

Vegan Eddo Recipe- Lemon Thyme Taro Root

Ingredients

- 1 lb. eddo taro (about 6 small roots)
- ¼ cup soy sauce
- 1 tbsp. granulated sugar
- 2 cloves garlic
- 1 lemon
- 1 tbsp. olive oil
- 1 tbsp. fresh thyme leaves

Steps

1. Bring a medium pot of water to a boil. While you're waiting, prepare the eddo by slicing off the tops and bottoms, and using a paring knife to peel of the skins. Rinse to remove any stuck-on skin, and set aside. Salt the boiling water generously, and then add the peeled eddo. Boil for around 5 minutes, until you can stick a skewer through the roots. It doesn't need to be super soft, as we will be cooking it more. Drain the water, and rinse gently to remove any of the sliminess from the root (which is totally normal).

2. Quickly rinse out your pot, and then return it to the stove with three cups of water. Add the soy sauce and sugar and stir, add the eddo again, and bring it to a gentle simmer. The water should just about cover up the eddo- if not, you may want to add more water, sugar, and soy sauce. While the eddo simmers, finely mince the garlic and add it directly to the pot. Let it simmer for about 20 minutes total.

3. While the eddo are simmering, zest the lemon and remove the thyme leaves from the stem. After about 20 minutes of simmering, juice the lemon directly into the pot and let cook for just a couple more minutes. Drain the eddo, and place in a serving bowl. Top with olive oil, lemon zest, fresh thyme, and a little salt if desired. Serve warm.

