



Rape Blossoms and Turnip Soup

Rape blossoms are rich in vitamin C, folic acid, beta-carotene, and calcium. They can be used in a variety of dishes as their nutrients are not lost when boiled.

Soup is recommended as it is full of nutrients and easy to digest. It is also accompanied by boiled celeriac (Japanese parsley), another spring vegetable. Raw Yamame trout roe and salmon roe add color and flavor.



<How to make>

1. Remove the sand from the clams. Combine with the kelp broth and bring to a boil.
2. When the shells open, remove the clams.
3. Boil the rape blossoms and the turnips which have been cut into 8 equal pieces until soft.
4. Cut the rape blossoms into chunks, leaving a few of the tips for garnishing. Using a blender, mix them with the turnips and soup stock until smooth
5. Place step 4 in a bowl and garnish with clam, rape blossoms and salmon roe.
6. Boil the Japanese parsley, squeeze out the water, mix with dashi broth and soy sauce, place on the side and garnish with white sesame seeds and Yamame trout roe.



Bowl Diamond

<Ingredients> For 2 servings

8 to 10 clams
150cc kelp broth
30 g rape blossoms
1 turnip
salt to taste
A bunch Japanese parsley
2 tablespoons soup stock and soy sauce
Yamame trout roe as needed
Salmon roe as needed
A dash of white sesame seeds

