

Umeboshi (soured plum) Marinated Nagaimo (yam)



This is one of the most traditional dressed salad (Aemono) and still it is a staple of Japanese home cooking.

<Ingredients (4 serves)>

150g Yam

2 Large Umeboshi*

<Marinade>

50ml Dashi stock (see recipe below)

1 Tbsp Soy sauce

1 Tbsp Mirin

1 Tbsp Sake

<Dashi stock>

100ml Water

5cm Dried Kombu (kelp for Dashi)

15g Katsuobushi

*Saltiness and tanginess are different from brands. In this recipe, we use mild salty and tangy one. Please adjust the amount.

<Method>

1. **Make Dashi stock (Ichiban Dashi)**

Wipe briefly off Kombu with damp clean cloth, make sure not to remove the white powder too much as it is Umami element of Kombu. Pour water into sauce pan and soak the Kombu for 3 hours. Bring it to the boil and before start boiling, remove Kombu from the heat. Bring the stock to the boil again on high heat and plunge Katsuobushi into it. Boil for 5 minutes on low heat with lid. Remove any scum. Meanwhile place a kitchen paper into a sieve. Sieve the stock and make sure not to squeeze Katsuobushi**.

*Usually in Japanese cuisine, when we make clear and clean Dashi stock, we don't boil kelp also don't squeeze Katsuobushi after boiling since the taste of stock which is infused by that way is not clear and slightly slimy texture.

2. **Make marinade**

Put all ingredients in a stew pan and bring it to the boil and boil for 3 minutes on medium high heat or until the soup is reduced to 2/3 amount.

3. **Slice yam**

Peel the skin and halve lengthways. Slice into 1cm each widthways. Put Umeboshi on a chopping board and remove the stone. Chop with knife until smooth paste.

4. **Marinate**

Put the Umeboshi paste into a bowl and pour the marinade little by little and combine well. Plunge the yam and coat well. You can keep it in a fridge up for 3-4 days.