

## Let's Cook and Eat the Tastes of the Season!

### — Kabocha no Itokoni

#### (Simmered Pumpkin with Azuki Beans) —

Halloween, the annual celebration observed on October 31 in many Western countries, has also begun to take root in Japan since around 10 years ago as an autumn entertainment event. Lanterns made of pumpkins with carved eyes, nose and mouth are frequently seen displayed in windows at this time of year. Since pumpkins are a representative vegetable that comes into season from autumn to winter in Japan, the sight of pumpkin lanterns evokes the feeling that autumn has come.

The recipe we introduce today is a sweet side dish called *kabocha no itokoni*. Itokoni refers to dishes of simmered beans and vegetables. The “ni” in itokoni means cook or boil, but “itoko” means cousin. Why is the word cousin used in the name of the dish? In Japan, there is also a dish called oyakodon, which literally means “parent-child bowl,” because it is made of chicken and eggs, which have a parent-child relationship, so to speak. By the same token, you might consider whether the beans and vegetables in an itokoni dish are cousins, but no. The ingredients of an itokoni are added to a pot in order from those that take time to cook. This adding of ingredients “in order” is expressed by the phrase “oi oi” in Japanese. “Oi” can also mean “nephew” in Japanese, so as a play on words, “oi oi” was taken to mean “nephew, nephew,” and since nephews are mutually cousins, or itoko, the dish came to be called “itokoni.” This seems to be the most popular theory on the name of this dish. In a kabocha no itokoni, which is an itokoni of azuki beans and pumpkin, the azuki beans are cooked first, followed by the pumpkin, in keeping with the “oi oi” rule, but since this entire process takes time, the recipe below uses boiled azuki beans.

#### [Ingredients (makes two servings)]

350g pumpkin (one-third of a medium-size pumpkin)  
1 cup water  
1 Tbsp sugar  
1 Tbsp soy sauce  
100g boiled azuki beans

#### [Preparation]

1. Remove the seeds and pulp from the pumpkin, then cut it into 3cm squares.
2. Pour the water, sugar and soy sauce into a pot and bring it to a boil. Add the pumpkin, cover the pot, and simmer for about 15 minutes.
3. When the pumpkin becomes soft, add the boiled azuki beans, and simmer some more while mixing the ingredients together.

## た 食べよう！ つく 作ろう！ しゅん あじ 旬の味

### — かぼちやのいとこ煮 —

西洋の年中行事であるハロウィンは、日本でも 10年程前から本来のハロウィンの日である 10月31日を中心に、秋のイベントの1つとして定着しつつあります。最近では、目鼻口をくり抜いたオレンジ色のかぼちやのちょうちんを街のディスプレイなどでよく見掛けるようになりました。かぼちやは日本では秋から冬にかけてが旬となる野菜の代表格ですから、それとあいまって、ハロウィンのかぼちやちょうちんを目にすると秋の深まりを感じずにはいられない昨今です。

さて今回のレシピは甘いおかずの「かぼちやのいとこ煮」です。豆を野菜などといっしょに炊いた煮物を「いとこ煮」と呼びます。さて、何故「いとこ」なのでしょう？ 鶏肉と卵（親子の関係）を使う「親子丼」という名前の料理がありますので、いとこ煮では豆と野菜がいとこ関係に当たる？ いいえ、実は、火の通りにくい食材から順々に鍋に入れていくところから「順を追って」という意味の「おいおい」と「甥・甥」を掛けて「いとこ煮」と言うようになったという説が有力だそうです（甥と甥は確かにいとこ同士に当たりますね）。という訳であずきとかぼちやを使う今回の料理は、火が通りにくいあずき、次にかぼちや、と「おいおい」入れていくところですが、時間がかかるのでレシピでは茹であずきを使っています。

#### [材料（2人分）]

かぼちや…350g（中くらいのサイズで1/3ほど）

みず…1カップ 砂糖…大さじ1 醤油…大さじ1

茹であずき…100g

#### [作り方]

1. かぼちやは種とわたを取り、3cm角に切る。
2. 鍋に水、砂糖、醤油を入れ、沸騰させたら 1 を入れ、蓋をして15分ほど煮る。
3. かぼちやが柔らかくなったら茹であずきを入れ、混ぜながら少し煮ればできあがり。