

WEEKEND PASSPORT: JAPANESE

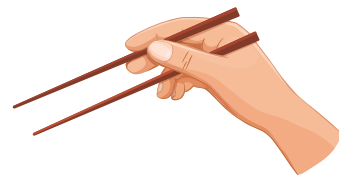
EDAMAME SALAD



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

Exploring Japanese Cuisine:

- Japan is a string of nearly 7,000 islands along the Pacific coast on the eastern edge of Asia, neighboring Russia to the north, and to the south, Korea and China. Japan is mostly covered by mountains, including a volcano called Mount Fuji. Since most of the country is made up of mountains, most of the population lives in cities. Some mountain areas have been terraced to allow for farmers to grow rice and other crops.
- Unlike many other Asian cuisines, Japanese cuisine doesn't rely on the combination of many herbs and spices to add flavor to their food. Ingredients in a recipe are chosen carefully to highlight the individual flavors and they use very fresh ingredients in their cooking.
- Since the country is surrounded by oceans, seafood is very popular in Japan. Other common ingredients include rice, noodles, soybean products (soy sauce, miso, and tofu), daikon, ginger, and seaweed.
- Japanese cuisine is closely tied to centuries of fascinating culture and art, so presentation is very important. Meals are often elaborate and rooted in ceremony. Setting the table, eating from appropriate utensils and chopsticks, and presenting beautiful displays of the meal are some examples of this tradition.
- The tradition also celebrates the number five in many different aspects; five mindful thoughts, five senses, and five colors. The importance of the five colors within a meal; white, black, red, green, and yellow are beautiful but also healthy as the more colors on the plate, the more nutrition a meal contains. Japanese culture also introduced us to the five taste sensations: salty, sweet, sour, bitter, and umami. Umami is the fifth taste sensation that is described as deliciousness.



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EDAMAME SALAD



Ingredients:

- 2 Tablespoons sesame oil
- 2 Tablespoons soy sauce or tamari
- 1 Tablespoon rice wine vinegar
- 2 cloves garlic, minced
- 1/4 teaspoon ground ginger
- Salt and freshly ground black pepper, to taste
- 1 (12 ounce) package shelled edamame
- 1 (8 ounce) can water chestnuts, drained and sliced into thin strips
- 1 cup carrots, shredded
- 1 cup radishes, halved and thinly sliced
- 1 cup cucumber, sliced
- 2 green onions, cut thinly on a diagonal
- 1/4 cup cilantro, chopped
- 1/4 cup toasted sesame seeds
- Optional: Thai basil, lime wedges, Wakame seaweed

Directions:

- In a small bowl, combine sesame oil, soy sauce or tamari, vinegar, garlic, and ginger. Whisk well. Season with salt and pepper.
- In a large bowl, combine edamame, water chestnuts, carrots, radishes, cucumber, green onions, and cilantro. Toss with dressing until evenly coated.
- Sprinkle with sesame seeds and garnish with basil, lime, and/or seaweed. Serve cold or at room temperature.

