Prep Vegetable Ribbons

Carrot and zucchini ribbons for burger and sushi use.



INGREDIENTS

- 1kg Zucchini
- 1kg Carrots

METHOD

1. Wash the carrots well and peel them.
2. Using your Julienne peeler, make thin strips from the carrots. Discard the ends.
3. Wash the zucchini.
4. Using your Julienne peeler, make thin strips from the zucchini.
5. Stir the ribbons every half hour, to ensure that they all get covered in the vinegar.
6. Mix the carrots and the zucchini together and store in a sealable container.
7. Label and date and store in the refrigerator.
8. Use as needed.

EQUIPMENT

- Chopping board
- Scale
- Vegetable knife
- Julienne Peeler
- Sealable container

TIPS

- To keep your veggie ribbons fresh and crisp during the day, keep them in a bowl of ice water.

WATCH THE METHOD

Vegetable Ribbons _ https://www.youtube.com/watch?v=uICZghB_078