

# Sweet, Sour & Spicy Watermelon Rind Pickles

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西瓜の皮、ピリ辛甘酢漬



Nothing goes to waste in the *kansha*-inspired kitchen...  
After enjoying watermelon, save the rinds and make a sweet, sour and spicy condiment.

## Prepare the rinds for pickling:

- 1/2-pound (about 220 grams) watermelon rinds remaining after eating flesh
- 1/2 teaspoon salt



Pare away the dark green, striped, outer skin from watermelon rinds. Trim away a thin layer of pale green leaving just a bit of blushing pink flesh clinging to the rinds. Slice the rind into small slivers. You should have about 1 and 1/2 cups.

Place the rinds in a heavy-duty re-sealable bag with the salt. Toss to distribute, then set aside while you make the marinade. The rinds will “sweat” and wilt slightly.

## Make spicy *amazu* marinade:

- 1/2 teaspoon ginger juice, extracted from freshly grated ginger
- 1/2 cup rice vinegar
- 2-inch piece *kombu* (kelp), cut into quarter-inch strips
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 2 or 3 peppercorns OR 1 *tōgarashi* chili pepper pod, broken with some seeds removed

Place all the ingredients in a small saucepan and let sit for 5 minutes. Place the pan on the stove over low heat, stirring until the sugar and salt dissolve. Let the marinade (including the *kombu*) cool in the pot as you return your attention to the salted rinds you had set aside in the bag.

## Pickle and pack:

Bring a small pot of water to a rolling boil and quickly blanch the wilted rinds. Remove from the heat as soon as the water returns to a boil and drain. **DO NOT REFRESH UNDER COLD WATER!!!** With clean chopsticks or tongs, fill a 1 quart, heat-proof glass jar with a tight-fitting lid (Mason jars with metal latches are especially good) with the drained rind slivers, packing the pieces in tightly.

Allow the rinds to marinate/pickle for 20 minutes at room temperature, then cover and refrigerate. They are ready to eat the next day. The pickles can be stored for up to one week, though flavor rapidly intensifies (and color dulls) after 3 days.



When ready to serve, remove the pickled rinds from their spicy-and-sour brine and garnish with a few toasted white sesame seeds.

Or make into a salad with thinly sliced cucumbers and shredded *shiso*.

Place sliced cucumbers in a re-sealable bag and toss lightly with salt. When they begin to sweat, gently “massage” to wilt them. Open the bag, rinse with cold water, drain and squeeze.

Toss the salt-wilted cucumbers with drained watermelon rind pickles and mound on a plate. Garnish with a generous amount of fresh *shiso* cut into thin shreds.

