

Simmered Hijiki Seaweed & Soya Bean



<Ingredients (4 people)>

- 100g Dried soya beans
- 3Tbsp Dried Hijiki seaweed
- 1 Carrot
- 1 Deep-fried puffed tofu
- 2cm Ginger
- 2 tsp Sunflower oil*
- 1 pinch Salt
- 1 tsp Sugar
- 1 Tbsp Dark soy sauce (Japanese)
- 1 Tbsp Sake
- 100ml Dashi stock (Kombu & Katsuobushi)**)



*)you can alternatively use sesame oil, but in that case, don't add any sugar

***)you can alternatively use Hondashi powder stock and water

<Method>

1. Soak the soya beans

Wash the soya beans with running water and pour 300ml water in a sauce pan. Add the soya beans and soak for ideally over night or at least 6 hours. Pour 500ml fresh water in a sauce pan and bring it to the boil. Once boiled, turn the heat down and simmer with cover for 30 minutes or until the soya beans is softened.

2. Prepare the vegetables

Wash Hijiki with running water in a fine meshed colander and soak in water for 5 minutes. Drain.

Peel the carrot and grate into Julienne. Peel the ginger using spoon and squeeze for ginger juice.

Slice the deep-fried tofu into 5mm width.

3. Simmer

Apply the oil on a frying pan and add carrot, tofu and salt, and stir fry until the carrot is evenly coated with oil. Add the soya bean, Hijiki, ginger juice, sugar, soy sauce, Sake and Dashi stock. Bring it to the boil and simmer for 15 minutes with cover. Remove the cover and raise the heat, stir until the liquid is evaporated.

Serve with Shichimi pepper if you like.