

SALAD SELECTION

Black Goma Dressing Salad



Black goma is Japanese black sesame, toasted and ground until the oil comes out of it and the whole thing turns dark and nutty. Our dressing carries it in a mayonnaise base, which is what makes it cling to a leaf instead of running straight off it.

Nothing in this dish is cooked. It is knife work, cold vegetables and a scale, and it reaches the table in ten minutes. The method below is written for two.

COOKING TIME

10 minutes, no cooking

SERVING SIZE

2 servings

INGREDIENTS

Ippin Black Goma Dressing, green coral lettuce, red coral lettuce, mizuna, yellow bell pepper, red bell pepper, cherry tomatoes, snap peas, green peas

KITCHEN UTENSILS

Large mixing bowl, salad spinner, sharp knife, chopping board, kitchen scale, serving bowl, small dish for the extra dressing, tongs

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THE RECIPE



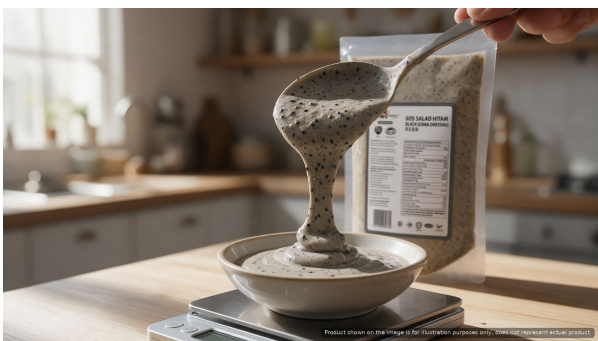
01 Chill and dry the leaves

Wash the coral lettuce and mizuna in cold water and spin them properly dry, then keep them in the fridge until the moment you dress them. Dressing needs a dry surface to hold on to — water thins it and it slides straight to the bottom of the bowl.



02 Cut the vegetables

Halve the cherry tomatoes. Cut the yellow and red peppers into long thin strips rather than dice; strips curve through the leaves and stay visible, dice sinks. Leave the snap peas whole.



03 Weigh the dressing

The pack portions 100 g per serving, so 200 g for two. Weigh it out and set half of it aside — that half is for the table, not the bowl.



04 Toss

Put the chilled leaves in a large mixing bowl, add the peppers, tomatoes, snap peas and green peas, and pour over the first half of the dressing. Turn it with tongs from the bottom up, lightly, and only a few times. Black goma is thick, and over-mixing bruises the leaves and dulls the colour.

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05 Plate and serve

Lift the salad into a serving bowl so it sits high rather than packed flat, and put the reserved dressing on the table in a small dish so people can add their own.

READY TO SERVE



Dressed properly, the black sesame should speckle the leaves rather than coat them, and the bowl should still look like vegetables. If yours does, you have it right.

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Dry leaves, always.

This is the one step that decides the dish. A wet leaf thins the dressing and it ends up in a puddle underneath the salad instead of on it.

Dress at the last minute.

There is salt in the dressing, and salt draws water out of leaves. Tossed more than a few minutes before serving, the salad wilts.

Half in, half on the table.

100 g a serving is what the pack portions, and it is generous. Holding half back lets people dress to their own taste and keeps the bowl looking like a salad.

Cut the peppers long.

Strips curve through the leaves and hold their shape. Diced pepper disappears to the bottom of the bowl.