



### Classic Kimpira Gobō 金平牛蒡

Named after a folk-hero celebrated for his fervent determination, *Kimpira* is a quickly assembled, skillet-stirred vegetable dish finished with a fiery blend of seven spices. *Kimpira* frequently appears on the menu – in homes, at casual eateries, and tucked into *obentō*. The classic version is made with whittled shreds or thin slivers of *gobō* (burdock root); carrots are frequently added to make a *mélange*.

The naturally woody, earthy aroma of *gobō* is concentrated just below its peel. To retain optimal flavor and aroma, *gobō* is best when scraped with the back of your knife (use the non-cutting edge) rather than peeled.

Whittled or shaved shreds (a cut known as SASAGAKI) can be made with a knife, or peeler. Or create slivers (a cut known as SENGIRI) by stacking thin, diagonal slices domino-style and slicing into narrow strips.



Serves 4.

9 ounces/about 250 grams *gobō*, scraped and cut into thin strips  
 2-3 ounces/about 60 grams carrot, scraped and cut into thin strips  
 1/2 teaspoon *goma abura* (aromatic sesame oil)  
 1 teaspoon sugar  
 1 teaspoon *saké*  
 1 tablespoon *shōyu* (soy sauce)  
 Pinch of *shichimi tōgarashi* (7-spice mixture)  
 Freshly toasted sesame seeds; optional

Pre-heat a heavy-duty skillet over high heat. Add the *goma abura*. When the oil is shimmering (but not smoking), add the *gobō* strips and cook for 1 minute, stirring constantly. When *gobō* strips begin to wilt, add the carrots. Continue to cook, stirring constantly, for another minute.

Sprinkle with the sugar and toss to distribute well. Add the *saké* and continue to cook for 30-40 seconds, deglazing the pan. Stirring constantly, continue to cook for another minute before adding the soy sauce. Toss to distribute. Cook until the liquid is nearly gone, and the vegetables are just tender.

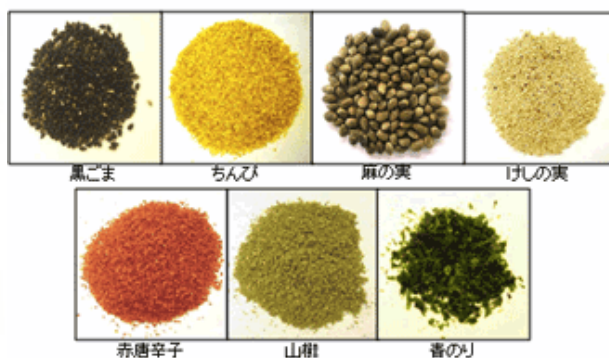
Remove the skillet from the stove. Sprinkle the vegetables with *shichimi tōgarashi* and toss to distribute well. Let cool to room temperature before serving. When serving, garnish with extra freshly toasted sesame seeds, if you like.

You can double, or triple, quantities, and store extra *kimpira* in a glass jar in the refrigerator for up to 3 days.

### Seven Spice Blend: *shichimi tōgarashi*



*shichimi tōgarashi*  
(Fiery 7-spice blend)  
七味唐辛子



*yuzu shichimi tōgarashi*  
(Fiery 7-spice blend, extra yuzu)  
柚子七味唐辛子

top row, above:

black sesame, *chinpi* (dried *mikan* or *yuzu* peel), *asa no mi* (flax seed), *keshi no mi* (white poppy seed)

bottom row, above:

*aka tōgarashi* (red chili pepper), *sanshō*, *ao nori* (sea herb)