



Okinawa Agricultural, Forestry and Fishery Products
Mascot Character: lisa-kun

**Okinawa Prefecture Agricultural,
Forestry and Fishery Products Sales Promotion Council**

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Okinawa Home Cooking Recipes



Okinawan Mozuku Seaweed



Okinawan Mozuku has adequate sliminess and firm texture. Okinawa accounts for 90% of Mozuku production in Japan. Okinawan Mozuku is rich in mineral and dietary fiber, and it is consumed not only as food but also processed for beauty and health products.

Storing Mozuku Seaweed

Fresh Mozuku: Keep it in the refrigerator and eat within a week. Salt-cured Mozuku: Good for a half year.

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Clear Soup with Mozuku and Enoki Mushroom



Ingredients for 2 Servings

100g Mozuku
50g Enoki mushroom
Mitsuba herbal leaves as needed
3 cups Dashi broth
2 teaspoons soy sauce
Salt to taste

Preparation

- 1 For salt-cured Mozuku: Rinse off salt. Cut to a bite size. For Enoki mushroom: Remove the stem end, then cut up to 3cm wide. For Mitsuba leaves: Chop them finely.
- 2 Put Dashi broth into a pot. Bring it to a boil. Then, add in Mozuku and Enoki mushroom. Bring to a simmer. Add soy sauce and salt to taste.
- 3 Ladle the soup into a cup, and sprinkle Mitsuba leaves for finishing touch.

Namuru with Mozuku and Bean Sprouts



Ingredients for 2 Servings

100g Mozuku
100g bean sprouts
1 clove garlic
2 teaspoons soy sauce
Salt to taste
1 tablespoon sesame oil
1 tablespoon roasted sesame seeds

Preparation

- 1 For salt-cured Mozuku: Rinse off salt. Cut to 4cm long. For bean sprout: Rinse well and drain. For garlic: Grate it.
- 2 Put sesame seed oil into frying pan and heat it. Put bean sprouts in the pan and lightly fry them, then add in Mozuku, and stir-fry.
- 3 When the bean sprouts get softened, add soy sauce and grated garlic to flavor. For finishing, sprinkle some salt and roasted sesame seeds.