

Recipe

Gobo Root Salad

By

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Ingredients

- 1 gobo root ***
- Soy sauce 1-2 tbsp
- 2 tbsp sesame oil
- 1 tsp roasted black sesame seeds
- 1 tsp roasted white sesame seeds
- ½ tsp sugar
- ¼ tsp pepper

Preparation

Peel gobo root (do not worry about the color; because of oxidation, the skin tends to turn brownish easily). Cut the root into 2-inch long pieces. Slice each piece lengthwise then cut into matchsticks. Put the root pieces in a bowl with enough water to cover, and let soak for a few minutes. Drain.

In a medium bowl, mix oil, soy sauce, sesame seeds, sugar, pepper, and the root pieces well. If you like, you can always add some chili for a kick!

***You can find gobo roots in most Asian markets in America (the most vegetarian friendly place to shop is Los Angeles)! They are long and thin, most often covered with dirt. Wash the root thoroughly and peel. Gobo roots are crispy and crunch and they taste earthy and sweet! They are loaded with fiber and protein, good for digestion, and they can boost your energy! If you do not like them crispy, you can quickly blanch the shredded gobo root in boiling water before you mix all ingredients together. In Taiwan (and Japan too), a lot of people drink tea made out of the root to boost their energy!

Serves

6-8 small servings

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