

Japanese Spinach Salad with Sesame (Horenso Gomaae)

<http://userealbutter.com/2021/01/08/japanese-spinach-sesame-salad-recipe/>
from *Just One Cookbook*

1 lb. spinach, rinsed and picked over
1/4 tsp sea salt or kosher salt

sesame dressing

6 tbsps toasted white sesame seeds
3 tbsps soy sauce
2 tbsps sugar
1 tsp sake
1 tsp mirin

Fill an 8-quart stock pot with 4-5 quarts of water. Add the salt and set over high heat. Meanwhile, make the dressing. Toast the sesame seeds in a small pan over low heat. When the first seeds begin to pop, remove from heat and grind the seeds with a mortar and pestle. For more texture in the dressing, leave some seeds whole. Stir in the soy sauce, sugar, sake, and mirin. Set aside.

Fill a large bowl 2/3 full with ice water. When the pot of water reaches a rolling boil, blanch the spinach (I did this in 2 batches) for 30-45 seconds. Remove the spinach from the boiling water and immediately plunge into the ice water bath (this halts the cooking). Squeeze the water out of the spinach by the handful, making sure to remove any ice. Chop the spinach wads into 2-inch pieces and break them up into a bowl. Toss the spinach with the dressing. Serves 6-8.