

Ingen no Goma-ae (Green Beans with Sesame)

Sesame seeds (both black and white) called *goma* are a very common, healthy ingredient used frequently in Japanese cooking. They are often toasted, which can be done quite easily by heating them in a frying pan without oil. Over low to medium heat, constantly stir the seeds until they have puffed up and you can smell their distinctive aroma.

Roasted sesame seeds are often ground and used as a seasoning (*goma-ae*) with various vegetables, such as the green beans in the simple-yet-delicious recipe below.

Ingredients: Dressing:

½	lb.	fresh or frozen whole green beans
1	Tbs	toasted sesame seeds
1	Tbs	sugar
2/3	Tbs	<i>dashi</i> (fish stock)
½	Tbs	white <i>miso</i> paste
	pinch	salt
1	Tbs	soy sauce

Directions:

1. Boil beans in pot of water until tender (about 5 minutes).
2. Grind the toasted sesame seeds in a pestle and mortar, or a bowl and any small glass bottle. Add sugar, *miso* paste and *dashi*. Mix well.
3. Toss the green beans in the sesame dressing. Served chilled or at room temperature. Serves four as a side dish.

[Source: <http://www.bento.com/trt-green.html>]