

# 味噌カンपुर Miso Kampura

## Miso-Tumbled Potatoes



For those looking for a different way to enjoy potatoes, I highly recommend **MISO KAMPURA**, a Fukushima specialty. The origin of the dish is likely to have been a frugal, clever use of spuds too small to sell for a good price at market.

The dish is made with small, starchy potatoes, skins scrubbed and left intact. Some households will fry the potatoes, others just sauté them briefly, before adding water to the pot. The potatoes are then simmered till tender. A sweet miso paste is added to the reducing liquid until it is glaze-like. Any leftovers will keep well for 4 or 5 days.

Makes 4 servings.

*neri miso* sauce:

- 2 tablespoons *saké*
- 1 tablespoon *mirin*
- 1 tablespoon sugar
- 2 tablespoons *aka miso* preferably mellow flavored **Sendai miso**
- 12 small potatoes (about 12 ounces/340 grams), skins scrubbed but not peeled
- 1 tablespoon aromatic sesame oil
- 2 tablespoons water
- 2 scallions, green and white portions, chopped, about 1/3 cup OR *seri* (Japanese “parsley”), optional

Place the *neri miso* sauce ingredients in a small, deep pot; stir to combine them well. Place the pot on your stove over medium heat and cook the sauce for about two minutes, stirring constantly to keep it from scorching. When the sauce is bubbly, thick and the consistency of tomato paste, remove the pot from the stove. The sauce can be made in advance and stored in a glass jar for up to two weeks in the refrigerator. If you do make this ahead, be sure to let the sauce cool before covering your jar and refrigerating.

In a skillet just large enough to hold the potatoes in a single layer, heat the sesame oil until it is aromatic but not smoking. Sauté the potatoes over medium heat for 3 or 4 minutes, turning them occasionally as they cook. The potatoes should develop a light colored crust.

Lower the heat and blot up any excess oil with a wad of paper towel before adding the water. Cover the skillet with a tight-fitting lid and cook for 2 minutes or until a toothpick inserted in the center of a chunk meets no resistance.

Add the *miso* sauce stirring to distribute it well. Cook uncovered for another minute, jiggling the skillet occasionally. When the sauce has reduced to a clinging glaze the potatoes are done.



Serve hot, or let the potatoes cool to room temperature (that is the way most Fukushima natives enjoy this dish). Scatter scallions or *seri* over the potatoes just before serving.