



Bamboo Shoots Simmered in the Tosa Style

(*Takénoko no Tosa Ni*)

筍の土佐煮

Tosa is the former name for that area of Shikoku now known as Kochi Prefecture. The Tosa region is famous for its *katsuo* (bonito fish) and foods prepared with *katsuo-bushi* on prominent display are referred to as being "in the style of Tosa." In this recipe, fresh bamboo shoots are simmered in a smoky sea stock called *oigatsuo dashi* 追い鰹出汁, meaning the stock has been reinfused with extra *katsuo-bushi* flakes.

Ingredients:

250 grams (about 9 ounces) par-boiled *takénoko* (fresh bamboo shoot)

2 cups *oigatsuo dashi* (separate recipe)

1 T *saké*

1 T sugar

1 T soy sauce

Cut the bamboo shoots into bite-sized pieces.

Combine the stock, sake, sugar and soy sauce in a pot. Over medium heat bring the mixture to a boil. Add the pieces of bamboo shoot and adjust the heat to maintain a steady simmer. Cover with an *otoshi-buta* (dropped lid) or a circle of parchment paper and simmer for 7-8 minutes. Check to see how much liquid remains in the pot. Ideally there should be very little. If more than a spoonful of liquid remains, continue to cook until all the liquid has been absorbed by the shoots – be careful not to let the shoots scorch.



Heat a skillet and add the *katsuo-bushi* flakes to toast them. Use a wooden spatula to keep the flakes moving so they do not scorch. When lightly aromatic, remove the skillet from the stove and crush slightly. Sprinkle the crushed flakes over the simmered bamboo shoots. Add a sprig of *ki no mé* as a final garnish.

