

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.