



## *Preserve Today, Relish Tomorrow*

### **UCCE Master Food Preservers of El Dorado County**

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: [edmf@ucanr.edu](mailto:edmf@ucanr.edu) • Visit us on Facebook and Twitter!

## Vietnamese Carrot-Daikon Relish

I love Vietnamese food. Banh Mi is the best sandwich EVER (<http://www.vietworldkitchen.com/blog/2009/06/banh-mi-sandwich-recipe.html>) and it would not be the same without this light and easy pickle. That said, this pickle is delicious on any sandwich. It would also be a great addition to a plate lunch of grilled teriyaki chicken, beef or tofu and rice or quinoa. They also go well with a good Asian-style noodle dish. If Asian-style food is not your thing, this pickle is great on hotdogs, with sausages, bbq pork sandwiches or on a salad. Hmmmmm, I'm thinking a shrimp salad! I could go on and on. Just eat it plain with a fork!

What is Daikon, anyway, you might ask?? It is a large, white mild radish. It is a wonderful vegetable on its own. It is fresh and crisp on a sandwich or in a salad. It is used in many Asian cuisines. I grew up eating it as a pickle. In our village store there was usually a big jar of "Daigo" on the counter and we would buy a big piece of pickle to eat as a snack.





- 2 lbs. carrots peeled and julienned lengthwise in long strips
- 2 lbs daikon peeled and julienned lengthwise in long strips
- 3 cups white wine vinegar
- 3 cups water
- 1 ½ cups sugar
- 2 tablespoons grated fresh ginger
- 6 whole star anise
- 6 chili pepper (optional)

Wash peel and julienne carrots and daikon into long strips.

In large pan combine water, vinegar, sugar, and ginger bring to a boil over medium heat to dissolve sugar. Add julienned daikon and carrots and immediately turn heat off. Place one whole star anise and a chili pepper in each jar (if using).

Using tongs, pack julienned vegetables into hot jars. Ladle hot pickling liquid into jars, pushing down on veggies with the back of a sterilized spoon leaving ½ inch of headroom. Remove air bubbles and adjust head-space adding more liquid if needed. Wipe rims and place lids jars. Screw band down until resistance is met, then increase to fingertip-tight.

Process pint jars in a boiling water bath or atmospheric steam canner for:  
0-1000ft. = 15 minutes, 1001-6000 ft. = 20 minutes, above 6000 ft. = 25 minutes.

Before removing canner lid, wait 5 minutes for both boiling water and steam canner, then remove jars, cool, and store. Cool jars for 12-24 hours, wash, label, and store in a cool dark.

*Source: adapted from Ball Complete Book of Home Preserving*

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