

Umeboshi 梅干し

Instagram

- #梅干し 152k

Overview

- *Prunus mume*
 - https://en.wikipedia.org/wiki/Prunus_mume
 - Japanese: Anzu あんず (杏)
- Wikipedia
 - <https://en.wikipedia.org/wiki/Umeboshi>

Mair Farm - Taki

- <http://edibleseattle.com/taki-san-the-perfectionist/>
- Organic; used by Canlis, Sitka and Spruce, Nettletown, Le Gourmand

Region/s

- central Wakayama prefecture is known throughout Japan for the number and quality of its ume and umeboshi. The town of Minabe, Wakayama, in particular, grows more ume and produces more umeboshi than any other town in Japan.

umezuke 梅漬け

- pickled *ume* which are not dried

Umezu 梅酢

- the ume “vinegar”

Production

- Amazing video: <https://www.youtube.com/watch?v=XcWxS7xXQ8Y>
- traditionally made by harvesting ume fruit when they ripen around June and packing them in barrels with salt. A weight is placed on top and the fruit gradually exude juices, which accumulate at the bottom of the barrel
- Most modern umeboshi are made w/ less salt and by pickling the ume in a seasoned liquid or vinegar. They are typically dyed red using purple perilla herbs (called *akajiso*), or flavoured with *katsuobushi*, *kombu* or even sweetened with honey.
 - because modern methods of preservation use less salt, they usually contain an artificial preservative to extend shelf life

Nutrition and Health

- believed to be a digestive aid, prevention of nausea, and for systemic toxicity, including hangovers
- Green ume extract is used as a tonic in Japan
- citric acid is believed to act as an antibacterial, help to increase saliva production and assist in the digestion of rice
- Additionally, umeboshi is claimed to combat fatigue (historically given as part of a samurai's field ration) and protect against aging
- Umeboshi per 100 g contains elements as follows
 - Calories 33 kcal
 - Protein 0.9 g
 - Fat 0.2 g
 - Carbohydrate 10.5 g
 - Sodium 22.1 mg
 - Potassium 440 mg
 - Manganese 0.23 mg
 - VitaminA 7 µg
 - VitaminB₁ 0.02 mg
 - VitaminB₂ 0.01 mg
 - Cholesterol 0 mg
 - Dietary fiber 3.6 g

How To

A good You Tube video on making umeboshi w/ apricot:

<https://www.youtube.com/watch?v=pRen9nO2N7o>

How to Sprout Prunus mume seeds: <http://homeguides.sfgate.com/sprout-apricot-pit-43863.html>

- next level-- making your own sea salt: <https://lifehacker.com/5856688/make-your-own-sea-salt>

Bangin Video

- <https://www.youtube.com/watch?v=UP3383fdsAI>

How to Make Umeboshi, Japanese Sour Salted Plums

BY NANCY SINGLETON HACHISU Updated 02/25/16

<https://www.thespruce.com/umeboshi-japanese-sour-salted-plums-3895688>

This recipe is reprinted with permission from *Preserving the Japanese Way: Traditions of Salting, Fermenting, and Pickling for the Modern Kitchen* by [Nancy Singleton Hachisu](#), ©2016 Andrews McMeel Publishing. In the book, Hachisu tells not only of the traditional methods of preserving in Japanese culture, but of her journey to learn and conquer these traditions as an American-born wife to a Japanese farmer. These [umeboshi](#), salted plums, are a traditional delicacy, often eaten with rice.

I gained immeasurable self-confidence through making umeboshi myself. After my mother-in-law died, my husband tried to deal with the ume from our trees, but since he is busy, his method was to store the salted ume in alcohol (not my favorite). Recently I have heard more and more reports of ume trees all over California planted by the Japanese immigrants who came to the West Coast in the early 1900s. The ume should be ready to harvest in June, so look out for them. I harvest the ume with Tadaaki's youngest aunt, Katchan. The harvest time is tricky, however, and is one more test (Will I gauge it right this year? Will I have time to pick the ume on the exact day they have to be picked? Will I be the good farmwife?). Even if I check the ume each day as the time nears, somehow I always end up sifting through the weeds to gather any windfall fruit that has not discolored. It only takes about one day to develop brown spots on the skins in the damp early summer. Another twist is that we have trees in three different spots, and one of the trees is a completely different variety, so they all ripen at slightly different intervals. But the work is worth it because umeboshi, if stored well, never go bad. Also homemade umeboshi are much, much better than store bought. Photographer Miura-san still talks about my umeboshi as the best he has ever tasted, probably because the trees are heirloom varieties and I use good salt—still, I'll take the compliment.

What You'll Need

- 10 pounds (5 kg) sour plums (ume)
- 13 ounces (400 g) fine white sea salt (8% of the weight of the ume)

How to Make It

Place the ume in a pail and run cold water over them to fill. Soak overnight in a cool spot. Dump the water the following day, transfer the ume to a large wooden, ceramic, or food-grade plastic tub, and measure the salt over the ume. Distribute the salt with your hand, making sure not to make cuts on the fruit with your fingernails.

Place a clean muslin (or food-grade plastic) sheet across the surface of the salted ume and drape it down the sides of the tub. Lay a drop lid on top of the sheet and weight with rocks or similar heavy items equaling the weight of the ume. (Alternatively, you could line the tub with a thick food-grade plastic bag, squeezing out the air, and cinch it up before laying the drop lid.) Store these salt-weighted ume in a cool dark spot, but check after 2 or 3 days to make sure the brine has surfaced. If it has not, massage any residual bottom salt up to the top fruit. The ume should remain in the brine for several weeks until the weather turns sunny, but check periodically to make sure no mold is forming (if it has, pick the mold off carefully).

