



Lotus Root Namul

SERVINGS: 3

PREPPING TIME: 15 MIN

COOKING TIME: 8 MIN

Ingredients

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- 200g Lotus root

Sauce Ingredients:

- 2 teaspoons soy sauce
- 2 teaspoons mirin (sweetened sake)
- 2 teaspoons miso paste
- 1 teaspoon grated garlic
- 1/2 teaspoon red chili pepper powder
- 1 teaspoon roasted white sesame seeds
- 2 tablespoons sesame seeds
- 1 tablespoon Korean sesame oil

Vinegar-Water Solution:

- 500ml water
- 1 tablespoon rice vinegar

Directions

1. Begin by peeling the lotus root and slicing it into 3-4mm thick pieces. Submerge the slices in a vinegar-water solution for 5-15 minutes, ensuring the vinegar concentration is around 3% to water (e.g., 1 tablespoon of vinegar for 500ml of water).
2. Combine all the seasonings for the sauce and set them aside.
3. Heat a skillet with a tablespoon of sesame oil over medium heat. Coat the bottom of the skillet evenly with sesame oil. Add the lotus root slices and cook until they turn translucent.
4. Introduce the pre-prepared sauce and mix thoroughly. This step should be done quickly to prevent burning.
5. Once done, remove from heat and serve warm.

