

Goma Wakame

Powdered Wakame and Toasted Sesame Seed Condiment

1/2 cup sesame seeds

12 inches of dried wakame

1. Place the wakame strips on a cookie sheet and bake at 350° for 12-15 minutes or until the wakame is very dry and crumbles easily like dry leaves. Do not char.
2. Grind the roasted wakame in a suribachi until it is ground to a fine powder.
3. Place sesame seeds in a bowl and cover with water. Pour off the seeds that float to the top into a fine mesh strainer to catch the sesame seeds.
4. Repeat the above process, covering the sesame with water and pouring out the sesame seeds suspended in the water and pouring the seeds and water through the strainer until just a small amount of seeds remain in the washing bowl. This method of washing the sesame is a little like panning for gold. If there are any small stones or sand in the sesame seeds, they will be heavier than the seeds and remain in the bottom of the bowl after the majority of seeds have been strained off. Check these last seeds for stones or pieces of sand. If there are more than two or three pieces of sand or stones, repeat this washing process again.
5. Drain the seeds in the strainer.
6. Dry the sesame seeds before roasting. Place in a skillet over a medium flame. Stir continuously with a wooden spoon, drying until the seeds no longer stick to the wooden spoon.
7. Heat a stainless steel frying pan over a medium flame.
8. Cover the bottom of the pan with a thin layer of sesame seeds.
9. Place a lid on the pan. Shake the seeds in the pan in a back and forward motion similar to popping corn. The seeds are done when you can crush a few seeds easily between the thumb and fourth finger.
10. Pour the finished seeds into the suribachi with the powdered wakame. Continue roasting the seeds as described above until all the seeds are roasted.
11. Grind the seeds in the suribachi with the powdered wakame until about 2/3 of the sesame seeds are crushed.
12. Serve a sprinkling on grains as a condiment. Goma wakame may be stored in an airtight jar for about two weeks for maximum flavor and freshness or store in the refrigerator to keep the oil in the seeds fresh.

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