

# KITAZAWA SEED CO.

## R E C I P E S

### **Kabocha (Japanese Pumpkin)**

Kabocha can be easily prepared to fully enjoy the flavor and texture of the winter squash. It can be served hot or cold depending on the time of year.

- 1 kabocha
- Chicken broth or dashi
- 2 1/2 tablespoons sugar
- 1 tablespoon mirin
- 1 1/2 tablespoons soy sauce

Cut kabocha in half and remove stringy portion and seeds. Peel any skin defects. Slice into chunks approximately  $1\frac{1}{2}$ " x  $1\frac{1}{2}$ ". Place chunks with skin side down in a large pot. Add enough chicken broth or dashi to cover kabocha, add sugar and mirin. Cover with lid. Bring to a boil and reduce to medium heat for about 10 minutes. Add soy sauce and continue to cook for 7-8 minutes or until a fork can penetrate the kabocha. Uncover the pan and remove from heat. Let the kabocha set awhile so the chicken broth/dashi gets absorbed.