



PONZU DRESSING

This is delicious on lots of things & makes a lovely dipping sauce. We love it best of all drizzled all over our Chilled Samurai Salad. You will find dried bonito flakes at any good Asian supermarket.

Makes 1 cup

7 **tblsp MIRIN**
5 **tblsp RICE WINE VINEGAR**
2 **tblsp JAPANESE SOY SAUCE**
5 **tblsp DRIED BONITO FLAKES**
1-2 **tsp FRESH LEMON or GRAPEFRUIT JUICE**

In a small saucepan over a medium heat, place the mirin, vinegar, soy and bonito flakes. Bring to the boil. When boiling, remove from the heat and allow to cool completely.

Place a sieve over a small bowl; strain the Ponzu Dressing, squeezing out any liquid from the bonito flakes and discard the flake residue. Season to taste with the lemon or grapefruit juice, and stir well.

Transfer to a clean sterilised jar and store in the refrigerator for up to 6 months.

CHILLED SAMURAI SALAD

Amy Melchior designed this salad specifically to combine umeboshi vinegar & seaweed (two highly nutritious & beneficial ingredients). The result is a tasty & extremely nourishing salad.

Umeboshi vinegar, seaweed & soba noodles can be found in good health food stores & Asian supermarkets.

Serves 4 to 6

1 **tblsp SESAME OIL**
500g **FRESH TUNA LOIN**, trimmed, seasoned all over with salt and pepper
3 **tblsp UMEBOSHI PLUM VINEGAR**
200g **BUCKWHEAT SOBA NOODLES**
250g **BROCCOLINI**, cut down the middle, stems in half
2 **tblsp ARAME SEAWEED**
2 **tblsp KARENGO SEAWEED FRONDS**
2½ **cups (100g) WATERCRESS or SPINACH**, roughly chopped
½ **cup PONZU DRESSING**
SALT and freshly **GROUND BLACK PEPPER**

In a large frying pan over a high heat, pour in the sesame oil. When the oil is smoking hot, add the tuna. Sear for 1 minute on each side. Remove from the heat and let rest for 5 minutes.

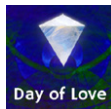
Thinly slice the tuna, laying the slices on a plate and drizzle over the umeboshi vinegar. Cover with cling film and place in the refrigerator for 30 minutes.

Place a medium-sized saucepan of water over a high heat and bring to the boil. Add the soba noodles and cook for 3 minutes. Add the broccolini and cook for a further 2 minutes. Add the seaweeds and remove from the heat.

Drain the noodles, broccolini and seaweeds into a colander and refresh under cold running water. Drain well. Transfer to a bowl, drizzle over a dash of sesame oil and toss to lightly coat. Cover with cling film and place in the refrigerator until you are ready to serve.

To assemble the salad: in a large bowl, lightly toss together the tuna and its marinade; add the soba noodles, broccolini, seaweed, watercress and Ponzu Dressing. Season to taste with salt and pepper, and toss again.

Transfer to a serving platter.



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