

FOUR VEGGIES W/ TERIYAKI DIPPING SAUCE

Serves 20

20 bite-sized pieces cauliflower

20 bite-sized pieces broccoli

20 bite-sized pieces carrot

20 string beans, ends cut off

3 quarts water

1 teaspoon sea salt

In a pot, bring water to a boil and add salt. Place cauliflower in water, cover pot with lid and boil for 2 minutes until softened (but still a bit crisp), remove and set aside. Do the same with the broccoli. Add carrot and cook for 3-5 minutes, remove and set aside. Lastly, add string bean and cook for 2 minutes, then remove. Assemble vegetables attractively on plate.

Teriyaki Dipping Sauce

4 tablespoons soy sauce

3 tablespoon rice vinegar (or any vinegar)

1/4-1/2 cup rice syrup or honey

5 thin slices ginger

In a saucepan, combine soy sauce, rice vinegar, rice syrup and slices of ginger. Simmer gently on low flame until mixture begins to boil. Place 1 tbsp of teriyaki drizzled in middle of plate for dipping vegetables. Enjoy!