

Japanese Vegetable Stew

Yield: 4 min
Total Time: 9 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-boiled-japanese-yam-recipe>

Ingredients:

- 2 large carrots peeled and roll cut
- 4 Japanese sweet potatoes peeled and cut in odd-shaped pieces
- 3 waxy potatoes cut in odd-shaped pieces
- 2 inches burdock
- gobo
- 2 inches lotus root peeled and roll cut
- 3 mushrooms preferably shiitake
- 4 ounces deep fried tofu
- 1 block konnyaku about 12 oz.
- 1 tablespoon vegetable oil neutral
- 3/4 cup dashi vegetarian, see recipe below
- 2 tablespoons soy sauce
- 2 teaspoons sugar
- 1 tablespoon sake
- 20 squares sea vegetable inches kombu
- 4 dried shiitake mushrooms
- 4 cups cool water