

SHIGURI MISO

A condiment to be served in small amount on cooked whole grains

1 cup burdock
1 cup lotus root
1 cup carrot
1/2 cup sesame oil
1 1/2 cup barley miso
1/3 cup ginger (use 1/2 cup in the summer)

1. Slice all vegetables in very thin diagonal slices, then thin matchsticks and mince finely.
2. Warm the sesame oil in a heavy pot or a cast iron skillet.
3. Sauté each vegetable for 5 minutes, cooked with not lid on, in the following order: burdock, lotus root, and carrot.
4. After sautéing the burdock, introduce the lotus root to the bottom of the pot in the following manner: Push all the burdock to one side of the pot. Put half the lotus root on the empty side of the pot. Fold the burdock on top of the lotus root. Place the remaining half of the lotus root in the other empty side of the pot. Smooth the burdock evenly across the lotus root. Now you have the lotus root on the bottom and the burdock on top.
5. Introduce the carrot to the bottom of the pot in the same manner as above.
6. Distribute the miso in small spoonfuls on top of the vegetables.
7. Place the lid on the pot and cook for 5 minutes until the miso softens.
8. Mix the miso into the vegetables.
9. Stir in the minced ginger and shut off the flame.
10. Shiguri miso is especially helpful for weak conditions.