

IRIKO CONDIMENT

1 layer of Iriko (a type of little dried fish available in oriental markets)
1 tsp. sesame oil
2 tsp. soy sauce
1/4 tsp. ginger juice

Grate ginger and squeeze out 1/4 tsp. of the juice. Place a layer of iriko in a cast iron pan. Roast and stir continuously until fish are dry and crispy. Move fish to one side and add oil then mix and sauté a few minutes. Turn the heat off and remove from the stove. Add soy sauce and stir, then add the ginger juice, making sure the pan is not too hot to burn the ingredients. The fish may be eaten whole or ground up for a condiment.

This is an excellent source of calcium and Vitamin B12.