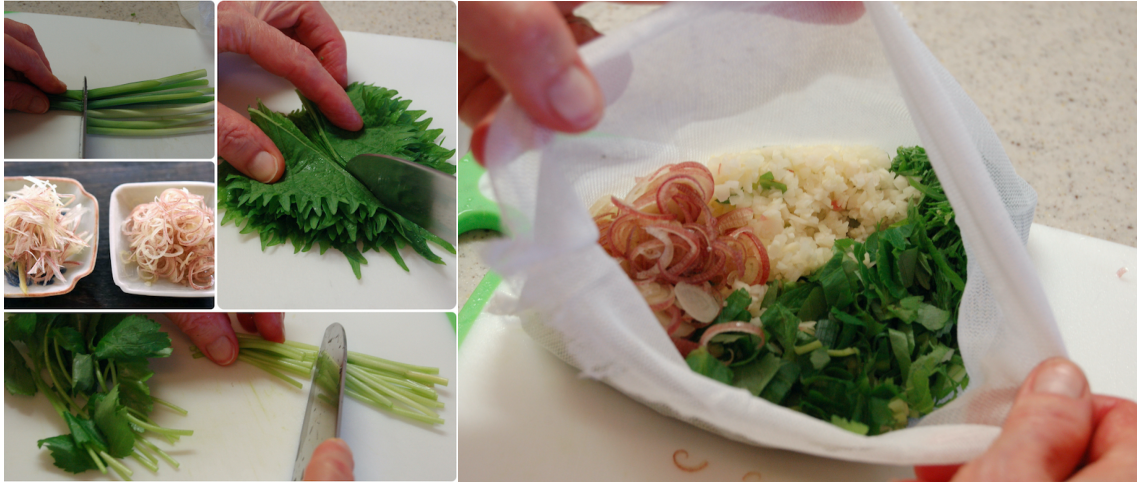


薬味 **YAKUMI** Mixture of Fresh Herbs & Spices



YIELDS about 1 cup herb mixture: Chop, slice, shred and mince various fresh herbs and spices. Here, I have used 6 green *shiso*, 10 stalks of *mitsuba* (and their leaves), 3 slender scallions (white and green sections), 15 grams (1/2 ounce) knob *shin shōga*, scraped (new ginger) and 1 bulb *myōga* (rhizome related to ginger). Various capsicums such as *shishitō tōgarashi* (stem and calyx removed, body slit, de-seeded and minced) could be added to the mix for heat.



Place the cut pieces in a fine-meshed net bag. I use one sold as a filter for a washing machine. Turn your bag inside-out so that food cannot get caught in the bag's stitched seam.

Lightly “massage” to distribute the various herbs BEFORE rinsing. As you rinse, continue to lightly massage. Squeeze out excess moisture before using.

Use right away, or store (in the net) in the refrigerator in a closed container or reusable bag.



Use this mixture to top chilled *tōfu*, add to cold noodle dips, shower stewed vegetables, fold into an omelet, or garnish ripe tomato slices.