



Wolf Pine Farm

Community Supported Agriculture

Japanese Root Vegetable Stew (Oden)

Notes

* Passed along to us by Elizabeth Hunt

Ingredients

1 T peanut/ sesame oil	6 dried shitake mushrooms
1 lg. Onion	½ cup seaweed
1 lb. new potatoes	3-4 inches fresh ginger
1 ½ cups burdock	½ cup tamari
1 ½ cups daikon radish	2 T mirin (or rice vinegar)
2 rutabagas	1 14oz. Block tofu
3 lg. Carrots	¼ cup cold water

Instructions

1. Coat the slow cooker with the oil
2. Chop vegetables to preferable size and add everything except tofu to pot
3. Cook high 3.5-4 hours or until vegetables are done
4. Chop and add tofu and (if desired) a thickening agent like arrowroot or cornstarch and cook 15 more minutes until done
5. Top with sesame seeds and scallions