

Pressed Salad

Description:

Pressed salad is a light vegetable dish where vegetables are finely sliced, lightly salted and then pressed. Vegetables can be pressed anywhere from 45 minutes up to 2 hours depending on the type of vegetable and the size of the cut. Vegetables should be moist, light and crunchy – not salty. Pressed salads can be kept overnight to be enjoyed as leftovers the following day. Try using the following vegetables in various combinations: nappa cabbage, round green or red cabbage, bok choy, daikon, carrot, radish, cucumber, celery, romaine lettuce, red onion and leek.

Preparation:

- * Wash and finely slice the vegetables that you have selected.
- * Place vegetables in a large bowl and sprinkle with a small amount of sea salt.
- * Start to gently massage the vegetables until they begin to wilt, turn shiny and release liquid. Additional salt may be needed.
- * Place a dinner plate on top of the vegetables inside the bowl to cover.
- * Place a weight such as a garden stone, jug of water or sack of beans on top of the plate to exert pressure on the vegetables.
- * Allow the salad to sit under pressure until a significant amount of water is released from the vegetables.
- * Discard the pressing water and squeeze out any extra liquid from the vegetables before serving. The vegetables should not taste salty. If they do, you may gently rinse the vegetables before serving but this is only recommended if the taste is salty.