

## Lotus Root



### 3099 – PLU

#### Description/Taste

Lotus root is an oblong, tubular rhizome or stem that grows underground in bodies of water, averaging 5-10 centimeters in diameter and 10-20 centimeters in length. Appearing like underwater sausage links, the rhizomes are connected to other rhizomes via smaller roots creating groupings of 3 to 5 and can grow to be over one meter in length as a whole. When young, Lotus root has a firm texture with light purple to white skin that transforms into a brown-beige hue with darker brown speckling when mature. Underneath the thin skin, the flesh ranges in color from ivory to white and is crisp, light, and starchy. There are also numerous, symmetrical, air pockets patterned into a pinwheel shape in the flesh that extend the entire length of the rhizome. Lotus root has a dense and crunchy texture with a nutty and sweet flavor, similar to that of a water chestnut or taro root. The younger roots are more tender and used for fresh culinary purposes, whereas mature roots are used in extended cooking applications to develop a tender, potato-like texture.

#### Current Facts

Lotus root, botanically classified as *Nelumbo nucifera*, is the underwater rhizome of an aquatic, perennial plant and is a member of the Nelumbonaceae family. Also known as Renkon in Japanese, Sacred Water lotus, and Chinese Arrowroot, the Lotus plant is cultivated for its seeds, flowers, leaves, and rhizomes, all of which are edible. There are two primary varieties of Lotus root, one found in China and one in the Americas, and the root is a popular ingredient in Asian cooking, especially in Chinese vegetarian cuisine. Lotus roots are widely available at specialty grocers and Asian markets and are used as a mild, crunchy element in stir-fries and soups.

#### Nutritional Value

Lotus root is high in dietary fiber, which can aid in digestion, and is considered a good source of energy as it is high in carbohydrates. It also contains vitamin C, manganese, zinc, iron, copper, vitamin B, potassium, and magnesium.

#### Applications

Lotus root is best suited for cooked applications such as steaming, frying, braising, stir-frying, and boiling. After peeling the root, it should be immersed in acidulated water using vinegar or citrus to prevent discoloration. Lotus root can be blanched just slightly to remove any bitterness, cooled, and added to salads or crudit . It can also be sliced and braised until tender in soups, stir-fried, battered and fried into tempura, or thinly sliced and baked into chips. In India, Lotus root is boiled, mashed, and added to vegetarian kofta, which is a dumpling dish paired with spicy sauces. A traditional Korean dessert also utilizes Lotus root with soy sauce, honey, and sesame seeds called yeongun bokkum. Lotus roots pair well with mushrooms, peppers, snap peas, snow peas, asparagus, corn, celery, cucumber, oyster sauce, peanuts, red beans, and sesame seeds. Lotus root will keep up to two weeks when stored whole, wrapped in damp paper towels, and placed in a plastic bag in the refrigerator. Sliced Lotus root can be stored in an acidulated water solution for a couple of days, or it can be frozen for long-term storage.

# Crispy Baked Lotus Root Chips

Lotus roots make amazing chips. If you slice them thin enough, they get crispy like a potato chip. You really can't have just one.

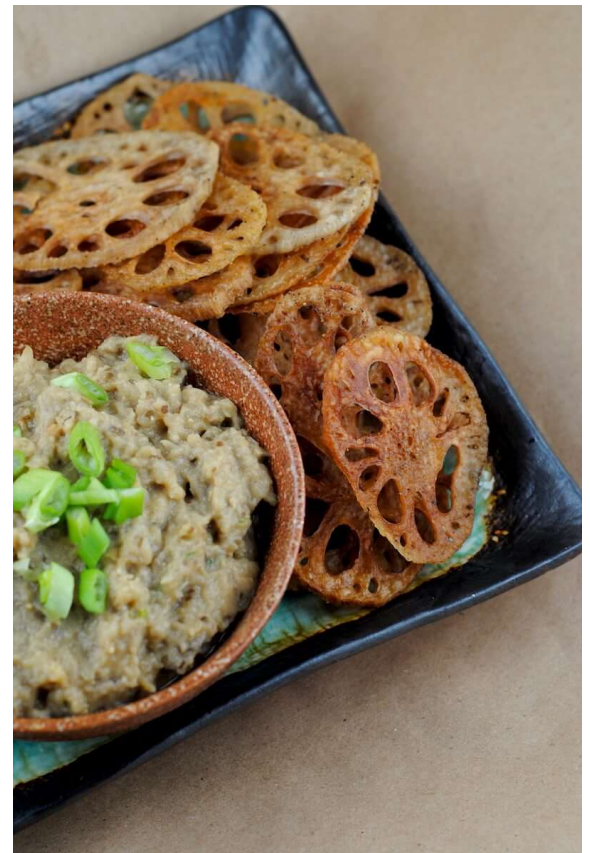
Prep Time: 5 mins  
Cook Time: 30-40 mins  
Total Time: 35-45 mins

Course: Snacks  
Cuisine: Vegan, gluten free

Servings: 2  
Author: theblenderist.com

## Ingredients:

- 2 large lotus roots
- 2 tbsp olive oil + more for the pan
- 1 tsp of ground black pepper
- 1/2- 3/4 tbsp salt
- 1/2 tbsp sesame oil



## Instructions:

1. Preheat oven to 325F
2. Cut the ends of the lotus roots
3. Peel the skin off the lotus root with a vegetable peeler
4. Slice the roots in to 1/8"- 1/4" slices
5. Combine sliced roots 2 tbsp oil, black pepper, salt and sesame oil in bowl.
6. Mix with hands until roots are evenly covered with oil and seasonings.
7. Brush baking sheets with olive oil, be generous as these things will stick if you are stingy.
8. Place slices in a single layer on the baking sheets.
9. Bake for 20 minutes and check for ones that are browning rapidly.
10. Remove the browned ones and place them on a piece of paper towel to absorb excess oil.
11. Put the baking sheets back in the oven and repeat the process of checking and removing finished ones at 5 minute intervals.
12. The entire process can take 30-45 minutes depending on your oven and how thinly you sliced the lotus root.
13. Let cool and enjoy on their own or with dip.