

Black Bean Orange Peel Edamame

By savorthis

Food52 Editors' Comments: WHO: savorthis hails from Denver, Colorado and counts front end web design, marketing, and of course, cooking among her talents. WHAT: Edamame shellacked with a a salty-sweet range of flavors, perfect as a pre-party appetizer. HOW: It's as simple as adding the ingredients in groups to a blazing-hot wok. Stir fry and serve! WHY WE LOVE IT: The sauce on the edamame shells was finger-licking good -- we love that savorthis calls for either shelled edamame or whole pods depending on how you want to serve them.

These are salty, sweet, fragrant, finger-licking good. You can either make them in the pods, slurping the sauce clinging to the outside while stripping out the beans with your teeth or use shelled beans in a saucy side dish. We often serve a version of this for guests to snack on while we tend the grill or finish in the kitchen.

Serves snackings for 8

- 1 pound edamame (in shell or not)
 - 1 orange
 - 2 teaspoons fermented black beans, rinsed and chopped
 - 1 tablespoon garlic, minced (2 medium cloves)
 - 1 teaspoon ginger, minced
 - 2 tablespoons shallots, minced (1 medium)
 - 1 teaspoon mirin
 - 2 teaspoons soy
 - 1/4 teaspoon sesame oil
 - 1/2 teaspoon chili sauce (or a fresh red chili sliced crosswise)
1. Rinse edamame, then boil in salted water (or microwave covered with 3 T water and pinch of salt) about 5-7 minutes for frozen, 2-3 for fresh. Drain.
 2. Zest orange (I prefer the thin strips to a microplane. You can peel the outer part of the peel, trim any pith and cut into thin strips) and then juice the orange. Mix shallots, garlic, black beans and ginger in one bowl, mirin, soy, sesame oil and 2 T orange juice in the other. If using chili sauce, add it to the liquid. If using fresh chili, add it to the shallot mixture.
 3. Heat a couple tablespoons oil in a wok or cast iron pan over very high heat. Add edamame and stir until just beginning to blister. Add shallot mixture and stir for several minutes until very fragrant and shallots just begin to brown/crisp. Add 1 T (packed) zest and toss another minute. Stir in mirin mixture and toss until the edamame are thick and glazed and no liquid remains. Pour into a bowl immediately and enjoy.
 4. NOTE: you can follow these steps for either pods or shelled edamame though you can boil/cook the shelled beans a little less.