

## Spinach Oshitashi

### INGREDIENTS

1 bunch spinach  
2 tablespoons sesame seeds  
2-3 tablespoons soy sauce  
Suribachi (Mortar and pestle)



Clean and trim one bunch of spinach. Bring pot of water to a boil. Blanch the spinach in the boiling water for about a minute. Take the spinach from the pot and place into a bowl of ice cold water to stop the cooking process. Squeeze the water out of the spinach and cut the spinach into pieces about 1 inch long.

In the suribachi, gently grind the sesame seeds to the texture of very coarse pepper. Stir in enough soy sauce to coat the ground sesame seeds. Add the cut spinach and mix enough so that the coated sesame seeds cover the spinach.