

Japanese Yam

とろろ

● Ingredients (servings 2)

5-inch length Japanese Yam

¼ cup Kelp Dashi Stock

A splash of Soy Sauce

⅛ tsp. Wasabi Paste

(The yam has Calcium oxalate, so it can sometimes make you feel itchy on your hands or around your lips when you touch it, but you feel better as soon as you wash the itchy part with acid water (a mixture of vinegar and water). In rare cases some people are allergic to the yam, so if it gives you a weird feeling inside your mouth, you have to stop eating it and call a doctor.)

● Grate



This is a Japanese Yam. Cut to 5 inches length.

Peel the 5-inch length of Japanese yam. Japanese yam is very sticky so leave the skin on one side so you can grab it when you grate.

Grate the peeled yam in a bowl.

Pour $\frac{1}{4}$ cup of kelp Dashi stock in the bowl.



Whisk well.

Transfer to a small bowl and splash some soy sauce. Add about $\frac{1}{8}$ tsp. of Wasabi paste to taste. Mix well before eating.

