

## **Blanched Vegetable Salad**

### **Description:**

Blanched vegetable salad is a combination of root, round and leafy green vegetables. Use at least 2 out of 3 types of vegetables. The vegetables in this dish should be crispy, bright, colorful and crunchy. Make blanched vegetable salad fresh each day and consume it within 12 hours. Change the selection and combination of vegetables every day.

### **Preparation:**

Fill a pot half full with spring water. Bring to a rolling boil over a medium high to high flame. Add a pinch of sea salt.

Place each type of vegetable one at a time into boiling water (water stops boiling when the vegetable is added) and boil uncovered only until the color turns bright – 30-60 seconds or less depending on the size of the cut of the vegetable.

Blanch each vegetable separately and in order from mildest to strongest tasting so that each retains its own distinct flavor and color. Use a fine mesh skimmer to remove vegetables from the boiling water. Drain each vegetable on a flat surface to stop cooking.

Serve blanched salad plain, with dressing or a splash of brown rice vinegar or lemon juice. Serve it warm, at room temperature or chilled. If you are serving it room temperature or chilled, keep the blanched vegetables in separate sections until they cool down before mixing them together.

### **Tahini Dressing**

This dressing is not an exact science. You need to mix and taste the dressing according to your taste so it is hard to provide exact measurements. So, just have fun with it!

### **Ingredients:**

2 tbsps. Roasted, creamy tahini  
Several drops of Shoyu (Japanese soy sauce)  
1 tsp. mustard (Westbrae Natural mustard)  
Water  
Roasted Sesame seeds

Mix the shoyu into the tahini with either a whisk or chopsticks. Then gradually add water and mix it in until you have the consistency you desire. The dressing should be creamy but not too thick. The tahini will get lighter in color at this point. Add the mustard gradually and taste. Then add a handful of roasted sesame seeds and mix in. You can use this dressing on the blanched vegetable salad.

### **How to Roast Sesame Seeds:**

Rinse sesame seeds and put them in a stainless steel skillet. Move them around constantly so that they do not burn or stick to the pan. Keep moving them until they get golden brown. Let them cool off prior to adding them to the dressing.