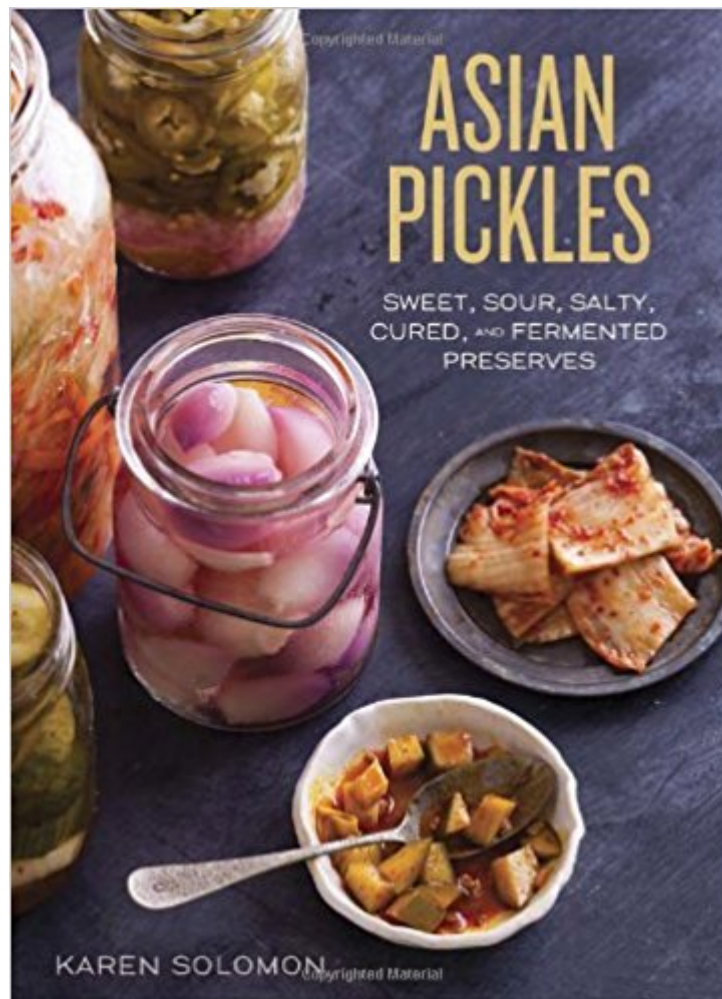


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# Asian Pickles: Sweet, Sour, Salty, Cured, And Fermented Preserves From Korea, Japan, China, India, And Beyond



## Synopsis

From authentic Korean kimchi, Indian chutney, and Japanese tsukemono to innovative combinations ranging from mild to delightfully spicy, the time-honored traditions of Asian pickling are made simple and accessible in this DIY guide. *Asian Pickles* introduces the unique ingredients and techniques used in Asian pickle-making, including a vast array of quick pickles for the novice pickler, and numerous techniques that take more adventurous cooks beyond the basic brine. With fail-proof instructions, a selection of helpful resources, and more than seventy-five of the most sought-after pickle recipes from the East—Korean Whole Leaf Cabbage Kimchi, Japanese Umeboshi, Chinese Preserved Vegetable, Indian Coconut-Cilantro Chutney, Vietnamese Daikon and Carrot Pickle, and more—*Asian Pickles* is your passport to explore this region's preserving possibilities.

## Book Information

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## Customer Reviews

I love pickled things. I love the sweet, vinegary, salty, intense-ness of all things pickled. I love how it gives a longer life to produce from my sweat-and-tears-drenched veggie gardens. I do not like canned pickles--my summertime kitchen is way too hot for the process. I also can not do fermented pickles: The temperatures needed are just not available in the area where I live. That leaves me with "quickles" as the author fondly refers to the majority of the pickling recipes in this book. I have more than my fair share of pickling books on my cookbook shelves. Most of them are from authors whose backgrounds are colored by American and European ancestors--and they lean towards canning. Of course, I find a few quick pickle recipes, refrigerator pickles and freezer pickles mixed in with the

properly canned pickles. But, definitely not enough to have caused me to quit my search for pickle recipes. So, I was happy to stumble upon this book! Yes, I have noticed--because my eyes are wide open, always--that there are pickle recipes in almost all of my oriental cookbooks. But, being the fanatic that I am, there were never enough. Until now. Now, I have a pickle cookbook that rounds out my collection of pickling cookbooks: Truly, a must-have. So, here are my observations. And I will try to limit my exuberance, because I know that not everyone is going to be as excited about this book as I am: The author offers alternative instructions for special equipment and alternative ingredients whenever possible. She includes an ingredient dictionary at the back and also lists suppliers, helpful websites, other cookbooks and a measurement conversion chart.

ASIAN PICKLES: SWEET, SOUR, SALTY, CURED, AND FERMENTED PRESERVES FROM KOREA, JAPAN, CHINA, INDIA, AND BEYOND by Karen Solomon is much more than a cookbook as there's much trivia included and humor too! It's a very enjoyable read! A few months ago, my boss shared some yellow squash and zucchini from his garden that he had pickled. They were too delicious for words! I resolved right there and then to delve into pickling myself and was thrilled to find this book offered for review at Net Galley. I've now read it and tried some of the recipes and am HOOKED! First, I'm thrilled to share that the recipes include NO preservatives, artificial colors or flavorings, and other nasties. The book is segregated by geographical area: Japan, Korea, China, India and Southeast Asia. Each area includes an introduction where the author describes her experience and thoughts on the pickling offerings there along with basic regional styles and preparation and serving tips. One example of valuable tips is in working with garlic where the author shares how to best peel it via an online video and how to remove garlic smell from your hands utilizing a piece of metal. Neither were tips I'd ever heard previously! Another great tip was how to crack cardamom pods to make cardamom tea. AND still another that I found useful was how to shave fresh coconut. Pickling has a long history. The author relates that in 1970, a two-thousand-year-old tomb of a woman buried in her kitchen during the Han dynasty was uncovered in a fascinating archaeological find. The tomb contained dozens of ingredients, cooking tools, and cooking instructions - and PICKLES aplenty in crocks. The author answered another question for me: The difference between a pickle and a chutney...

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