After brining for at least 3 weeks (2 weeks for small ume), dry the ume for 3 days in the bright sunlight (they do not have to be consecutive days) on rattan mats (or the equivalent) stretched across a wooden frame for good air circulation. At night return the ume to the pickling pot.

On the last day of drying, strain the brine left over in the bottom of the salting tub through a fine-mesh strainer and store in a clean jar or bottle. This is called plum "vinegar" (umesu). I refrigerate my umesu; Tadaaki does not. Pack the dried ume (umeboshi) in resealable gallon-sized freezer bags (fill the bags only half full). A syrupy liquid will pool at the bottom of the bags that aids in the long-term preservation of umeboshi. Umeboshi keep indefinitely at room temperature packed in airtight resealable bags.

Variations: Some people add [Salted Red Shiso Leaves](#) to the salt-weighted ume while they are waiting for the sun to come out (typically, the red shiso is not yet ready to harvest at the time the ume ripen, hence the later addition). Dry the salted shiso leaves at the same time you dry the ume. While I have never tried it, it may be possible to make these with green apricots instead of sour plums.

How to Make Umeboshi - Japanese Ume Pickles

BY [SETSUKO YOSHIZUKA](#)

Updated 02/02/17

<https://www.thespruce.com/japanese-ume-pickles-2031241>

Umeboshi literally means dried ume (Japanese apricots or plums) and generally refers to ume pickles. It's traditional preserved food. Umeboshi making typically begins in June when ume are harvested in Japan. Ingredients and processes vary between households. Here are basic steps for making them at home. You can use this umeboshi recipe, which is simply the ume and salt.

The process usually starts in June when the ume are ripe and harvested. They are then salted and form their own liquid, umezu. They are traditionally dyed red, which will be shown using red shiso leaves. The umeboshi are usually dried in the sun in July or August after the rainy season has passed. Then they are stored in the umezu.

Remove the tiny black stems from the ume, using a bamboo stick and wash the ume. Soak them in water for a few hours. Drain the ume in a strainer and dry them well. Place the ume in a large bowl and spray about 1/3 cup of shochu (clear distilled spirit which contains 35 percent alcohol) on ume (about 4 1/2 lb) well.

Coarse salt is used for making umeboshi. First, measure salt. The amount of salt used for pickling ume are basically 15 to 20 percent of ume's weight. It's said that this ratio is ideal to reduce the risk of mold growth.

Sprinkle half the amount of salt over ume and shake the bowl to cover them with salt. Place the salted ume in a sterilized ceramic or plastic container. Put the rest of the salt on top of the ume. Put a sterilized wooden lid or a sterilized plate on top of the ume. Place a sterilized weight that weighs as much as the ume on the top of the lid or plate. Cover the container with thin paper and tie a string around the container. Leave it in a cool, dark place.

After a few days or so, clear liquid called umezu (ume vinegar) is extracted from the ume. Let them pickle in umezu until red shiso leaves are harvested or drying time comes, being careful about mold growth. To dye umeboshi with red shiso leaves, see [How to Prepare Red Shiso Leaves for Pickling Ume](#). If you aren't dyeing umeboshi with red shiso, go to the drying process.

Pour red umezu over pickled ume in the pickling container for dyeing. Spread red shiso leaves used to [make red umezu](#) on top of ume. Put a sterilized plate on ume plums and place a sterilized weight which weighs half as much as the ume on the top. Cover with lid and leave the container in a cool, dark place until drying time comes, being careful about mold growth.

Ume drying is usually done in July or August when the rainy season is over in Japan. Check your local weather forecast. When hot sunny weather continues at least three days, begin drying pickled ume. Take the ume out of the container, reserving the liquid (umezu) in the container.

Gently spread ume plums on bamboo mats or baskets and place them under the sun. Umezu left in the pickling container is also exposed to the sun for a day. Dry pickled red shiso leaves under the sun at the same time for making furikake (Japanese seasoning).

It's common to dry ume pickles under the sun for three days or until the surface of ume pickles turns whitish. You want to avoid rain during this process. Now the dried ume pickles are called umeboshi. Place umeboshi back in umezu and store in a cool, dark place. They can be eaten after 10 days or so, but it's good to wait a few months for better flavor.

How to Prepare Red Shiso Leaves for Pickling Ume

Red-purple perilla is called akajiso (red shiso). Red shiso leaves traditionally used to dye pickled ume (Japanese apricots or plums). It's good to use 1/2 - 1 lb red shiso leaves for pickling 4 1/2 lb ume plums. First, wash the leaves well and drain in a strainer.

Sprinkle about 1-2 oz of coarse salt over shiso leaves. Rub shiso leaves well so that dark purple liquid is extracted. This is done to remove the bitterness from shiso leaves. Firmly squeeze liquid out of shiso leaves. Discard the liquid. The liquid extracted by pickling ume are called umezu (ume vinegar). Pour out umezu in the pickling container into another bowl. Put squeezed shiso leaves back in umezu. Rub the leaves with hand so that the umezu turns red. Place the red umezu and shiso leaves into two separate bowls.

