

We?re very fortunate to have several large Asian supermarkets in York. Last Saturday we ventured into town to gather a few bits and bobs we couldn?t get at the smaller local Asian shop. So the next few recipes use a selection of more traditional ingredients.

Ingredients:-

300g of fresh Lotus Root 3 Tbsp of Spirit Vinegar ½ Tbsp of Salt

Sauce Ingredients:-

230ml of Water

10 Tbsp of Soy Sauce (Gluten free for us)

5 Tbsp of Honey

7 Tbsp of Sugar

Sesame Seeds to dress

Method:-

- (1) Peel the Lotus Roof and cut into 1/4? slices.
- (2) In a large pan cover the slices with water and add the Salt and Vinegar.
- (3) Bring to the boil and slimmer for 10 minutes. Don?t worry about the pond smell, it soon dissipates!
- (4) Drain and set aside.

- (5) Mix the Sauce ingredients.
- (6) In a large pan heat the Sauce and add the Lotus Root pieces.
- (7) Bring to the boil while continuously stirring to prevent sticking.
- (8) Reduce the heat and simmer for a further 20 minutes while continuously stirring. The Sauce will reduce to a thick syrup.
- (9) Lift the Lotus Roof from the pan and spoon a little of the Sauce over them.
- (10) Chill in the fridge until ready to serve.
- (11) Garnish with Sesame Seeds and serve as a side.

These were a little too sweet for us, but we tend to prefer savoury dishes. The texture was really good though.