

Hijiki With Dried Tofu and Vegetables

This colorful combination of hijiki, carrots, and parsley is delicious and appealing. Dried tofu supplies additional concentrated nutrition and an interesting texture. Mirin lightens the flavor and provides a mild sweetness.

In a bowl, place hijiki and water to cover. Let soak 10 minutes. Drain and briefly rinse hijiki to remove any sand and shells. Heat oil in a large frying pan, add hijiki, and sauté 1-2 minutes. Add fresh water to almost cover and bring to a boil. Lower heat, cover, and simmer.

Reconstitute dried tofu by soaking it in lukewarm water for 5 minutes. Repeatedly dampen and squeeze out excess water until the liquid that comes out is no longer milky. Dice tofu, add it to the frying pan, and toss. Simmer for 25 minutes. Add soy sauce and mirin, and toss together with hijiki and tofu. Place carrots on top of hijiki mixture, cover, and let cook 10 minutes more. Toss. If any liquid remains, cook uncovered over high heat a few minutes until nearly dry. Sprinkle parsley on top, cover, and steam 1 minute. Serve hot.

Preparation List:

Serves 6-8

- 1¼ cups (1.76-ounce package) dried hijiki
- Water to cover hijiki
- 2 teaspoons sesame oil
- 4 pieces dried tofu
- 1½-2 tablespoons natural soy sauce (to taste)
- 1 tablespoon mirin
- 1 carrot, cut into julienne strips
- 2-3 tablespoons minced parsley