

# KITAZAWA SEED CO.

## R E C I P E S

### **Burdock**

Burdock or gobo is a long, fibrous root that can be eaten raw (sliced in salads) or cooked. A familiar recipe is Kimpira.

### **Kimpira**

- 1/2 lb of gobo
- 2 tablespoons vegetable oil (can use a little sesame oil)
- 1/4 cup soy sauce
- 2 tablespoons sugar
- Cayenne pepper

Scrape the exterior of the root with a sharp knife to remove the skin. Cut gobo into thin matchstick size. Soak in water 15 minutes and rinse. Do this a couple of times. Soak gobo in ice water, drain and pat dry (the gobo may be frozen at this point). Add oil to hot pan and sauté gobo for 3-4 minutes. Add all ingredients and cook until all the liquid is absorbed. Take off heat and add cayenne pepper.