

Sour Japanese Knotweed Soup

Ingredients

- 1-2 TBSP oil
- 2 cloves of minced garlic
- 1½ TBSP fresh minced ginger
- 2 cups of shiitake, sliced (substitute with a different mushroom if necessary)
- 1 TBSP soy sauce
- 1 medium sized onion, diced
- 1 jalapeño, cut into thin discs (If you do not like spicy food, remove the jalapeño seeds or use less pepper)
- 4 cups of knotweed, leaves removed and carefully washed, chopped into ¼ inch thick half-moons.
- 1 sheet of nori in strips OR 1 tsp of dulse
- 1 tsp cayenne
- 1 star anise pod
- 2 bay leaves
- 1 package of rice noodles, around 7 oz
- 8 cups water or vegetable broth
- Salt and pepper, to taste

Toppings/Sauces (As many or as few as desired)

- Cilantro
- Chopped green onions
- Thai basil
- Sprouts (I used a spicy radish sprout, with delicious results)
- Sriracha or other hot sauce
- Garlic chili paste
- Soy sauce

Steps

1. Place the rice noodles in warm water and leave for the length recommended on the box. After that time is up, drain the water. If they don't seem entirely cooked at this point that is fine- they will be thrown in the soup at the end and have some time to cook more.

2. While the noodles are soaking heat the oil in a large pot. At a medium heat add the garlic and ginger, and allow to cook for a few minutes. Add the mushrooms and



soy sauce, stirring occasionally. After a few minutes you can add the onions and jalapeños. Stir well and cook and cook briefly before adding the knotweed. Cook for another 2-3 minutes.

3. Stir in the spices, add the dulce/nori and add the water. Bring the soup up to a boil before lowering to a simmer. Allow the soup to simmer for 10-15 minutes, or until the vegetables taste cooked through and the sour flavor from the knotweed has permeated the broth. When you feel the broth is ready, stir in the soaked rice noodles* and let it cook until they soft- this shouldn't take more than a minute.

4. Serve with your preferred toppings.

*Note: If you do not plan on eating all of the soup at this time, add the rice noodles to the individual bowls rather than the pot, to stop them from getting mushy the next day.

