

Recipes

***Konnyaku* balls cooked in Soy Sauce**



Ingredients (serves 4)

20 *konnyaku* (konjac) balls or 2 *konnyaku* cakes (diced)* (about 450 g. or 16 oz.)
300 cc. (10 oz. or 1 ¼ cups) soy sauce
karashi (Japanese mustard)

*Before you use *konnyaku* cakes, put them in a pot, cover with water and bring them to a boil. Then drain, cool and cut.

Instructions

1. Place the *konnyaku* balls in a pan with 300 cc. (10 oz. or 1 ¼ cups) soy sauce.
2. Cook on medium heat until they come to a boil, then reduce heat to low. Cook for 1 hour while stirring occasionally to prevent burning.
3. If desired, season with a bit of Japanese mustard when eating.