

Lotus Root Slices with Honey Recipe

Ingredients: Serves 4

1 strip of lotus root, scrape off the skin with a knife
1 tablespoon salt
1 tablespoon sugar
½ teaspoon white sesame seeds, lightly toasted
1 tablespoon lemon juice
1 teaspoon honey
½ teaspoon sesame oil
½ cup of water

Method:

Wash lotus root thoroughly and cut into 0.2 cm thin slices. Boil sliced lotus roots with water and 1 teaspoon of salt for 15 minutes. Then drain off the water and put them aside to let cool. Melt sugar over low heat until it caramelized. Add water, lemon juice and boiled. Then put sliced cooled lotus root in and keep simmering until it absorbed the flavor and the liquid reduces. Off fire and let cool. Store in the refrigerator, add some more honey, sesame oil and white sesame seeds before serving.

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