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
- ¾ cup dashi
- ½ tablespoon tamari
- 1 tablespoon sugar
- ¼ 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.

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