

Strong

Hijiki (Hiziki) Lotus Root Nitsuke

2 cups hijiki

4-inch piece of lotus root cut in thin quarter rounds

1 tablespoon soy sauce or to taste

2 tablespoons sesame oil

3 cups spring water or filtered water

1. Wash hijiki. Cover with water and soak 10 minutes or until tender. Strain and reserve the water.
2. Warm the oil in a heavy pot. Sauté lotus root for 10 minutes using an otoshibuta.
3. Add hijiki and sauté another 5 to 10 minutes without a cover to dry out the hijiki and coat it with oil.
4. Add soaking water to cover hijiki. Boil for 30 minutes with high heat, uncovered.
5. Season with soy sauce. Cook another 20 to 30 minutes, cooking away most of the remaining liquid until 1/4" liquid remains on the bottom.
6. Reduce heat to medium until remaining liquid evaporates.
7. Shut off heat. Sprinkle with 1 tablespoon soy sauce. Mix.