



Webinar Series Recipes

Ginger Burdock Root Stir Fry

Serves 4

- 1 burdock root, about 10 oz
 - 8 oz carrot
 - 2 tablespoons black/dark sesame oil, or canola
 - 1 teaspoon turmeric, fresh grated
 - 1 teaspoon ginger, fresh grated
 - 2 cloves garlic, minced
 - $\frac{3}{4}$ cup dashi
 - $1\frac{1}{2}$ tablespoon tamari
 - 1 tablespoon sugar
 - $\frac{1}{4}$ teaspoon black pepper
 - 1 tablespoon sake
 - 1 tablespoon mirin
 - 2 teaspoons toasted white sesame seeds for garnish
1. Peel the burdock root by scraping your knife on the outside, try not to use a peeler. Julienne the burdock root, as well as the carrot.
 2. Heat the oil in a large pan over medium-high heat. Once the oil is hot, add the burdock, turmeric, ginger, and garlic. Stir fry for a couple of minutes, then add the dashi. Cook until burdock is 80% cooked through, then add the carrot, tamari, sugar, pepper, sake and mirin. Cook until the carrot is tender.
 3. Remove from heat. Taste and adjust seasoning to your liking. Garnish with sesame seeds.

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