

Ishikari-nabe

(Salmon miso hot pot)
(from Kazutoshi Nara, Japan)

When the weather turns wintry, the Japanese long for hot-pot dishes to warm their bodies and souls. By adding fish and vegetable to miso soup, hot pot dishes become very nutritious. I introduce to you this well known Hokkaido hot pot.



Serve Hot!!

Serves 4 (we use chum, but any other species are fine)

Ingredients: 2 small fillets* salmon (**amount: optional*)
4 medium potatoes
 $\frac{1}{2}$ Daikon (*Asian large white radish--sold in Asian produce stores*)
4 large shiitake mushrooms (*fresh if possible. If dried, soak in water until mushrooms are soft*)
1 Japanese green onion (*Japanese green onions are large and long called Naga negi*)
1 15 cm kelp (*Dashi konbu: used for making stock*)
5 tbsp White Miso (*NOT Red miso*)
1 ltr cold water

Directions:

1. Cut salmon into bite size portions
2. Peel potatoes, carrot, daikon and cut into bite size portions.
3. Remove stem of shiitake mushrooms. Make a cross shape incision on the cap as a decoration.
4. Put 1 litre of cold water in a pot. Add kelp, potatoes, carrots and daikon and bring to boil. Cook until ingredients are soft.
5. Put salmon into the pot.
6. Add miso into the soup soon after the salmon is cooked. Use ladle to dissolve miso gradually.
7. Cut green onions diagonally into about 1cm size and add to the pot before turning off the heat.