

ROBUST ALARIA MARINATED

Alaria (wakame) needs to be simmer for 35 min to ensure the mid rib well cooked. This recipe can be used to stir with any type of noodles or by its own with selected grains.

INGREDIENTS

6-inch piece of Alaria (wakame)
cut into 1/2 inch pieces
1 tablespoon of tamari or soy
sauce
3 tablespoons of ginger
1 tablespoon of honey
1/2 tablespoon of cold pressed
olive oil
1 teaspoon sesame oil
A dash of toasted golden sesame
seeds

DIRECTIONS

Soak Alaria (wakame) overnight.

In a small saucepan, combine the rest of the ingredients except the sesame oil and boil for 1 minute over moderate heat.

Add the Alaria (wakame) and a little of the soak water to the pan and bring back to boil, uncovered. Simmer for 45 min or until the mid-rib from the Alaria (wakame) is tender.

Add some more of the soak water if needed and continue to boil until the midrib is very soft. Removed from the heat, add the sesame oil and taste for sweetness add more honey if needed. When serve add toasted golden sesame seeds on top.