

Hawaiian Edamame-(I don't speak Japanese, but I think it's pronounced something like: *ee-duh-mah'-mee*)

- 1 pound edamame in the pod (you can buy these frozen and thaw by running cool water over them)
- 3 Tablespoons sesame oil, divided
- 2 teaspoons finely minced fresh garlic
- 1 teaspoon finely minced fresh ginger
- 1 teaspoon white sesame seeds
- 1 Tablespoon sugar
- 1 Tablespoon soy sauce
- 1 to 2 teaspoon red pepper flakes

Heat a large wok over medium-high heat (or use a large skillet).

Add 2 Tablespoons of the oil, then the edamame. Stir-fry for 1 to 2 minutes, until well-coated with the oil.

Move the edamame to the sides and add the remaining 1 Tablespoon oil, garlic, and ginger in the middle. Stir-fry for 20 to 30 seconds, until barely light golden brown, then add the sesame seeds. Stir to mix evenly, coating the edamame. Sprinkle the sugar in and toss several times, allowing the sugar to melt and coat the edamame. Add the soy sauce and red pepper flakes, and mix well. Season with salt if needed. Transfer to a platter and serve immediately.