

Spinatsalat mit Sesam-Sauce

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Typ: Japanisch

Quelle: Consumers Guide, p 18

Bemerkungen: 2 Feb 85; etwa 3 faches Rezept. Genug für 9 - 10 Portionen. Sesam sehr fein mahlen, weil Körner mit Stäbchen schwer zu essen.

17 Aug 85: geht auch mit Mangold. Wenn die Sesamsamen nicht fettig genug sind, sollte mit etwas Sesamöl nachgeholfen werden.

Zutaten:

- 2 1/2 tablespoons (37 mL) white sesame seeds
- 1/2 teaspoon (2 mL) sugar
- 1 1/2 tablespoons (22 mL) soy sauce
- 2 tablespoons (30 mL) dashi
- 1 quart (1 L) water
- 1/4 teaspoon (1 mL) salt
- 12 ounces (340 g) spinach

Rezept:

1. Heat sesame seeds in small skillet over medium-high heat, stirring or shaking pan constantly, until seeds are light brown and first popping sound occurs, about 2 minutes.
2. Reserve 1 teaspoon (5 mL) whole sesame seeds. Grind remaining seeds with mortar and pestle or in grinder until smooth. Combine ground seeds, sugar, soy sauce and dashi in small bowl; mix well. Reserve dressing.
3. Heat 1 quart (1 L) water and the salt to boiling in 2-quart (2-L) saucepan; add spinach. Reduce heat to medium; simmer until spinach is tender, 2 to 3 minutes. Drain spinach. Rinse under colfl running water; drain. Squeeze spinach to remove excess moisture. Cut into 1-inch (2.5-cm) pieces.
4. Combine spinach and dressing in medium bowl; toss lightly until thoroughly mixed. Spoon onto serving plate or divide evenly in 4 small bowls; sprinkle with reserved whole sesame seeds.

Makes 4 servings