

Kampyo and Cucumber with Sesame

Ingredients (serves 2)

Boiled kampyo (gourd strips)···40g
(using 8g of dried kampyo)
Koikuchi (dark) soy sauce···2g
Water·····Appropriate amount
Japanese cucumber·····70g
Imitation crab meat·····10g
Toasted white sesame(ground)··2g
Yuzu (citrus) dressing···10g



Nutrient Analysis per Serving

Calories·····52 Cal
Protein·····1.0 g
Potassium·····121 mg
Phosphorus·····28 mg
Sodium·····236 mg
(Sodium chloride equivalent··0.6g)

Directions

1. Wash the kampyo clean and soak it in water for 10 minutes.
2. Cut the kampyo from step 1 into appx. 3 cm sections.
3. Put the dark soy sauce in a pot. Add water in an amount just enough to cover kampyo later and bring it to a boil.
4. Add kampyo from steps 2 into pot from step 3 and let simmer for 10 minutes until the kampyo becomes soft. Remove the kampyo and discard the liquid.
5. Cut the cucumber in half vertically and slice each portion into thin strips.
6. Shred and add imitation crab meat.
7. Mix all ingredients with Yuzu dressing immediately before consuming.

Points

- This recipe brings out the tenderness of kampyo. Adjust the cooking time depending on the thickness of your kampyo slices.
- The aroma of ground sesame and the tartness of Yuzu dressing will enhance its taste.
- Instead of kampyo, you can use kiriboshi-daikon (dried Japanese radish), bean sprouts, koya tofu (freeze-dried bean curd), tuna flake in oil, or shredded chicken tender.
- Yuzu dressing can be made by mixing yuzu juice (5 g), yuzu peel (0.3 g), olive oil (3 g), dark soy sauce (3 g) and sugar (1 g) together.
- You can use other citrus fruits (such as orange) instead of Yuzu to enjoy different tastes.

【 The recipe provider: The department of Health and Nutrition at Yabuki Hospital in Yamagata, Japan 】

【 The translator: Atsuko Sakai PhD, RD at Saito medical Clinic in Hyogo, Japan 】