

## PICKLED TURMERIC CARROTS

This is a version of a quick overnight pickle that was created for our Little Bird Unbakery cafes by a visiting Japanese plant-based chef Kaia Harper of [kaiasisu.com](http://kaiasisu.com). These carrots are delicious eaten on their own or tossed through salads.

Make sure all your equipment is really clean, for the best shelf life for your carrots.

300 grams carrots

4 cm piece of ginger

4 cm piece of fresh turmeric

½ cup brown rice vinegar

½ cup apple cider vinegar

1 cup water

3 pieces of star anise

½ teaspoon salt



Make sure the carrots are washed well as we won't peel them. Top and tail carrots and cut lengthways into pieces about 1 cm thick.

Place carrots into a medium-sized jar that has a lid. We're not preserving these pickles – they keep in the fridge. That means we don't need to sterilise the jar.

Finely slice ginger and turmeric, leaving skin on. Slip in the side of the jar and any available spaces along with the star anise.

Into a pot add vinegars, salt and water. Bring to the boil, then take off the heat straight away and pour into jar, making sure the carrots are fully submerged. Allow the jar to cool, then either cover with the lid or place a square of muslin cloth over the top and secure around the neck of the jar with a rubber band. Leave overnight in a dark place to pickle at room temperature.

The carrots will be ready to eat in the morning. If you used a muslin cover, remove this and seal the jar with the lid.

Store in the fridge for several months.

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