

Nishime



INGREDIENTS

- 1 Daikon Radish. Peeled and cut length wise and then into ½ inch slices
- 2 Carrots. Peeled and cut diagonally into ½ inch slices
- 1 Lotus Root (Renkon). Cut in half and cut into ½ inch slices
- 1 Bamboo Shoot (Takenoko). Cored, cut in half and sliced into ½ inch slices.
- 12 Salt Potatoes (Sato Imo). Peel and clean.
- 12 small Shitake mushroom. Either fresh or dried can be used. If dried shitake is used, place in water to rehydrate.
- 1 package Chikuwa. Cut each chikuwa piece into three pieces.
- 1 package Tenpura fried fish cake. Cut into ¼ slices.
- 1 package konnyaku. Slice into ¼ inch slices.
- OPTIONAL. 1 burdock root (Gobo). Cleaned, peeled and cut into 2 inch pieces

SAUCE

- 3 tablespoons sugar
- ¼ cup sake
- ¼ cup mirin
- ¼ cup soy sauce
- OPTIONAL. 1 package dried dashi (pictured above)

DASHI

Place one large piece of dried kombu and put into a bowl of water. Refrigerate over night. Prior to cooking, remove the kombu and slice into thin 2 inch strips.

COOKING INSTRUCTIONS

Take all the vegetables (daikon, carrots, lotus root, bamboo shoot, salt potatoes, shitake mushrooms) and place into boiling water and par boil for 2 minutes. This will allow the vegetables to retain its color during the cooking process. Drain the water from the vegetables.

Add the kombu dashi into the pot and put in all the ingredients including the kombu strips and bring to a boil. Reduce heat to a simmer.

Add in the following order:

- Sugar
- Sake
- Mirin
- Soy sauce
- Dried dashi if desired.

Stir and taste. Add any extra soy sauce and sugar to preference.

Cover and simmer for 30 minutes.