

【Lotus root】

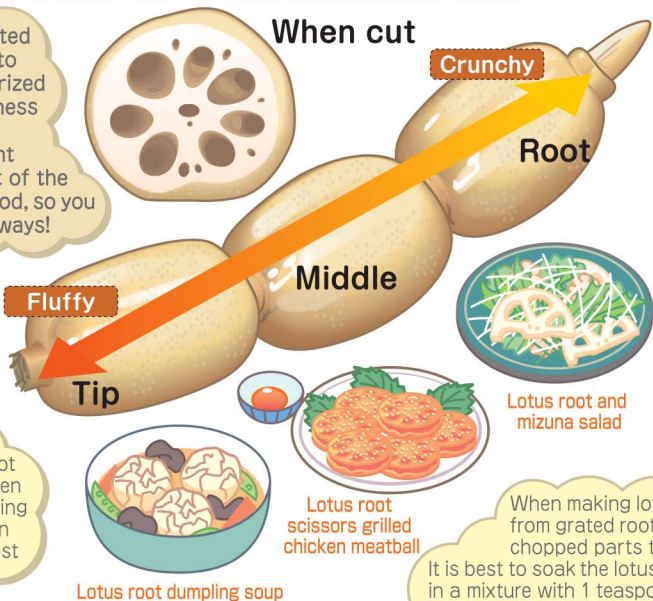
Crunchy or fluffy! Enjoy the different textures!

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



Lotus root harvested from late autumn to winter is characterized by a strong stickiness and sweetness. The texture is different depending on the part of the root and cooking method, so you can enjoy it in various ways!



How to Choose and Store

- Choose roots with a glossy surface, and clean cuts and holes with a cream color.
- Wrap cut ends tightly in plastic wrap or a wet paper towel if knots are still in place, and store it in a plastic bag in the refrigerator.

Recommended Dishes

- Use the part near the root for crunchy salads.
- The middle part has both textures.
- Use the part near the tip for simmered dishes to enjoy the warm fluffiness.

Nutritional Content

- Vitamin C, potassium, manganese, fiber, tannin, mucin, etc.



The vitamin C in lotus root does not easily degrade even when heated. Eating it can prevent skin irritation and boost your immunity.

Lotus root dumpling soup

Lotus root scissors grilled chicken meatball

Lotus root and mizuna salad

When making lotus root dumplings from grated roots, mix in coarsely chopped parts to enjoy the texture! It is best to soak the lotus roots for 2 to 3 minutes in a mixture with 1 teaspoon of vinegar for every 500 ml of water to remove any harsh taste.



Main reference websites: "Seasonal Story Vol. 15: Eat plenty of lotus root that is rich in vitamin C" (Ajinomoto Co., Inc.) / "Do you need to remove the harsh taste from lotus roots?" Tokubai News / Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

Reference: Aogaminotetsu, "Fully Illustrated Book of Delicious Vegetables" (KADOKAWA)

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



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