

# Kombu with Spicy Root Vegetables

From Christina Pirello's book: *Everything You Ever Wanted to Know about Whole Foods*

About 1 tablespoon light sesame oil  
1 (6-inch) piece kombu, soaked until softened and cut into thin slices  
Generous pinch red pepper flakes  
Shoyu  
Mirin  
1 small leek, split lengthwise, rinsed well, thinly sliced on the diagonal  
1/2 cup fine matchstick pieces daikon  
1/2 cup fine matchstick pieces carrot  
1/2 cup thinly sliced rounds of fresh lotus root  
Juice of 1/2 lemon  
1 to 2 sprigs fresh flat-leaf parsley, minced

Heat the oil in a deep skillet over medium heat. Stir in the kombu and red pepper flakes. Add generous dashes of shoyu and mirin and saute for 2 to 3 minutes to infuse the kombu with rich flavor.

Stir in the leek and a dash of shoyu. Saute for 2 minutes. Stir in the daikon, carrot and lotus root, season lightly with shoyu and stir-fry until the carrots are crisp-tender, 3 to 4 minutes. remove from the heat and stir in the lemon juice and parsley.

## All Hail Hijiki

Hijiki is the alpha male of sea vegetables. Loaded with minerals, it packs a serious nutritional punch and is incredibly good for your hair, nails, skin and bones. In fact, after eating a serving of this dish, my skin feels softer immediately. Hijiki also has a fishy flavor, so it may take some getting used to. If this dish is too strong for you, substitute arame, which is a little milder in taste and intensity.

**A medium handful of dried hijiki**  
**1 onion, sliced in half moons**  
**a pinch of sea salt**  
**1 medium carrot, sliced in matchsticks**  
**1 T shoyu**

**1 T mirin (rice wine for cooking)**

**2 T toasted sesame oil**

- Soak hijiki in spring water for half an hour.
- Meanwhile, chop up veggies.
- When the hijiki is softened, discard the soaking water and, if the hijiki is in long strands, chop it into 1 inch pieces. Most companies, however, sell hijiki in little strands.
- Heat the sesame oil over a medium flame in a heavy skillet that has a lid.
- Add the onions and sautee for a few minutes, adding a pinch of salt
- Add the hijiki and sautee it with the onions, coating it lightly in oil.
- Add water to half way up the hijiki and onions. Bring to full heat.
- Add the shoyu and mirin
- Cover and let simmer 30 minutes
- Add carrot matchsticks on top
- Let simmer 10 more minutes
- Serve

## Nori Condiment

This one looks yucky but tastes great. It is wonderful served with rice or toher grains (serving size is 1 teaspoon) and keeps in the dridge for up to a week.

5 sheet nori

Spring water

1/2 teaspoon mirin

1 1/2 teaspoon shoyu

1/2 teaspoon grated ginger

Rip of break nori into squares and place in a saucepan with water to just cover. Add the mirin and bring to a boil. Reduce flame to low and cover, letting it simmer until most of the water has cooked off and the nori forms a thick paste. Add the shoyu and the ginger. Simmer 5 minutes longer. Serve and keep the remainder refrigerated.