



## Mushrooms in Sleet Sauce *Naméko no Mizoré Aé*

The name of this dish, *Mizoré Aé*, is an allusion to grated daikon mimicking the appearance of sleet – an edible ode to wintery weather. This version of the dish pairs slightly spicy, crisp winter radish with “slippery” *naméko* mushrooms for an appealing juxtaposition of textures. It makes a nice accompaniment to grilled fish, or poached chicken. Or, as a nibble with beer.

*Serves 2-4 as a side dish*

- 4 ounces (about 120 grams; 1 package) *naméko* (*Pholiota nameko*: slippery mushrooms)
- 1 teaspoon soy sauce
- 3-4 ounces (about 100 grams) *daikon* radish
- Small tuft of radish greens (OR scallions)

Over high heat, bring a saucepan of water to a rolling boil. Briefly blanch the radish greens to wilt them. Remove the greens from the pot and chop them; set aside. (If you will be using scallions instead, no need to blanch them. Just chop and set aside.)

Use the same boiling water to blanch the *naméko* (slippery mushrooms). Add the *naméko* to the pot and wait until the water returns to a boil. Drain and transfer the mushrooms to a glass (or other non-reactive) container. When there is no more steam rising from the mushrooms, drizzle them with the soy sauce. Toss to distribute. Let the mixture cool, naturally for 30 minutes, or refrigerate to hold for several hours. Drain off excess soy sauce just before serving.

Grate the radish just before serving (this will preserve the maximum nutrition and offer the sharpest flavor). Drain off excess liquid.



When ready to serve, toss the drained mushrooms with the drained grated daikon in a bowl.

Mound the mixture in small, deep bowls and top with a chopped radish green (or scallions). Mix as you eat.

KITCHEN NOTES:



Typical package of *naméko* (slippery mushrooms); left. Drained *naméko*; right.



For maximum nutrition and flavor, it is best to grate daikon **JUST BEFORE** serving. Grate and then transfer the gratings to a fine-meshed strainer set over a bowl to catch excess liquid.

If you like, save the *daikon* juice to make a salad dressing for assorted greens or sliced tomatoes: Mix 2 tablespoons radish juice with 1 teaspoon each of oil and vinegar or lime juice; add a drop of honey if you like.