

# Everyone Eats

Cultural Community Garden

# EDAMAME

Edamame is a type of soybean that is harvested before it reaches full maturity, and because of this, it retains a very sweet taste. Originally this little bean became popular in East Asia, particularly in

Japan but it is becoming more common in Western countries. Here in the US it is either roasted as a snack or sold frozen, whereas in places like Japan you may more often find it sold fresh.

## BENEFITS

- Fiber
- Plant-based protein
- Folate
- Vitamin K
- Thiamine

## HOW TO STORE

Use immediately if purchased fresh.

Fresh edamame can be boiled in the pod for 3-5 minutes and then frozen for up to 3 months. Edamame can also be pickled and refrigerated up to one week.



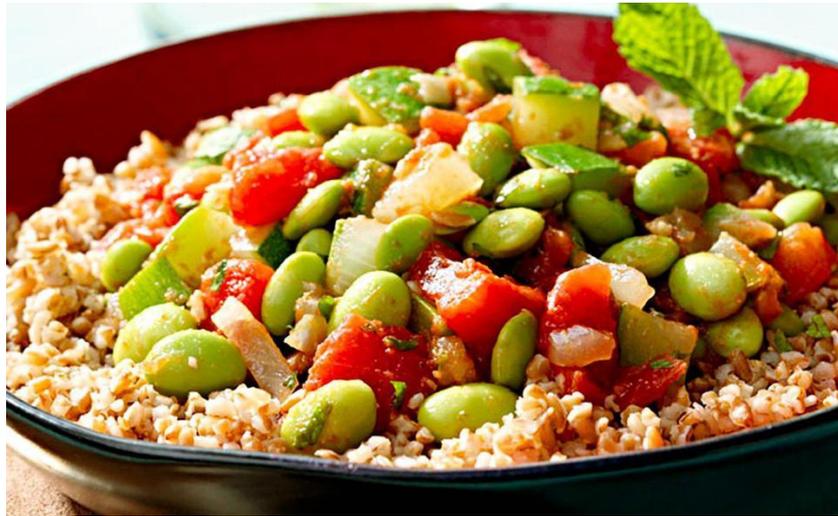
## HOW TO PREPARE

The edamame bean is typically separated from the pod and can be boiled or added to stir fry. You will know it is done when it squishes flat between your fingers. Roasted edamame makes a great snack. In Japan and China, it is eaten alongside beer, much like peanuts and beer in the U.S.

## WHERE TO FIND

- St. Mary's Episcopal Church - 3055 Main Street, Barnstable
- Marina F. Andrews Community Garden at Tony Andrews Farm - Berry Patch Lane, East Falmouth
- Faith Assembly of God - 154 Bearses Way, Hyannis
- Canaan Seventh-Day Adventist Church - 204 Route 28, West Yarmouth





## **Edamame Stew**

**Serves: 4**

**Time: 30 minutes**

### **Ingredients**

- **1 ½ 10-ounce frozen edamame**
- **1 tablespoon extra-virgin olive oil**
- **1 large onion, chopped**
- **1 large zucchini, diced**
- **2 tablespoons minced garlic**
- **2 teaspoons cumin**
- **1 teaspoon ground coriander**
- **⅛ teaspoon cayenne pepper**
- **1 28-ounce can of diced tomatoes**
- **¼ cup cilantro, or mint, chopped**
- **3 tablespoons lemon juice**

### **Instructions**

- 1. Bring a large saucepan of water to a boil and add the edamame. Cook for 3-5 minutes or until tender.**
- 2. Heat oil in a separate saucepan over medium heat and cook down the chopped onions until they look translucent, about 3 minutes. Add the zucchini and cook for another 3-5 minutes, or until the onions start to brown.**
- 3. Add the garlic, cumin, coriander, and cayenne and stir until fragrant, about 30 seconds.**
- 4. Stir in the tomatoes and bring to a boil. Then, reduce the heat to a simmer and cook for about 5 minutes.**
- 5. Now, stir in the edamame and cook until heated through, about 2 minutes.**
- 6. Remove from heat and stir in the cilantro (or mint) and lemon juice.**

Reference: <https://www.eatingwell.com/recipe/249376/egyptian-edamame-stew/>

## Spicy Edamame

**Serves: 4**

**Time: 15 minutes**

### Ingredients

- 1 pound frozen edamame (in shells)
- 1 teaspoon sesame oil\*\*
- 1 small garlic clove, finely chopped
- ½ teaspoon Japanese rayu (Chili oil)
- ½ teaspoon chili pepper
- 1 ½ teaspoons salt
- ½ teaspoon red chili flakes, for garnish



### Instructions

1. Fill a bowl with ice and cold water.
2. Measure out all of the ingredients and set aside.
3. Boil the edamame in the shells for 5 minutes.
4. Rinse the beans in the bowl of cold water and set them aside to dry, or pat them with a towel.
5. Now, in a large heated pan, add the sesame oil and garlic, stirring for less than a minute, or until fragrant.
6. Add the chili oil and cooked edamame (still in the shells) and mix them around for 1-2 minutes.\*\*
7. Add the spices you mixed earlier and toss to combine.

### \*\*Notes

1. You can use vegetable oil, canola oil, or olive oil as a substitute.
2. Sesame oil does not like high heat so be sure to avoid over-heating the pan.

Reference: <https://www.thespruceeats.com/spicy-edamame-soy-beans-2031549>



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