

Recipes

Okra and Pickled Plum (*Umeboshi*) Salad



Ingredients (serves 4)

- 8 small *okra* pods
- 2 pickled plums
- 1 Tbsp. soy sauce
- 1 tsp. salt

Instructions

1. Blanch the *okra* for about 1 minute in boiling water with salt added to it.
2. Cool the *okra* under cold running water.
3. Crush the *okra* lightly into chunks with a rolling pin or meat mallet (or cut diagonally into wedges while rotating the *okra* with each cut).
4. Toss the *okra* with the soy sauce and arrange on a serving dish.
5. Remove the pit from the pickled plums and mince into a paste with a knife. Garnish the *okra* with the pickled plum paste.