

EDAMAME DIP

We could call it edamame hummus. Except hummus is another word for chickpeas, therefore hummus is a dip made with chickpeas. This is a hummus-like dip made with edamame which gives it a rustic texture—and an enticing green color.

Corporate Chef Kurt Kwaitkowski, MSU Residential Dining Services

Featured Food: Edamame

Yield: serves 4-6

Ingredients

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

Preparation

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.