

Braised Taro

里芋の煮物

● Ingredients (servings 2)

10 Small Taros

$\frac{3}{4}$ cup Kelp Dashi Stock

3 Tbsp. Soy Sauce

(You can use "Gluten-Free soy sauce" if you need)

2 Tbsp. Sugar

2 Tbsp. Cooking Sake

4 Tbsp. Mirin (Sweet Cooking Rice Wine)

● Peel Taros



Wash about 10 taros.

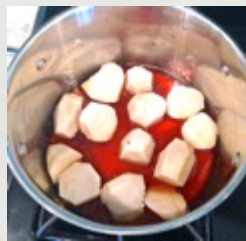
The best size taro can be gripped in your hand. The taro in the picture is a little big.



Cut the ends of the washed taros and peel with a knife.

If the taro is big, cut in half or into thirds. Don't cut taros too small because the taro gets mushy easily when it is simmered.

● Cook



In a deep pan, combine
 $\frac{3}{4}$ cups of Kelp Dashi stock
3 Tbsp. of soy sauce
2 Tbsp. of sugar
2 Tbsp. of cooking Sake
4 Tbsp. of Mirin
And the peeled taros

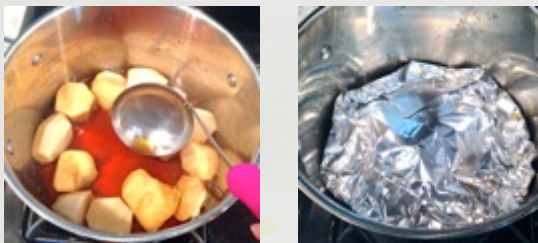
● Cover



Shape aluminum foil so that it is slightly smaller than the top of the pan. Let it float in the pan.



Cook over high heat. When it boils, turn the heat down to medium-low and simmer for 10 minutes.



After the 10 minutes simmering, flip the taros, put the foil back and simmer for another 10 minutes.

Check with a tooth pick to make sure the taros cooked through. If not, simmer for 5 more minutes.
If you have time, let the dish sit on the range for 10 minutes after cooking. This helps the taro absorb the Dashi and makes the dish more delicious!

