**Arame Stir Fry**

This delicious stir fry contains Arame which is a Japanese sea vegetable. Arame has a slightly sweet and delicate flavor that makes it an excellent introduction to the delights of sea vegetables. Arame is rich in essential nutrients, supports the immune system, improves libido, and works as a defense against cancer.

**Ingredients:**  
6 Tablespoons of water  
2 Tablespoons of rice wine or sherry  
4 teaspoons of Tamari sauce  
4 teaspoons black bean sauce  
2 teaspoons sugar  
2 cloves of garlic, finely chopped  
1 teaspoon finely chopped ginger  
2 teaspoons of white rice vinegar  
1 teaspoon salt  
2 teaspoons sesame oil (dark roasted)  
4 medium to large carrots, skinned, ends trimmed, and       
   julienned.  
1 tub of extra firm tofu (cut into cubes) or 1 lb. shrimp (peeled and   
   deveined)  
1/2 cup Arame, soaked in cold water for 5 minutes and drained.

**Directions:**  
1. Combine first 10 ingredients to make sauce.  
2. Pour sauce into large skillet and bring to easy boil.  
3. Add carrots and sauté for 3-5 minutes until cooked but still     
    slightly crisp.  
4. Add Arame to carrots and simmer for 2 minutes.  
5. Place tofu (single layer) into wide casserole dish and spoon    
    carrot mixture over the top and gently toss.   
6. Serve with rice.  
  
**When using shrimp:**  
Add shrimp after the carrots have cooked and simmer for 2 minutes. Then add the Arame and simmer for 2 more minutes. Serve with rice.