JAPANESE · SIDE · SAUCE

Hakusai-zuke (Japanese Salt-Pickled Napa Cabbage)

15 min · plus 2 days in the fridge Makes 10 × ¼ cup (50 g) 9 kcal a portion

Video 6:21 · Miwa's Japanese Cooking

Vegan | Paleo | Gluten-free ingredients | No nuts listed

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Crunchy, refreshing and almost calorie-free — about 8 kcal a ¼-cup serve — with some vitamin K and no sugar or vinegar. Salted at 2%, it has about 400 mg sodium a serve.

Diet notes: Low carb (1.1 g net carbs) but not keto: 12% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

Ingredients 4 · MAKES 10 × ¼ CUP (50 G)

- [ ] 500 g napa (Chinese) cabbage, about ¼ head, cut into large pieces
- [ ] 2 tsp **sea salt** (10 g, 2% of the cabbage weight)
- [ ] 1 piece **kombu** (10 × 10 cm), cut into thin strips
- [ ] 1 **dried red chilli**, seeded and chopped (or 1 tsp red pepper flakes)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the cabbage, pat it dry and cut it into large pieces (it shrinks a lot). For extra sweetness you can first dry the pieces in the sun for 2–3 hours. 0:25
2. Put the cabbage in a large zip-top bag, add salt at 2% of its weight (10 g for 500 g) and massage for about 5 minutes until it softens and releases water. 1:21
3. Add the kombu strips and the chopped chilli (it helps preserve the pickles, so don't skip it) and massage again. 2:47
4. Press out the air and seal the bag, opening upwards. Lay it on a tray, cover with another tray and a weight of about 2 kg, and refrigerate. 3:28
5. After 2 days, when plenty of liquid has come out and small bubbles show it has fermented, it is ready. Keep it in the fridge and eat within a week. 4:40

> **Tip** Makes about 500 g, roughly 10 quarter-cup serves (our estimate). Keep the salt at 2% of the cabbage weight (the video used 13 g for 650 g). Add thin strips of yuzu peel with the kombu if you like.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (50 g), gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
9 kcal 40 kJ	0.6 g 1% of a day	1.7 g 1.1 g net · 0.7 g sugars 1% of a day	0.6 g 2% of a day	0.1 g 0 g saturated 0% of a day	400 mg 17% of a day

Energy from net carbs 57% · protein 31% · fat 12%

Source of (10–19%) Vitamin K 18% · Vitamin C 15% · Folate 10%

Recipe and video: Miwa's Japanese Cooking (@MiwasJapaneseCooking) on YouTube — youtube.com/watch?v=NSejAZLg8J4, published 9 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/hakusaizuke-salt-pickled-napa-cabbage