



Japanese Simmered Kabocha

Also known as kabocha no nimono, Japanese simmered kabocha can be found throughout Japan and is a popular side dish for any meal. Kabocha's taste is a cross between a pumpkin and sweet potato with a uniquely sweet and earthy flavor, making it no surprise why this winter squash is a favorite of ours.

<p>60 MINUTES</p>	<p>4 SERVINGS</p>
<p>7 INGREDIENTS</p>	<p><i>○○○○○</i> SPICE LEVEL</p>

Japanese Simmered Kabocha

INGREDIENTS

- 1/2 kabocha squash, approx 1 lb
- 1/2 c katsuobushi (bonito flakes)
- 1 tbsp sugar
- 2 tbsp cooking sake
- 1 tbsp soy sauce
- 1/4 tsp salt
- 1 knob ginger, julienned

DIRECTIONS

1. Make the dashi: bring 2 cups of water to a boil and add katsuobushi. Turn off heat and let sit for fifteen minutes. Strain and set aside.
2. Prepare kabocha: Cut kabocha in half and remove seeds with a spoon. Cut into bite sized pieces.
3. Place squash in a single layer inside a large pot to ensure even cooking. Pour in your homemade dashi and add mirin and sugar. The liquid should cover 3/4 of the kabocha (add a little more water if it does not). Bring everything to a boil.
4. Once boiling, add soy sauce and salt. Reduce heat and simmer until squash is tender, approximately 20 minutes.
5. Once the kabocha is tender, turn off heat and let it sit in the pot until cool, approximately 20 minutes. This helps the flavor absorb into the kabocha as it cools!
6. Garnish with ginger and serve as a side dish!



Follow us → For more recipes and videos → @umamicart

umami
cart