

KINPIRA GOBO (*Sautéed Burdock*)

(adapted from Hiroko Urakami Japanese Family-Style Recipes)

1 medium gobo root
2 carrots
1 Tablespoon sesame oil
1/2 Tablespoon grape seed oil
2 Tablespoons mirin (or sake)
1 + 1/2 Tablespoons sugar
2 Tablespoons soy sauce
1 + 1/2 Tablespoons sesame seeds, toasted
Nanami togarashi to taste

Set up a large bowl with cold water. Peel the carrots and cut in julienne strips. Peel the outer dark skin of the gobo root, and working quickly, cut it in julienne strips. Soak the gobo and the carrots in water for 10 to 20 minutes. Drain well, and dry the strips using a kitchen towel.

Heat the sesame and grape seed oil on a large skillet. Add the carrots and gobo root, and sauté them together for about 4 minutes, until they are tender. Add the mirin, sugar, and soy sauce, and cook over medium heat until all the liquid has been absorbed. Transfer to a serving bowl, add the sesame seeds and the nanami togarashi right before serving.