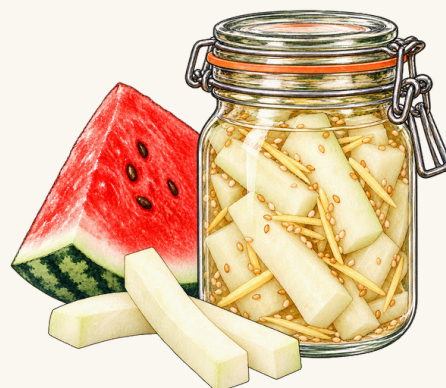


VEGETABLES

Japanese pickled watermelon rind

Crisp white watermelon rind in a sweet-and-sour marinade with soy sauce and sesame oil. From Namiko Hirasawa Chen's recipe at Just One Cookbook.

Recipe author: Namiko Hirasawa Chen · Just One Cookbook



TIME

20 minutes prep + 2-3 hours chilling

MAKES

6 side servings; made with about 803 g prepared rind

Method: Quick refrigerator pickling

Season and ingredients: Fresh watermelon with a firm rind

Storage: Drain off the marinade, then refrigerate and eat within 3-4 days.

Ingredients

- ☐ About 803 g white watermelon rind, weighed after removing the green skin
- ☐ 4 tbsp unseasoned rice vinegar
- ☐ 4 tbsp sugar
- ☐ 2 tbsp soy sauce
- ☐ 1 tbsp toasted sesame oil
- ☐ 1 tbsp toasted sesame seeds, optional
- ☐ A few thin strips of ginger, optional

Instructions

1. Prepare the rind

Cut the flesh away from a quarter of a watermelon, leaving a little red flesh on the white rind. Peel off the tough green skin. Cut the white rind into even slices, 6 mm thick.

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Sources and history on the Fermentarnia website
fermentarnia.com



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2. **Mix the marinade**

Combine the vinegar, sugar, soy sauce, sesame oil and any optional additions in a resealable food bag. Mix until the sugar dissolves.

3. **Marinate**

Add the rind, squeeze out as much air as possible and seal the bag. Gently massage the bag to coat the slices. Refrigerate for 2-3 hours or overnight.

4. **Drain and store**

Lift the rind out of the marinade and transfer to a separate container. Discard the marinade. Refrigerate the rind and eat within 3-4 days.

Tips

Contains soy and sesame. Most traditional soy sauces also contain wheat; check the label.

These are refrigerator pickles and must not be stored in the pantry.

How to serve

Serve with rice or grilled dishes, or enjoy as a small snack.

Under the microscope

What the sweet and salty marinade does

Sugar and the salt in soy sauce encourage some water to leave the rind by osmosis, while dissolved flavour compounds can move into it. This changes the rind during marinating. The acidity is already present in the rice vinegar; it does not need to develop through fermentation.

