

Pickled Mustard Greens Recipe

(Harm Suen Choy)

Ingredients:

4.5 liters cold water

3½ tablespoons salt

1.5 kg mustard greens (2 bunches), washed well to remove sand, drained, each bunch cut in half lengthwise

For pickling:

½ cup sugar

4 teaspoons salt

3½ cups cold water

1½ cups Chinese white rice vinegar or distilled vinegar

Method:

Place 4.5 liters of cold water and 3½ tablespoons salt in a large pot and bring to a boil over high heat. Add the mustard greens, using a pair of chopsticks or tongs to immerse completely. Cook for 2 minutes or until the mustard greens turn bright green. Turn off the heat, run cold water into the pot, and drain. Repeat twice more and drain. In a large bowl, dissolve the sugar and 4 teaspoons salt in the 3½ cups cold water. Add the vinegar and mix well. Squeeze all residual liquid from the mustard greens and place the greens in the pickling mixture. Mix well and make certain the greens are totally covered by the liquid. Allow to rest at room temperature for 4 hours. To serve as a condiment, cut the stems into ½-inch dice. Reserve the leaves for another use. To use as a pickle in other recipes, allow the mustard greens, leaves and stems, to remain in the pickling mixture overnight. The pickled greens will keep, refrigerated, in a glass jar or plastic container, in their pickling liquid, for at least 3 months.

Note: This method of pickling is popular in Sun Tak, China near Canton. This particular pickle was a favorite at the New Year when, after it had cured 4 hours, it is ate as a snack, not diced, but a whole length, spread with mustard.

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