

DRIED TOFU (OR FRESH TOFU, TEMPEH OR SEITAN) WITH VEGETABLES (STEW TYPE)

1. Soak a four-inch piece of kombu in three cups of water.
2. Use either soaked and sliced dried tofu, tempeh cubes or seitan, along with sliced daikon, burdock, carrots, lotus roots, or any other root vegetable.
3. Bring to a boil and simmer for about 15 minutes.
4. Add a pinch of sea salt or shoyu/soy sauce (unless you are using seitan, which might not require additional seasoning).
5. Add one (or a combination) of the following vegetables (two or three): onions, cabbage, Chinese cabbage, squash or brussel sprouts, and cook for three to five minutes. These vegetables take less time to cook than root vegetables and should be lightly crisp.
6. Finely chop two or three scallions and add at the very end of cooking, for one minute or less.

Notes:

- If you use fresh tofu, add it toward the end of cooking to let it heat through but not overcook.
- If you add leafy greens, add them toward the end of cooking. They should still be crisp and not soggy or overcooked.
- A small amount of ginger may be added at the very end of cooking, if your condition permits.
- You may sometimes make a thicker "gravy" for the stew. Remove the vegetables and add diluted kuzu to the broth. Stir until the sauce thickens. Add the vegetables and cook for a few more minutes.
- A mild seasoning of miso may be added at the end of the cooking, instead of shoyu/soy sauce or sea sat.