

## *Kogikukabocha-no-nimono*, or Simmered Kogiku Pumpkin

(Energy: 44 kcal, Protein: 0.3 g, Fat: 0.1 g, Carbohydrate: 11.8 g)

### Ingredients for 1 serving

<b>Kogiku pumpkin</b>	50 g
Sugar	2.5 g
<i>Mirin</i>	6 g
<i>Sake</i>	5 g
Soy sauce	3 g



### Directions

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1. Cut pumpkin into about 3-cm cubes.
2. In a pot or Pyrex dish, place cubed pumpkin with the skin turned downward. Lightly sprinkle the pumpkin with sugar. Pour water and all seasonings in the pot up to lightly soaking the pumpkin.
3. Cover with aluminum foil and bring it to boil. Then continuously let it simmer for 10 minutes with a medium heat.
4. Remove the foil and continue to simmer it until the liquid evaporates.