

Kombu Powder Condiment

36 inches of kombu strips

1. Place the kombu on a cookie sheet and bake at 350 ° for 15 minutes. The kombu should be very dry and brittle, but not charcoaled.
2. Crumble and place in the suribachi.
3. Grind until uniformly powdered.
4. Sprinkle a small amount on cooked grains or vegetables as a condiment.

Macrobiotics America