

Lotus Root with Carrot and Burdock

Soak lotus root for 2 hours. Scrub burdock well, cut into julienne strips about the size of wooden matchsticks, and place in cold water to prevent discoloration. Cut carrots similarly, but a little larger than the burdock.

Heat the oil in a frying pan over medium heat. Drain burdock, and sauté it for 5 minutes, adding a teaspoon or two of water as needed to prevent scorching. Add carrot, then drained lotus root, and sauté briefly after each addition. Add the salt and 1 tablespoon of the mirin, toss, lower heat, cover, and simmer until just tender. (Check occasionally and add a little water if necessary to prevent scorching.) Add shoyu and the other teaspoon of mirin and cook for 1-2 minutes more.

Preparation List:

Serves 4

- ¼ cup dried lotus root pieces
- 18 inches (approximately) burdock root
- 2 large carrots
- 2-3 teaspoons light or toasted sesame oil
- 1/8 teaspoon sea salt
- 2 tablespoons mirin (optional)
- 1 - 1 ½ tablespoons shoyu