

Nettle Goma-ae:

1 to 1 1/2 Gallon bag of nettle tops

Salt to taste

½ t sake (or ½ T cooking sherry or ¼ t vinegar)

½ t mirin (or ½ T cooking sherry)

3 T roasted white sesame seeds.

1 ½ T soy

Toast sesame until a few pop, grind and combine with soy, sake and mirin. Mix.

Remove larger stems from nettles. Blanch nettles for 1 minute in salted water, drain and rinse with cold water until cold. Squeeze out excess water. Cut nettle wad into bunches, toss with the dressing.

To freeze, freeze nettles after blanching and squeezing. Dress after thawing and squeezing out excess moisture.

<http://www.kwiaht.org/FoodSecurity.htm>