

Light

BOILED SALAD (blanched vegetables)

When blanching vegetables, boil each vegetable separately, one at a time, in the same boiling water. Cook the mildest tasting vegetables first so that each vegetable retains its distinctive flavor. Stronger flavored ones such as daikon, turnips, celery, and especially watercress are cooked at the end. The ingredients are usually just dipped in and out quickly, one minute or less. Any combination of two or three vegetables may be used. For this quick cooking style, the vegetables should be finely sliced.

1. Place several inches of water and a pinch of sea salt in a pot and bring to a boil.
2. Drop in a small amount of vegetables at a time and boil for one minute or less. Remove the vegetables quickly and place them in a strainer to drain.
3. Repeat step no. 2 with each vegetable. Transfer all the vegetables to a serving dish when done.

Notes:

- The vegetables in this dish are fresh, bright colored and crispy.
- Vary the kind of vegetables and combinations often.
- Boiled watercress, parsley or other greens need only to be dipped into the boiling water and taken out right away, just so they will become brighter in color and lose their strong, raw, bitter or pungent taste.
- Spreading the vegetables on a platter to expose them to the cool air will help stop the cooking process and preserve their bright colors.
- These vegetables may be served plain or you may wish to use a few drops of vinegar (brown rice or umeboshi vinegar), or a few pinches of condiment for seasoning.