

Seaweed Salad (Oil-Free)

わかめとキュウリの酢の物

● Ingredients (servings 2)

2 Tbsp. Dried Seaweed

A small Cucumber

1 Tbsp. plus 1 cup Water

2 Tbsp. Rice Vinegar

1 tsp. Soy Sauce

1 tsp. Sugar

1 tsp. Cooking Sake

A pinch of Salt

● Prepare Dried Seaweed



This is the dried seaweed I used today.
You can find it at many Asian markets.



Place 2 Tbsp. of dried seaweed in a bowl.



Add about 1 cup of water to the bowl.
Soak for 7 minutes.



After about 7 minutes, the seaweed looks
like the picture.



Wash the seaweed with running water lightly.



Drain, squeeze tightly with hands and set aside.

● Cucumber



Cut the ends of a peeled cucumber off and slice thinly.

● Toss



Place the seaweed and the cucumber in a bowl.

Add 1 Tbsp. of water, 2 Tbsp. of rice vinegar, 1 tsp. of sugar, 1 tsp. of soy sauce, 1 tsp. of cooking Sake and a pinch of salt.

Toss well.



Sprinkle with some white sesame to taste. Enjoy!