

Spinach with Sesame Dressing

<Ingredients>

- 1 bunch Spinach (about 200g)
- Pinch of salt
- Sesame Dressing (White sesame seeds – 4Tbsp, Sugar – 1Tbsp, Soy Sauce – 3 Tbsp, Dashi – 50cc)

<How to Cook>

1. Wash spinach thoroughly, especially the stems, and parboil in ample, lightly salted water until just tender. (30sec – 1min).
2. Rinse in cold water, and let soak for 10 minutes.
3. To make sesame dressing, toast sesame seeds over low heat until brown, and grind in a mortar until the seeds are half-ground. Add the seasonings and dashi, and mix.
4. Squeeze water from spinach, and cut into 3 cm lengths.
5. Dress spinach with sesame dressing.

You can buy roast sesame seeds at Asian supermarket. Then you don't need to toast sesame seed.

If you like a Carrot, it is good taste if you add 1/3 carrot.
Also sesame dressing is good with bean sprout.

