

Strong

DRIED DAIKON WITH KOMBU AND SHOYU

2 6-inch strips of kombu
1/2 cup dried daikon (long white radish)
shoyu to taste

Soak kombu and slice lengthwise into 1/4-inch strips and place in heavy pot with a heavy lid. Soak dried daikon until soft. If the dried daikon is very dark wash first. Place daikon on top of kombu in pot. Add enough kombu soaking water and spring water if needed to just cover top of daikon. Cover pot, bring to boil, lower flame, add shoyu, and simmer 30 to 40 minutes until kombu is tender. Cook away excess liquid.

Note: This dish helps to dissolve fat deposits throughout the body. Variation: Fresh daikon has more power than dried. Slice fresh daikon and cook as above until very tender. If daikon is unavailable, red radish may be used, though the effect is not so strong.