

## Hiziki Condiment

2 cups hiziki, dry  
water to cover  
1 teaspoon sesame oil  
2 teaspoon sea salt

Rinse hiziki then soak it for 15 to 20 minutes or until it becomes soft. Drain the hiziki and reserve the soaking water. Cut it into 2 to 3-inch lengths. Heat a cast iron skillet, add the oil, and then sauté the hiziki. Add soaking water, then salt, and bring to a simmer. Reduce fire to medium and cook for 1 hour. Add more water if necessary to prevent scorching. Set aside. Now prepare the following:

2 onions, sliced  
2 lotus roots (or turnips) cut into matchsticks  
2 carrots, cut into matchsticks

2 burdock roots cut into matchsticks

3 teaspoons sesame oil  
1/4 teaspoon sea salt  
shoyu to taste

Heat a cast iron skillet, add oil, and then sauté first the onion, then the lotus, carrots, and burdock. Add salt and then cooked hiziki. Cook covered over a low flame for 45 minutes. Add water if necessary to prevent burning. Season with shoyu to create a slightly salty, strong tasting condiment. Cook remaining liquid off. Serve.