

# Itoko-ni with green soybean and pumpkin



## INGREDIENTS (2-3 servings)

60 g pumpkin  
20 g lotus root  
20 g sweet cook of green soybeans※  
100 ml soup stock

### < Soup stock >

120 ml water  
2 g dried bonito  
0.3 g salt  
3 g light soy sauce

### ※ Making of sweet soybeans

Use green soybean which you made with straw bag deep frying.  
Boil 20 g of green soybeans in 15 ml of water containing 10 g of sugar, 0.1 g of salt until water disappears.



### 1

Cut pumpkins in 3 to 4 cm width and 5 cm in length, chamfer, and remove seeds and fiber. Cut lotus root in a half size in around 5 mm thickness.

### 2

Put the cut Lotus roots, pumpkins, and stew in pre-warmed soup stock, and stewed for approximately seven minutes.

### 3

Add sweet green soybean, sugar, salt, and light soy sauce to 2 and stew them for approximately five minutes.