
ITALIAN
KITCHEN SHOPPE



COOKING SCHOOL
CATERERS

Celebrating Edamame Beans

Hoisin Sautéed Edamame Bean with Garlic, Ginger, Scallions & Cilantro

- 4 tablespoons regular olive oil
- 4 tablespoons garlic, peeled and minced fine
- 4 tablespoons fresh ginger, peeled and minced fine
- 4 tablespoons scallions, sliced into thin rounds
- 1 pounds Edamame beans in their shells
- 2 tablespoons Hoisin sauce
- 1/4 cup Ponzu sauce
- 2 tablespoons fresh cilantro, chopped fine

Optional: 1 tablespoons Tamarind paste

Heat the olive oil in a medium sauté pan over medium heat. Add garlic, ginger, and scallion and cook, stirring constantly, until tender. Add Edamame beans and continue to toss for about 2-3 minutes. Next increase the heat to high, add the Hoisin, Ponzu and option Tamarind paste, if using, and toss until the beans are completely coated and most of the pan liquid is reduced. Remove from heat, add in cilantro, toss well and place in a serving platter to serve.

This is a side-dish best eaten by hand so roll up your sleeves and dig in!

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Edamame Bean Hummus

- 2 cloves garlic, peeled
- ½ cup flat Italian parsley leaves
- 2 ½ cups shelled edamame beans (usually in the frozen vegetable section)
- ½ cup tahini
- lemon juice to taste
- EVOO enough to thin out to desired consistency
- salt and fresh pepper to taste

Place the first 4 ingredients in a food processor, fitted with the metal blade, and process until smooth. Scrape the side down occasionally as you process to ensure the mixture is totally smooth. Season with lemon juice, salt, and fresh pepper to taste. If you like it spicy add some Tabasco sauce or cayenne pepper to taste.

Wild Mushroom and Edamame Bean Risotto

- 2-4 tablespoons olive oil, enough to lightly coat the bottom of the pan
- 2 tablespoons unsalted butter
- $\frac{3}{4}$ cup sliced leek and shallot or onion
- 2 ounces dried wild mushrooms, reconstituted in about $\frac{1}{3}$ cup warm water and drained reserving mushroom liquid
- $1 \frac{1}{2}$ cups shelled edamame beans
- 1 cup arborio rice
- $\frac{1}{4}$ cup dry white wine
- At least 3 cups chicken or vegetable stock
- 1 cup grated Parmigiano cheese
- Salt and fresh pepper to taste

Heat a 5 1/2-quart saucepot over medium heat. Add the olive oil and then the leek, shallot and or onion. Sauté the leek/shallot/onions, what we refer to as aromatics, until tender. Add the rice and stir until the rice looks opaque. Add the mushrooms, sauté for 3 minutes or until tender. Add the edamame beans and stir. Add the wine and the reserved mushroom liquid and stir until almost all absorbed into the rice. Now start adding the stock, a little at a time about $\frac{1}{2}$ cup, and bring to a simmer. Continue to stir until the stock is almost all absorbed into the rice and repeat this process adding stock and stirring until the rice reaches the desired level of doneness, al dente texture. Stir in cheese check for final seasoning of salt and fresh pepper and serve.

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Edamame Bean Pesto

- 2 cups shelled edamame beans
- 1 cup grated cheese
- 1 cup Pignoli nuts
- 1 cup loosely packed fresh parsley
- 1 large garlic clove, peeled and chopped
- extra virgin olive oil as needed to reach desired texture
- Salt and fresh pepper to taste

Combine the nuts, parsley, and garlic in a food processor and pulse until chopped coarsely. Add the edamame beans and pulse until somewhat smooth. Now add the cheese and pulse while adding the extra virgin olive oil in a steady stream until smooth. Add additional extra virgin olive oil while pulsing the mixture until desired texture is achieved. Season with salt and fresh pepper to taste. Avoid over mixing. Spoon over cooked pasta and add a bit of the pasta water to loosen up to a creamy consistency.

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