

GOMA-WAKAME (SESAME-WAKAME) POWDER

UTENSILS

suribachi and pestle
small (2-cup) jar or container with lid for storing
baking sheet
fine-meshed strainer
small (8-inch) stainless-steel skillet
bamboo rice paddle
small (1-quart) porcelain or glass bowl

INGREDIENTS

4-5 strips of wakame, about 10 inches long (see note below)
1 cup white sesame seeds

PREPARATION

1. Place unwashed wakame on the baking sheet and place in the oven.
2. Set the oven at 350F and bake for 15-20 minutes, until the wakame becomes dark and crisp but not burned or charred.
2. While the wakame is baking, wash and drain the sesame seeds.
3. Place the sesame seeds in the skillet and roast over a medium-low flame, stirring constantly with the rice paddle to prevent burning. Shake the skillet from time to time so that the seeds roast evenly.
5. When the seeds give off a nutty fragrance, darken in color, and begin to pop, crush a seed between your thumb and index finger. If it crushes easily, the seeds are done. If not, continue to roast a little longer.
6. When the seeds are done, pour them into the bowl.
7. Remove the wakame from the oven and use your fingers to crumble it into the suribachi. Then slowly grind the wakame with a steady circular motion of the pestle until it becomes a fine powder.
8. Pour the roasted seeds into the suribachi and grind together with the powdered wakame until the seeds are half crushed. Allow to cool, pour into the jar or container, tighten the lid, and place in the cupboard or on the table.

Note: After the wakame is baked and ground to a powder, the powder should be approximately 40 to 50 percent of the total volume; this takes about 4 to 5 strips.