

BURDOCK, DAIKON, and CARROT MISO SOUP

4-5" burdock, shaved
4" daikon, cut in matchsticks
1 carrot, shaved
1 tsp. sesame oil
5-inch strip wakame
4 Cups spring water or filtered water
2-4 teaspoons miso (1/2-1 teaspoon per cup of water, depending on personal taste and condition)
3 pinches sea salt

1. Coat bottom of soup pot with 1 tsp. sesame oil
2. Sauté burdock using the "3 times salted method". Add one pinch sea salt to burdock, stir and cover with a wet otoshibuta. Cook for 5 minutes. Repeat 2 more times.
3. Move burdock to one side of the pot. Add daikon to the cleared side of the pot. Cover the daikon with burdock, creating two layers with the daikon on the bottom and burdock on top. Cover with a wet otoshibuta and cook for 5 minutes.
4. Use the same method described in step #3 to place the carrot on the bottom layer with the daikon and burdock on top. Cook for 5 minutes.
5. Soak wakame for 5 minutes or until soft. Drain and reserve soaking water.
6. Cut "ruffles" from wakame and cut into 1/4-inch squares. Set aside. Mince the "spine" or hard center portion of the wakame.
7. Add the minced wakame "spine" and wakame soaking water to soup pot. Cover the vegetables with boiling water. Cook until vegetables are soft.
8. Add wakame "ruffles" and simmer another 5 minutes.
9. Dilute miso in a little soup stock.
10. Bring soup to a boil. Shut off heat. Add diluted miso.
11. Garnish with chopped green onion, parsley, or watercress.