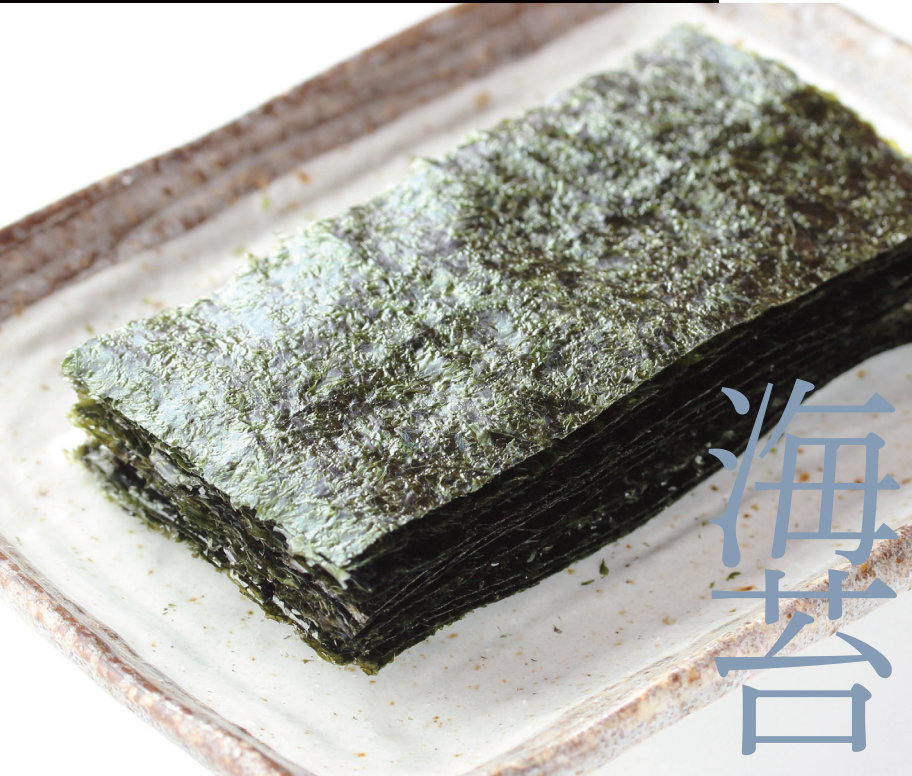


Japanese name

Nori

The dried, black laver sheet is an essential item of the Japanese food culture. As a topping of rice, for Onigiri rice balls, and for sushi dishes - it is a multi-purpose item of various Japanese cuisine.



Laver

Season and Taste

The harvest period is during the winter. It is said the first harvested laver is the most delicious. The laver used to make rice balls is mostly farmed laver. There is laver that is "just harvested," such as fresh laver used for tempura and tsukudani (food boiled down in soy sauce). In Japan, there are approximately 30 types of edible laver.

Nutrition and Health

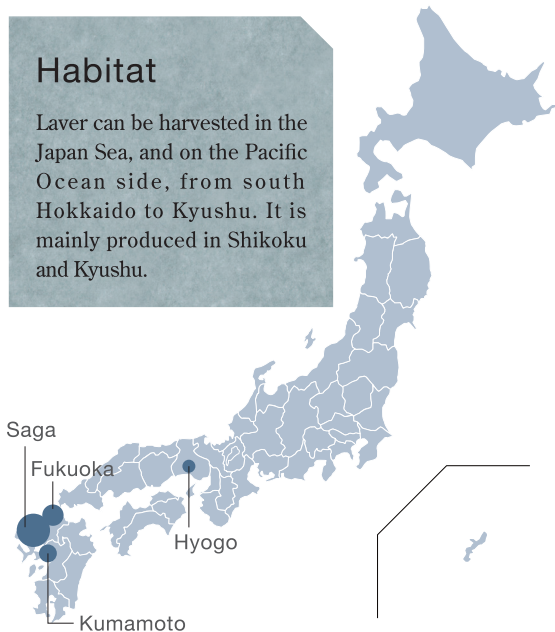
One sheet contains the amount of vitamin B1 equivalent to a whole sardine and iron equivalent to 10 g of beef liver. It is superior in terms of nutrients. Regarding other nutrients, it contains carotene, which preserves healthy skin and membranes, as well as calcium and magnesium, which alleviate the agitation of the nerves related to the formation of bones and teeth.

From the Japanese dinner table



Habitat

Laver can be harvested in the Japan Sea, and on the Pacific Ocean side, from south Hokkaido to Kyushu. It is mainly produced in Shikoku and Kyushu.



