Warm Edamame with Sesame Lime Dressing

2 warm snack bowls, each half the cooked shelled edamame and dressing · Active 15 min · Total 25 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 2 1/2 cups plain frozen shelled edamame (360 g)

• About 6 cups drinking water for cooking (1.5 liters), discarded after draining

• About 1 1/2 tablespoons already toasted hulled unsalted sesame seeds (12 g)

• 1 tablespoon plus 1 teaspoon fresh lime juice (20 ml/about 20 g)

• 2 teaspoons ordinary shoyu soy sauce (10 ml/about 11 g)

• 1 teaspoon olive oil (5 ml/about 4.5 g)

Set out

Medium saucepan, Sieve, Small bowl and spoon, Kitchen scale, Measuring spoons, 2 serving bowls

Allergens

Soy, Sesame, Wheat is commonly present in shoyu soy sauce; check the bottle. Check labels and substitutions.

Make it

1. Check the edamame package cooking instructions. Bring the measured water to a boil in the saucepan. Add frozen shelled beans, return to a boil and cook for the full package time, often 4–6 minutes, until fully cooked and tender; use any longer time the product requires.

2. While beans cook, mix lime juice, soy sauce and olive oil in the small bowl. Do not add salt or extra oil.

3. Drain beans thoroughly, shake the sieve gently and let steam escape for 1 minute. Return to the empty saucepan off the heat and toss with all the dressing and sesame seeds.

4. Divide the entire batch into 2 equal bowls and eat warm. For later portions, move immediately to shallow containers and cool promptly as directed.

A useful kitchen skill

Cook a frozen product completely as directed, then drain well so a small measured dressing coats rather than dilutes.

A useful detail

The 25-minute total assumes a typical 4–6-minute package cooking stage after the water boils. Allow longer for a product with different directions. The estimate starts with 360 g frozen shelled beans and includes every seed and all the dressing.

Keep it well

Refrigerate promptly at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C, in a shallow container. Use within 2 days. Eat cold while kept chilled, or reheat just the required portion to 165°F/74°C. Follow any stricter edamame product storage instructions. Re-freezing the dressed beans is not recommended for texture.