

Japanese Yam Salad

山芋の梅肉和え

● Ingredients (servings 2)

4-inch length Japanese Yam

½ Cucumber

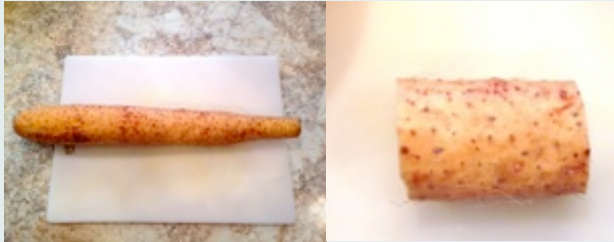
1 Pickled Plum

1 Tbsp. Soy Sauce

2 Tbsp. Rice Vinegar (total)

2 cups Water

● Prepare Japanese Yam



This is a Japanese Yam. Cut to 4 inches length.



Combine 2 cups of water and 1 Tbsp. of rice vinegar in a bowl.

This neutralize the effect of Calcium oxalate and prevents the yam's white color from changing.



Peel the yam with a knife and cut into about 0.5 – 1.5 inches square. Soak immediately in the vinegar mixture.

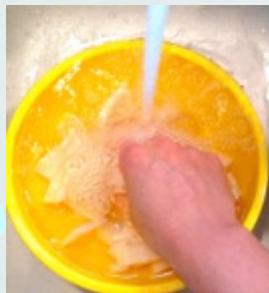
- Prepare Cucumber



Wash ½ of cucumber and cut off the end.



Cut in half lengthwise and then slice.



Rinse the yam with running water and drain.

● Prepare Sauce



Take the seed off a pickled plum and chop the plum “meat” finely.



In a small bowl, combine the pickled plum, 1 Tbsp. of soy sauce and 1 Tbsp. of rice vinegar. Whisk well.





In a bowl, combine the drained yam,
the sliced cucumber and the sauce.
Toss well.

Enjoy!

