

Goma green beans:

Buy some tender nice looking green beans.

Wash and break off the tips.

Put them into a pot of boiling water and parboil them....maybe only a few minutes....keep tasting one until it is done but still crunchy.

Drain in a colander and rinse them in cold water to stop them from cooking and stay a nice bright green color.

Slice them into pieces about 1 1/2 " on a diagonal.

Make a sauce: The proportions are : 1 1/2 Tbsp. sugar

3 Tbsp. soysauce

1/2 tsp. sesame oil

Put the sauce on the beans

Sprinkle ~ 4 Tbsp. of roasted sesame seeds you have ground up a bit.

Chill or serve at room temperature.

Good for o-bento.

Recipe from : Cathy Nakamura, cooking teacher

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