



Lotus Root Stir-Fry (Japanese Kinpira Renkon) -Pictured Above Salmon
A Japanese side dish that pairs perfectly with our rice and salmon

200g lotus root (Renkon), peeled and thinly sliced (1-2 mm thick)
1 small carrot (70-80g), julienned
1 tsp sesame oil
1 small dried red chili pepper, seeds removed, finely chopped or to taste
2 Tbsp cooking sake
1 tsp sugar
2 Tbsp soy sauce
1 Tbsp sesame seeds (for garnish)
1 Tbsp apple or rice vinegar (for soaking)
Optional: water as needed

Directions:

Prepare Lotus Root: Peel and slice lotus root into thin semi-circles or quarters (depending on size). Soak in a bowl of water with 1 Tbsp vinegar for 5-10 minutes to prevent browning. Drain well.

Stir-Fry: Heat sesame oil in a medium skillet over medium-high heat. Add chili pepper and stir-fry until fragrant (30 seconds).

Add lotus root and carrots, stir-frying until lotus root turns slightly translucent, for about 4-5 minutes.

Season: Mix sake, sugar, and soy sauce in a small bowl. Pour into the skillet, stirring to coat.

Reduce heat to medium and simmer for 3-4 minutes until the sauce reduces by half and vegetables are tender but still crisp. Add a tsp of water if the sauce is too intense.

Sprinkle with sesame seeds, toss, and remove from heat.

To Serve: Serve warm or at room temperature as a side dish, or store in the fridge for up to 3 days for bento lunches. Serves 4 as a side dish.

Total Time: 25 minutes, Prep Time: 15 minutes, Cook Time: 10 minutes.

About the Recipe: Kinpira is a beloved Japanese side dish, created by stir-frying and simmering root vegetables in a delectable sweet and savory sauce. It is a crunchy, sweet-savory lotus root side dish that is quick to prepare and pairs with rice and our sake salmon. The name stems from a Japanese cooking technique called “Kinpira,” which is a way of sautéing and simmering or braising. It uses both Koji’s sake and soy sauce.