

Warm Edamame

Ripe & Ready | May 2006



Toss cooked edamame (soybeans) with shichimi togarashi (Japanese 7-spice blend) and coarse sea salt. Look for the spice blend at an Asian store, or use the version below, which combines black sesame seeds, tangerine peel, and cayenne pepper.

- 1/2 TSP. COARSE SEA SALT**
- 1/2 TSP. BLACK SESAME SEEDS**
- 1/2 TSP. FINELY SHREDDED TANGERINE OR LEMON PEEL**
- 1/8 TSP. CAYENNE PEPPER**
- 8 OZ. FRESH OR FROZEN SWEET SOYBEANS (EDAMAME) IN SHELLS (2 CUPS)**

In a small bowl stir together salt, sesame seeds, tangerine peel, and pepper; set aside.

Bring a large pot of water to boiling. Add soybeans and boil for 4 to 5 minutes. Test one; it should be bright green in color and taste sweet and fresh. If it still has a slight raw or floury quality, cook soybeans for an additional 1 to 2 minutes. Drain and toss beans with salt mixture. Serve immediately. Peel and eat warm soybeans; discard shells. Makes 4 to 6 appetizer servings.