NINO'S MARKET FRESH PRODUCE RECIPE

# Kinpira Gobo "Braised Gobo & Carrot"

Makes Approximately 2 ½ cups or 3 to 4 Servings

**Gobo** or Burdock Root is very crisp and has a sweet, mild and pungent flavor. When young, the taste resembles that of artichoke, to which the Gobo Root is related. Gobo Root can be thinly sliced or shredded and is often used in sushi, soups, braised with other vegetables or with meats. Substitutes are salsify, asparagus or artichoke hearts. A popular Japanese dish using Gobo Root is **Kinpira Gobo** which can be served hot as an appetizer, as a condiment or as a side dish.

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| 2 Tbsp. | Sesame Oil, Dark (toasted) | 2 Tbsp. | Sugar |
| 2 cups | Gobo Root, peeled & very thinly sliced | ½ cup | Mirin (Japanese Rice Wine) or White Wine |
| 2 cups | Carrots, thinly sliced | ¼ cup | Sesame Seeds, Whole |
| 2 Tbsp. | Ginger, fresh, peeled, thinly sliced | 2 Tbsp. | Tamari Soy Sauce (or regular Soy Sauce) |
| 1 each | Garlic Clove, peeled but not cut | 1 Tbsp. | Chili Paste, or a pinch of Cayenne Pepper |

**Method:**

Sauté the Gobo Root, carrots, ginger and garlic in sesame oil over medium heat for 10 minutes, stirring often. Remove and discard the garlic as soon as it turns slightly brown. Meanwhile, toast sesame seeds in a frying pan over medium heat, stirring constantly, until they pop and become slightly brown and fragrant. Remove the sesame seeds from frying pan and set aside. Add the remaining ingredients to the sautéed vegetables, bring to a boil, reduce the heat, cover and simmer 15 minutes. Add the sesame seeds and stir in. Serve.

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