

MEDICINAL DRAGONBOWL SAUCE

Serving 4

INGREDIENTS:

1 l water

1 pice of kombu 6 cm

1 cup of dried shiitake

3 tablespoons brown rice vinegar

1/4 cup mirin

1/3 cup tamari

1-3 tablespoon garlic/ginger oil

2-3 tablespoon rice flour

optional add some vegetables that will suit the season/ your mood

PREPARATIONS:

- 1. Boil water and kombu. When water start to boil remove kombu add mushrooms reduce heat and cook uncovered for 1 hour.*
- 2. Stir in all the remaining ingredients, strain the broth, and return to heat.*
- 3. Mix 2 tablespoon rice flour with a little water, add to the broth and carefully simmer until the sauce thickens. Taste with salt or tamari /vinegar.*