



By Peggy Crum, MA, RD, Health4U Nutritionist

Japanese edamame (eh-dah-mah-may) and Chinese mao dou (mow doe) are the same vegetable—green soybeans. Let's refer to them by their popular name—edamame. Growers use specialized soybean varieties for edamame but they're essentially the same plants you see drying in farm fields destined to become tofu and other soy products. For edamame, the pods are pulled from the plants before they reach full maturity.

The fruit of the soybean is dramatically different when harvested early. Fully mature soybeans are starchy and high in protein much like other legumes, distinct for their prominent beany flavor when cooked. Harvested green, they are sweet and buttery with a slightly nutty flavor.

Edamame are often found this time of year in farmers markets. Far and away the most common—and convenient—way to buy them is in the frozen foods section of the grocery store.

To prepare: Boil fresh or frozen edamame (still in their pods) for a few minutes in salted water then plunge in ice water to stop the cooking process. Edamame's fuzzy, fibrous pods are inedible but provide a protective capsule for cooking the beans. Properly cooked, the beans inside their pods will have a firm, dense texture (toothsome), not soft like green peas. Shelling the beans before cooking is not recommended as they become mushy and lose much of their flavor.

To serve: In their simplest form, just sprinkle the warm pods with Kosher or sea salt. Amp up the flavor by stir frying the cooked pods with garlic, then finishing with soy sauce, sesame seeds, and red pepper flakes.

To eat: Here's the popular way to enjoy edamame as an appetizer—pick up one pod at a time, place the length of the pod to your lips, and squeeze to pop the beans into your mouth. Another method is to pull the pod between your teeth to jettison the beans onto your tongue.

RECIPE for health

SEPTEMBER 2017

featured food:
EDAMAME

Edamame Dip

By Corporate Chef Kurt Kwiatkowski, Residential Dining Services
Serves 4-6

- 8 oz. frozen edamame in the pod
- 1 T. salt
- ¼ c. chopped white onion
- 3 T. fresh minced ginger
- 1 clove of garlic, minced
- 1 T. [sambal oelek chili paste](#)
- 1 T. [white miso](#)
- 2 T. rice wine vinegar
- Juice of 1 lime
- ¼ c. grapeseed oil
- 3-4 T. cold water
- 2 T. chopped cilantro
- Salt and pepper to taste

Fill a large bowl with water and ice.

Bring 1 quart of water to a boil. Add edamame and salt. Bring water back to a boil and simmer for 4 to 5 minutes. Drain the edamame and transfer them to the bowl of ice water. When chilled, drain again. Shell the edamame, rinse, and spread on paper towel.

Transfer shelled edamame to food processor bowl along with onion, ginger, garlic, chili paste, miso, vinegar, and lime; blend until smooth.

Drizzle in grapeseed oil and then cold water, adding water one tablespoon at a time until a nice dip consistency occurs. Add cilantro and pulse a few times. Add salt and pepper to taste.

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