



# LeiHall Farm Recipes

## Basic Edamame (Soy Bean) Snack Recipe and Info

Edamame is the Japanese word for soybean. You can shell the beans and use them in any way you use lima beans or other shelled beans---succotash, for example. However, the most popular way to eat edamame is as a snack. To prepare -Leave the beans in the pods. Boil in salted water for 6-7 minutes. Drain well and sprinkle pods with salt. Pop the beans out of the pods into your mouth to enjoy. Have a discard bowl handy for the shells. You may never want to eat potato chips again! These are so good and good for you!

### Freezing Edamames:

Do not wash or blanch beans first as they will lose flavor. Remove sticks and debris from fresh beans then, spread out on a cookie sheet and freeze. Once beans are frozen put into individual zip locs bags, squeezing all air out of the bag before placing back into deep freeze. I freeze mine 1/2 pound at a time, which is enough for snacking and /or mixing with other dishes.