



INGREDIENTS

- 400g frozen brined edamame
- 1 tablespoon vegetable oil
- 2 tablespoons furikake,
- Ichimi togarashi, for sprinkling (optional)

Edamame with Furikake

Edamame, soybeans in the pod, are a popular bar snack all over Japan ... a bit like beer nuts or pretzels. You can buy them frozen from Asian grocers to have on hand when friends drop by for a drink. Simply blanch them (or better still pop them in the microwave for a minute) and they're ready to go. I discovered that they're even better tossed with a shake of furikake (Japanese rice seasoning) and ichimi togarashi (red chili powder), an idea I first saw at mod Japanese diner Cho Cho San in Potts Point, Sydney. Enjoy with a cold Yebisu beer, try the premium black if you're a fan of dark beers!

Serves 6 as a snack

METHOD

1. Place frozen edamame in a bowl and into the microwave on high for a minute or so until heated through. Pat dry on paper towel. (see note below)
2. Place in a large bowl with vegetable oil and toss to coat.
3. Add furikake and toss through.
4. Transfer to a serving bowl and sprinkle with a little ichimi togarashi if you like.
5. Serve with a large bowl for the empty pods.

As an alternative to microwaving, place frozen edamame in a saucepan of cold water and bring to the boil. Drain well.