

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 1/2" x 1 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.