

## Nishime-Style Cooked Vegetables

1. Use a heavy pot with a heavy lid or cookware specifically designed for waterless cooking. A cast iron dutch oven or a Le Creuset brand enameled cast iron pot are perfect for this recipe.
2. Soak a 5"-7" strip of kombu until soft and cut into one-inch square pieces. 3. Place kombu in bottom of pot and cover with water.
4. Add sliced carrots, daikon, turnip or burdock root, lotus root, onions, hard winter squash (acorn or butternut)and cabbage. These should be cut into 2-inch chunks except burdock which should be cut smaller, and layered on top of the kombu.
5. Sprinkle a small volume of sea salt or shoyu (natural soy sauce) over the vegetables.
6. Cover and set flame to high until a high steam is generated. Lower flame and cook peacefully for 15-20 minutes. If water should evaporate during cooking, add more water to the bottom of the pot.
7. When each vegetable has become soft and edible, add a few drops of shoyu soy sauce and mix the vegetables.
8. Replace cover and cook over a low flame for two to five minutes more.
9. Remove cover, turn off flame and let the vegetables sit for about two minutes. You may serve the vegetable juice along with the dish as it is most delicious.

Try one of the following suggested combinations:

1. carrot, cabbage, burdock, kombu
2. carrot, lotus, burdock, kombu
3. daikon, shiitake mushroom, kombu
4. turnip, shiitake mushroom, kombu
5. onion, cabbage, winter squash, kombu
6. kombu, onion
7. kombu, daikon

Root vegetables still retain their shape, even if cooked for a long time; however, squash may dissolve and lose its shape if it is cooked too long so it may be added after other vegetables.