

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS

PICKLED WATERMELON RIND SALAD

Prepared for the Edible Academy Pickle Weekend by
Jameeale Arzeno

Serving Size 28 oz

Ingredients:

- 1 small seedless watermelon (Approx 1.5lb)
- 1 cup watermelon juice
- 3 cinnamon stick
- 3 sprig of Rosemary
- 3 sprig mint
- 3 peels orange zest
- 3 peels lemon zest
- 3 slices serrano chili
- 3 star anise
- Brine Recipe

Brine Recipe Ingredients:

- ½ of serrano chili, sliced on bias
- ½ tsp Mustard seeds
- 1 tsp coriander
- 1 tbs black peppercorns
- 1 inch ginger node
- 1 star anise
- 8 all spice balls
- 8 cardamom pods crushed
- 1 sprig of rosemary
- 1 sprig mint
- 1 ½ cups White wine vinegar (ACV can be used as well)
- 1 ½ cups water
- ½ c coconut sugar
- 1 tbs sea salt

Salad Assembly Ingredients:

- 5oz Baby Spinach and/or Arugula
- 2oz Spicy Microgreens
- 4oz brick of Feta, crumbled
- 1 small onion, sliced thin
- Cubed watermelon
- Pickled watermelon rinds
- ¼ cups honey roasted pistachios, chopped
- Citrus dressing
- Salt
- Pepper



Instructions

Remove the dark green skin of the watermelon with peeler or knife.

Slice watermelon rind away from meat of watermelon leaving ½ inch of red/pink. Cube watermelon and save for salad.

Cut rinds into ½ inch thick cubes and place into one large mason jar or 3 8oz mason jars with rosemary, mint, orange zest, lemon zest, chili, and star anise.

Pour hot brine into mason jars and store for 48 hours.

Brine Recipe Instructions

Slow boil all ingredients for 10 minutes. Let stand for 15min and remove Rosemary and Mint sprigs before pouring into mason jars.

Salad Assembly Instructions

Toss onions and greens together with salt and pepper.

Dress greens with a simple citrus dressing of your choice. A citrus base dressing is best to compliment the flavors in your salad.

Layer on to the dish with watermelon cubes.

Sprinkle pickled rinds on top with feta and chopped pistachios.