

KITAZAWA SEED CO.

R E C I P E S

Sesame Seed Dressing for Steamed/Boiled Vegetables

This nutty sesame dressing will complement almost any vegetable. Try growing sesame seeds in your garden!

- A green vegetable such as spinach, watercress, komatsuna, misome, Chinese cabbage, green beans, etc.
- 2-4 tablespoons roasted and/or ground white, tan or black sesame seeds
- 2 tablespoons sugar
- 2 tablespoons soy sauce
- 2 tablespoons chicken broth or dashi

Combine all sauce ingredients and mix. Boil or steam vegetable until desired doneness. Strain vegetable and dash with cold water. Squeeze vegetable to release most of the water. Cut vegetable to desired size. Lightly dress vegetable with sesame dressing.

For green beans, sprinkle sugar on beans while hot so the sugar will dissolve. Sprinkle ground or whole roasted sesame seeds and add soy sauce to desired taste and toss.