

Goma Wakame

Powdered Wakame and Toasted Sesame Seed Condiment

1/2 cup sesame seeds

12 inches of dried wakame strips

1. Place the wakame strips on a cookie sheet and bake at 350° for 12-15 minutes or until the wakame is very dry and can be crumbled easily.
2. Grind the roasted wakame in a suribachi until it is ground to a fine powder.
3. Place sesame seeds in a bowl and cover with water. Pour off the seeds that float to the top into a fine mesh strainer.
4. Repeat, covering with water and pouring out the seeds suspended in the water, somewhat like panning for gold. Continue adding water and pouring off seeds until just a few are left in the bowl. Check these last seeds for stones or pieces of sand. If there are more than two or three pieces of sand or stones, repeat this washing process again.
5. Drain the seeds in the strainer.
6. Dry the sesame seeds before roasting. Place in a skillet over a medium flame. Stir continuously with a wooden spoon, drying until the seeds are loose in the pan, but still a little damp. Transfer these seeds to a bowl.
7. Pour a thin layer of seeds in a stainless steel frying pan.
8. Roast over a medium to medium low heat, stirring with a wooden spoon or by shaking the seeds in the pan in a back and forward motion similar to popping corn. The seeds are done when you can crush a few seeds easily between the thumb and fourth finger.
9. Pour the finished seeds into the suribachi with the powdered wakame.
10. Continue roasting the seeds as described above until all the seeds are roasted and added to the suribachi.
12. Grind the seeds in the suribachi with the powdered wakame until about 2/3 of the sesame seeds are crushed.
13. Serve a sprinkling on grains as a condiment. Goma wakame may be stored in an air-tight jar for about two weeks for maximum flavor and freshness or stored in the refrigerator to keep the oil in the seeds fresh.