

Special Recipe of Vegetables Pickle

Written by RBN's Chef

Thursday, 01 September 2011 00:35

Not only children, many adults tend to avoid vegetables and they have their own reason for that. Some even don't like how the vegetables taste. The truth is, vegetables provide what human body needs, especially vitamins. Without sufficient consumption of vegetables, the vitamin needs for the body will be unbalanced.

Many foods are served with vegetables. People who don't really like vegetables can pick foods made from vegetables without realizing that they are cooked with vegetables. Foods are modified perfectly to hide the vegetables inside. Sometime vegetables are juiced as the dressing, or as additional ingredients filled into bun, eggroll, and other kind of foods.

If one of your family members don't like cooked vegetables, you can try another alternative by serving it in the form of pickle. Pickle is easy to make and it preserves longer as you can easily store it into the refrigerator and take it out whenever you want to eat it. With good servings and delicious ingredients, your vegetables pickle will be so special and tasted wonderfully.

Vegetables pickle is rich of nutrient. This can be another solution for people who don't really like to eat salad or raw vegetables. With delicious salty taste, you can enjoy the fresh vegetables and feel the aftertaste. Maybe your children will love it more than salads.

Here, you will be given the traditional vegetable pickle recipes with the addition of tofu and nuts that will enrich the already-rich tasted pickle.

Ingredients:

- 200 gr cucumber, sliced
- 100 gr bean sprouts, remove the roots
- 100 gr chives
- 200 gr carrots, finely grated
- 150 gr salty mustard
- 100 gr cabbage, thinly sliced
- 300 gr white/yellow tofu, steamed and small diced

Stock:

- 1 tbsp grinded red pepper
- 1 tbsp dried shrimp, roasted and refined
- 100 gr refined sugar

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- 2 tbsp vinegar

Sprinkle:

- 2 tbsp fried nut
- Noodle-like chips

Instruction:

- Place the vegetables in a closed container. Store into the refrigerator
- Stock: boil all ingredients of stock together.
- Filter the stock and let it to cool
- Pour the stock on the vegetables
- Serve along with the sprinkle ingredients

Well, this is easy, isn't it? You don't have to prepare so many ingredients and it doesn't consume too much time to cook it. All you need to do is just to find what you have in the refrigerator and buy some ingredients you don't have in supermarket nearby. After finishing the cook, you can serve this recipe to six persons.