

FRESH LOTUS ROOT SALAD

INGREDIENTS: (4 -6 servings)

- 1 pound fresh lotus root (ou in Chinese, renkon in Japanese), peeled, ends trimmed.
- 1 ½ tablespoons soy sauce.
- 3 tablespoon rice vinegar.
- 1 teaspoon honey or other natural sweetener (optional).
- 1 tablespoon dark sesame oil.
- 2 tablespoons fresh cilantro leaves.

DIRECTIONS:

1. Using sharp knife, cut lotus root widthwise into 1/8 inch thick slices. As you cut them, drop them into a bowl of cold water to prevent discoloration.
2. Bring 3 to 4 cups of water to a boil.
3. Drain lotus root, place it back in the bowl, then pour boiling water on top. Let lotus root sit in hot water for 5 minutes, then drain, rinse under cold water, and pat dry.
4. In small bowl, mix together soy sauce, vinegar, honey (if using), and sesame oil. Stir well. Heat mixture briefly if sweetener needs help dissolving.
5. Arrange lotus root slices in an attractive pattern, and pour dressing over the top. Let marinate for at least 30 minutes.
6. Garnish with cilantro before serving.

VARIATIONS:

- This dish may be made using raw sliced lotus root. In this case, can be used for cooling the blood and for easing nosebleed.

Lotus roots can be used in a variety of ways; salads, soups, and juices. For salads, look for young roots as indicated by light tan peel and avoid those preserved in brine in vacuum-sealed bag. Older plants will have dark brown rind.