

Gomashio - A Japanese Condiment that is nutritious and delicious

<https://chefcynthialouise.com/blog/recipes/how-to-make-gomasio-at-home-toasted-sesame-salt-dressing>

2 cups raw sesame seeds

¼ cup sea salt

Preheat the oven to 350 degrees. Place seeds onto an oven pan. Roast in the oven until the seeds are brown for about 20 minutes. Do not over bake. Add sea salt and pulse in the food processor until about ½ the seeds are processed. Do not over process or you will have sesame butter. Place in a shaker jar and use as condiment. Note: nuts and seeds become rancid quickly so best to keep extra in the refrigerator.

Asian Spinach Salad (Oshatashi)

2 boxes of frozen spinach cut leaf or whole leaf (not chopped) or one large bag of fresh spinach.

2 tablespoons soy sauce

2 teaspoons sesame oil

2 tablespoons rice vinegar

2 teaspoons mirin.

Place frozen spinach in a colander and defrost by running cold water over it. Or, quickly steam fresh spinach and allow it to cool. If using frozen spinach, squeeze excess water before adding dressing.

Combine the soy sauce, sesame oil, rice vinegar, sugar and mirin.

Toss spinach with the dressing and serve.

Garnish with toasted sesame seeds or gomashio.