

Konnyaku Rainbow Salad

Makes 4 servings

July
(Cooking for the Family)

Salad

¼ cup	dried wood ear mushrooms
1 pkg (250 g)	konnyaku noodles
1	red bell pepper, julienned
¼ cup	julienned carrots
¼ cup	julienned cucumber
¼ cup	julienned red cabbage
3. tbsp	julienned Smithfield ham

Dressing:

4 cloves	garlic, peeled and roasted
2 tbsp	Chinese celery*, chopped
1 tbsp	prepared mustard
1 tbsp	sesame paste
2 tbsp	balsamic vinegar
1 tbsp	packed brown sugar
1 tbsp	chili sauce
1 tsp	sesame oil

Garnish:

½ cup	chopped cilantro
½ cup	chopped green onions

1. Soak wood ear mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard tough stem and thinly slice. Blanch konnyaku noodles in salted boiling water for 1 minute, drain.
2. Arrange all salad ingredients on a large platter.
3. To make dressing, combine all ingredients in a food processor or blender. Puree until smooth. Drizzle dressing over salad. Garnish with cilantro and green onions before serving.

*Note: Chinese celery may be substituted with regular celery, although the taste will be milder. Cilantro stems may also be substituted with good results.

