

Nishime Style Root Vegetables

One 3 to 4 inch piece of kombu

Burdock root, cut into 1 inch logs for finger sized burdock, for larger diameter burdock, split in half and cut into 1 inch long pieces

1 large carrot, trimmed and cut into wedges

Daikon, cut into 1 inch rounds or half rounds for larger diameter daikon

1 scallion cut into thin diagonal slices for garnish

1/4 level teaspoon sea salt

1 to 2 teaspoons soy sauce

Water

1. Soak the kombu in enough water to cover for five minutes. Cut into ½ to 2 inch squares. Reserve soaking water.
2. Place kombu pieces in the bottom of the pot. Layer the vegetables in the order listed above, on top of the kombu.
3. Add the burdock pieces, then carrot and daikon.
4. Add the kombu soaking water and enough additional water to make about 1 inch of water in the bottom of the pot.
5. Bring to a boil over medium heat. Reduce heat to a medium low.
6. Sprinkle the salt on top of the vegetables and cover with the pot lid.
7. Cook for 10 to 15 minutes or until the vegetables are tender.
8. Remove the lid and drizzle with a little soy sauce. Cover and cook an additional minute or so.
9. Remove the lid. Reduce the liquid. Take care as the liquid becomes low so as not to burn the vegetables.
10. Garnish with thinly sliced scallion and serve.