Hand-rolled Sushi

A casual, home party style Sushi roll. Wrap up vinegared rice, seafood, and vegetables with laver sheet, and create your own sushi roll.

Ingredients (Serves 4) and Recipe

- (i) Take 200 g of raw tuna (sliced) and 1 cucumber, and cut it into a rod-like shape of 1 centimeter square. Thoroughly drain one canned tuna, add 2 table spoons of mayonnaise, and mix. Take 1/4 of a red onion and cut it roughly. Tear the 3 pieces of lettuce with curled leaves into sizes that are easy to roll. Cut the 6 pieces of laver (whole) in half. Prepare combined vinegar by adding 6 tablespoons of vinegar, 2 tablespoons of sugar, and 1 1/2 teaspoons of salt.
- (ii) Add the combined vinegar to 450 g of freshly cooked rice, and mix as if you are cutting it using a fan.
- (iii) Place the laver on your palm, and add the vinegared rice on the left side and spread the rice evenly. Add the topping of your choice from (i), crab flavored kamaboko (total 8 pieces), or flying fish roe (total 3 tablespoons), and roll the sushi from the side.

Japanese name

Wakame

Wakame seaweeds have been eaten in Japan and Korea for centuries. As a typical ingredient of miso soup, as a topping of salad, you can enjoy Wakame seaweeds in various dishes. The “mekabu” (thick wakame leaves from near the stalk) has a starchy texture and is also popular, healthy food item.



若布

Wakame seaweeds

Season and Taste

Wakame seaweeds start to grow from the fall when the water temperature drops, and the young plants are harvested in the winter. The fresh wakame seaweeds are available only in late winter and early spring, many people enjoy it by Wakame seaweed “shabushabu” in clear bonito soup stock. They are also enjoyed as topping for miso soup, vinegar marinated appetizer, and salad. The thick wakame seaweeds with a black color is good to choose.

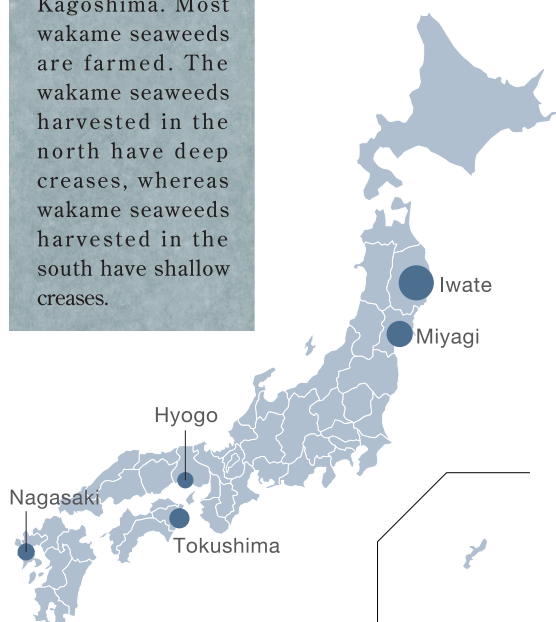
Nutrition and Health

Wakame seaweeds are supplements of the natural world capable of suppressing obesity and high blood pressure, while allowing intake of minerals that tend to be lacking. It contains fiber, which is indispensable for healthy intestines, and iodine, which helps with resistance, along with other components that are healthy for the body such as calcium and fucoidan.

From the Japanese dinner table

Habitat

It can be harvested all over Japan, including the Pacific Ocean from Wakayama to Kagoshima. Most wakame seaweeds are farmed. The wakame seaweeds harvested in the north have deep creases, whereas wakame seaweeds harvested in the south have shallow creases.



Wakame Soup

Wakame soup is made with simple ingredients and simple processes. You can enjoy the fragrant flavor of sesame and the good texture of wakame seaweeds.

Ingredients (Serves 4) and Recipe

- (i) Take 1 tablespoon of dried and cut wakame seaweeds, soak it in water, and drain it again. Squeeze out the moisture, and mix it with 2 tablespoons of soy sauce and 1 tablespoon of sesame oil. Take 1/4 of a green onion and cut it finely. Also cut 1/2 clove of ginger into fine slices.
- (ii) Add 1 teaspoon of sesame oil and ginger to the pan, and heat it over medium heat. Once it becomes fragrant, add wakame seaweeds, and quickly stir fry. Add 3 cups of water and 1 teaspoon of oyster sauce. Let it cook once, then turn off the heat. Add green onion and a little bit of coarsely ground black pepper.