flakes can be bought from Asian grocers or made by toasting a sheet of nori in the oven at Fan Plus at 160°C for 10 minutes.