

## **Arame**

**with Shitake, Burdock, Carrot, Onion**

2 Cups dried arame

5 dried shitake mushrooms, soaked and sliced

1 medium carrot, trimmed and cut into diagonal matchsticks

6 inches of burdock root, cut into thin diagonal matchsticks

1 large onion, cut in thin crescents

Sesame oil

1 to 2 Tablespoons soy sauce, or to taste

1/2 to 1 teaspoon fresh squeezed ginger juice

Spring water or filtered water

Minced parsley for garnish

1. Soak shitake at least 30 minutes in enough water to cover. (Shitake may even be soaked overnight.) When soft, slice into 1/4 inch strips. Reserve the soaking water.
2. To wash the arame, fill a bowl with filtered water. Loosen the arame in the water and quickly lift it out. Strain the water to catch any small pieces of arame. If there is much sand in the bottom of the bowl, rinse quickly again as above. Save this rinse water to cook with later. Place the arame in a clean bowl. Add enough of the rinse water to a level 1/2 the depth of the arame. Let the arame soak for 5 minutes, then flip the arame over to soften the other side. Strain and chop coarsely.
3. Warm some sesame oil in a skillet.
4. Add the shitake and sauté until slightly golden. Saute the burdock next, then the onions and carrots.
5. Add the arame and sauté briefly.
6. Add the shitake soaking water to halfway cover the arame. If there is not enough shitake water, add some of the arame rinse water or some fresh water.
7. Simmer uncovered for 20 minutes.
8. Lightly stir the ingredients to mix and season with soy sauce. Cook another 15 minutes or so, reducing the liquid to just enough to moisten the bottom of the pan. As the liquid becomes low, take care not to scorch.
9. Squeeze a little fresh ginger juice over the arame and shut off the flame.
10. Taste, and if needed add a little more soy sauce.
11. Mix and serve, garnishing with a little finely minced chopped parsley.