

Braised Vegetables

おひたし

● Ingredients (servings 2)

1 Carrot

3 Shiitake Mushrooms

½ bunch Fresh Spinach

2 Tbsp. Soy Sauce

2 Tbsp. Cooking Sake

1 cup Kelp Dashi stock or Anchovy Dashi stock

¼ tsp. Salt

● Prepare Spinach

If you use frozen spinach, you don't need to do this process. Just defrost.



Wash half of a bunch of fresh spinach.



Boil salt water.



Boil the spinach for 2 minutes over high heat.



During boiling, prepare cold ice water in a bowl.

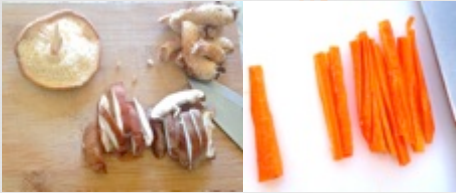


After boiling for 2-minutes, transfer the spinach into the cold ice water for a couple of minutes to stop the cooking process.



Squeeze the spinach tightly with your hands and cut into 1 inch wide pieces. Set aside.

● Prepare Other Vegetables



Slice 3 pieces of washed and stemmed shiitake mushrooms and a peeled carrot.

● Cook



In a sauce pan, combine
1 cup of Dashi stock
2 Tbsp. of cooking Sake
2 Tbsp. of soy sauce
 $\frac{1}{4}$ tsp. of salt

The sliced shiitake mushrooms and carrot

Cook over medium-high heat until it boils.
Then turn the heat to medium-low and
simmer for 5 minutes.



After simmering for the 5-minutes, add the prepared spinach and simmer 2 more minutes over medium-low heat.

Enjoy!!

