



Andy's Carrot Arame Tofu Stir-fry

By Andy Monday, March 23, 2020 Current

Serves 4-6

Gluten, wheat, dairy, egg free

This is one of Andy's magnificent specialties with roots in macrobiotic cooking. Balanced and simple, yin and yang and so very satisfying and good for you. Mineral rich arame (sweet threads of seaweed available at health stores, Loblaws, Bulk barn, Asian markets), antioxidant rich carrots and ginger, healing shiitake mushrooms, protein rich tahini and tofu and cleansing nutrient dense greens. Wow!

Adding a touch of miso to your own bowl at the end will give you fermented live digestive enzymes that boost up your system.

This dish is medicine at your fingertips- that is if you have the ingredients on hand.... Umami simply translated as full on flavour. Nutrient dense and easy to make. A personal favourite, it is also a big hit every time we make at HD for our guests, particularly in the autumn and winter months. Serve with brown rice, millet or quinoa.

Ingredients

2 cups dried shiitake mushrooms
2 tbsp sunflower oil
1 large onion, sliced into slivers
2 tbsp fresh ginger, minced
3 cups carrots, peeled and sliced into chunks
½ tsp+ mirin (sweet rice wine) or a pinch of
½ cup tahini – sesame paste

¼ cup - ½ cup tamari
½ cup-1 cup dried arame
1 pkg regular tofu, crumble
2-3 cups Swiss chard/kale/collards
1 tbsp toasted sesame seeds
2 tbsp green onions, chopped
1 tsp+ miso -white or red



In a pot over medium high heat, cover shiitakes with water and 1 tbsp of tamari, bring to a boil. Turn heat down and simmer for 15 minutes until tender. With slotted spoon remove mushrooms reserving cooking water. When mushrooms are cool enough to handle, slice into thick pieces discarding the stem. Meanwhile in a small bowl of cold water, cover arame to reconstitute until ready to use. (reserve water here as well).

In a wok or large frying pan over medium high heat, saute onions and ginger in oil until tender, about 3 minutes. Turn heat down to medium low and add carrots, shiitakes, arame, both reserved broths, mirin and tbsp of tamari. Cook until carrots are firm tender.

Make a well in the middle of pan and add the tahini stirring to mix in. Add the tofu and greens and cook until the greens are a vivid green colour. Add more tamari to taste.

To serve-ladle into bowls over the rice adding a touch of miso- stirring in to incorporate. Sprinkle with the toasted sesame seeds and green onions.

Enjoy!