

Lighter Version

## **KINPIRA-STYLE VEGETABLES**

1. Cut equal amounts of burdock and carrots (into matchsticks or shaved into small pieces).
2. Lightly brush sesame oil in a skillet and heat on a medium high flame.
3. When oil is hot, sauté the burdock for two to three minutes in a skillet or frying pan and layer the carrots on top of the burdock.
4. Lightly cover the bottom of the skillet with water, just enough to cover the burdock. Cover and cook until the vegetables are 80% done. This should take approximately 20 to 30 minutes or a little longer.
5. Add several drops of shoyu/soy sauce to taste. Cover again with lid.
6. Cook until all the water has evaporated.
7. At the very end of cooking, add a few drops of ginger juice (from grated ginger) if your condition permits it.

Notes:

- Onions, turnips, or lotus root may be substituted or used together with carrots and burdock.
- When burdock is not available, you may use carrots, only or substitute another vegetable.
- If oil is to be avoided for your condition, you may water-sauté instead. Use a little bit of water on the bottom of the pan and heat as you would oil and proceed as above.
- Dried burdock may be soaked and used in place of fresh burdock if the latter is unavailable.