

Arame with Lotus Root

Soak lotus root for 2 hours. Rinse arame and soak in 3 cups water for 5-10 minutes. Heat oil over medium heat in a frying pan. Drain the lotus root, and sauté it briefly. Drain the arame, add to pan, toss with lotus root, and sauté for 2-3 minutes. Add arame soaking water or fresh water to almost cover, bring to a boil, and simmer, covered, for 15 minutes.

Cut the carrot into 1/8-inch thick julienne strips, layer on top of the arame, cover, and simmer for 5 minutes more. Add the mirin and 2 teaspoons of shoyu, toss, and simmer for 2-3 minutes more. Remove cover. Add a little more shoyu if desired. If there is excess liquid in the pan evaporate it by cooking over medium-high heat for a few minutes, being careful not to scorch the vegetables. Place in a serving bowl and garnish with parsley or scallion.

Preparation List:

Serves 4

- ½ cup dried lotus root pieces
- 1½ cups (dry measure) arame
- 2 teaspoons sesame oil
- 1 carrot
- 2 teaspoons mirin
- 2-3 teaspoons shoyu
- minced parsley or green onion for garnish