



Momotaro Foods
桃たろうフーズ

The Japanese Food Network

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Vegetarian Recipe 10 – Braised vegetables (Gomoku-ni)



Description:

This dish is also known as 'Iridori' and will often contain chicken. We have added konnyaku, a jelly like product from the roots of a plant known as 'devil's tongue'. The mixture of all these vegetables looks very colourful. You should be able to get lotus root and burdock from a Chinese or Asian store; If you can't find them, you can substitute tinned bamboo shoots for the lotus root and replace the burdock with a root vegetable like parsnip or carrot. To enhance this dishes appearance, you can also garnish with cooked mangetout peas.

Ingredients (for 4 people):

15 ml (1 tablespoon) shoyu
15 ml (1 tablespoon) vegetable oil
1 block konnyaku
1 lotus root (or bamboo shoots)
1 burdock root (or parsnip or carrot)
4 dried shiitake mushrooms
1 carrot
100 gms mangetout peas

For the sauce:

440 ml (2 cups) dashi stock
15 ml (1 tablespoon) shoyu
30 ml (2 tablespoons) cooking sake

A pinch or more of caster sugar or honey

30 ml (2 tablespoons) mirin

Method:

- 1. Scrub the lotus root and cut into 3 cm pieces. Soak in fresh water**
- 2. Scrub the burdock, slice into 2 cm pieces, soak for 5 minutes and then boil for a further 5 minutes**
- 3. Boil the konnyaku block for 3 minutes, drain and cut into 5 cm pieces when cool**
- 4. Soak the shiitake mushrooms for about 30 minutes then cut into strips**
- 5. Peel the carrot and cut into roundels**
- 6. Mix the dashi, shoyu, sake and sugar**
- 7. Heat the oil in a saucepan or wok and stir-fry the konnyaku, burdock, lotus root and shiitake mushrooms for 2 minutes**
- 8. Add the dashi stock, bring to the boil then simmer for 10 minutes, stirring occasionally**
- 9. Add the carrot and mangetout and continue cooking for a further 5 minutes**
- 10. Add the mirin, cook for a further 1 minute then serve**