

Garlic Teriyaki Edamame Pupu



17-Jan-2022

Level: Easy

Serves: about 10 to 12

Prep Time: 5 minutes

Cooking Time: 20 minutes

2 pounds frozen unshelled soybeans (in pods)

Sauce:

1 Tbsp. grapeseed oil

5 cloves fresh garlic, minced

$\frac{1}{2}$ cup store-bought bottled teriyaki sauce (see Notes below)

1 Tbsp. toasted sesame oil

1 Tbsp. roasted sesame seeds

Garnish:

Hawaiian salt or medium grain sea salt, to taste

Crushed chili pepper flakes, to taste (optional) OR

Ichimi togarashi (Japanese ground red chili pepper), to taste (optional)



Cook soybeans according to instructions on package (either by microwave, boil, or steam). Drain cooked soybeans in a colander and set aside.

On medium heat, warm grapeseed oil in a medium saucepan for about 2 to 3 minutes. Add minced garlic and sauté for 1 to 2 minutes, stirring continuously, until the garlic turns a golden color. (Do not overcook or burn the garlic, it will have a bitter taste.) Add the teriyaki sauce, sesame oil, and sesame seeds and stir to combine. Take saucepan off heat source to cool slightly.

Place drained soybeans in a large heatproof mixing bowl. Pour teriyaki mixture over soybeans, sprinkle with salt, and toss to evenly coat. For added heat/spice, garnish with crushed chili pepper flakes or a dash of ichimi togarashi, if desired. Serve warm, at room temperature, or chilled. Best eaten on the day prepared.

Notes:

1. For the bottled teriyaki sauce, I use Halm's Hawaiian Bar-B-Que Sauce, which already has a little bit of a kick to it as it contains red peppers. Don't be misled by the name, although it's called "Hawaiian Bar-B-Que" it has a teriyaki sauce flavor and does not taste like Southern barbecue (BBQ). You can find this product at any local supermarket, local Costco, or at www.halmsenterprises.com.
2. If you prefer to make your own spicy teriyaki sauce: Mix $\frac{1}{2}$ cup shoyu (soy sauce), 6 Tbsp. white granulated sugar, 1 minced clove of garlic, 2 tsp. roasted sesame seeds, and 1 to 2 tsp. Kochujang (Korean hot red pepper paste). Heat in saucepan until sugar is dissolved.

