Recipe for Đồ Chua (Vietnamese Pickled Daikon & Carrots)

Pickles have been made by many cultures to preserve food for a longer period of time. Talk about resilient foods!

This recipe is a popular pickle most often enjoyed in Vietnamese bánh mì sandwiches. Make sure you work with an adult to make this recipe as it requires the use of some sharp objects and hot water.

Fun fact: Đồ chua means “pickled stuff.”

INGREDIENTS:
- ½ lb carrots
- ½ lb daikon
- 1 Tbsp salt

VINEGAR SOLUTION:
- ½ cup of hot water to dissolve 5 tbsp of sugar
- 1 cup of water
- 4 tbsp distilled vinegar (lime/lemon juice, apple cider vinegar can also be used as substitutes)

PREPARATION:
- Starting off with a ½ cup of hot water, dissolve the sugar and combine with remaining vinegar and water.
DIRECTIONS:

1. Peel and slice your veggies to the size you want. A mandolin slicer is a great tool for this step. As always, ask your adult for help using sharp objects!

2. Give your veggies a little sprinkle of salt and mix thoroughly. Let sit for no more than 15 minutes. The salt will help your veggies soften and release water.

3. Give your veggies a nice rinse and, in batches, lightly squeeze them to remove moisture.

4. Drain and dry.

5. Add your veggie mix to sealable jars.

6. Pour your vinegar solution over the top until your veggies are fully submerged.

Store at room temperature until your veggies are pickled to your liking, checking every 12-24 hours. When they are ready they can then be refrigerated for up to 3 weeks!

Do you have any other pickle recipes you can learn from your family or friends?