

Glazed Kabocha



Recipe by: moongardens.org

Ingredients

1/2 of a kabocha cut into 1-inch pieces (leave skin on)
2 tbs. Mirin
2 tsp. sugar
2 tsp. shoyu/soy sauce



Directions

Prepping your kabocha:

It is best to cut squash in half from the stem side down. Then spoon out the seeds, and cut into 1 to 2 inch chunks.

Cooking:

Choose a pot that can be covered. Next place kabocha chunks in a pot that the kabocha can fit side by side in a single layer on the bottom of the pot. Then pour approximately $\frac{1}{2}$ cup of water in pot, so that kabocha pieces are about a $\frac{1}{4}$ of the way submerged in water (too much water will make the kabocha mushy and soft).

On medium heat, cover pot and simmer for about 6 minutes until kabocha is slightly softened (add more water if needed,). Now add the Mirin, cover pot again and simmer for another 5 minutes. Add sugar and cover pot one more time, and simmer for approximately a minute.

Test the softness with a bamboo skewer or fork for desired softness. Finally, add shoyu; and your kabocha is ready to ENJOY!!!

Get Creative

Garnish with roasted sesame seeds and/or finely sliced green onions (scallions).

For any comments or suggested ingredients for upcoming recipes, please email us at moongardens.org@gmail.com