

"Cooking for men" This month's recipe



Chicken fillet with Mentaiko sandwich fried

ingredients (serve 4)

Chicken breast strips 3

Spicy pollack roe 1

Potato starch

Oil

Lettuce

Lemon

Tomato

A { sake 1 tablespoon
soy sauce 1 teaspoon

Mentaiko is spisy pollack roe.

Method

- ① Take meat streaks and make a score in the thick part.
- ② Mentaiko peels the skin and loosens the contents.
Hold with the notch in ①.
Apply A and cover thinly with starch.
- ③ Deep fry at 170°C until it becomes light brown.
- ④ Put lettuce on the plate. Cut ③ diagonally 3cm and place on a plate. Cut the tomato & Lemon into wedges. And on the side.

{ Cabbage and cheese namul }

ingredients (serve 4)

Cabbage ···· 3 leaves

cheese ···· 3 sheet

A

Sesame oil 1 tablespoon

White sesame 1 tablespoon

Salt 1 teaspoon

Soy sauce 1 teaspoon

Sugar 1 teaspoon

Cayenne pepper powder a little

Method

- ① Boil cabbage, cut into thick strips, and drain.
Cut the cheese into thin strips.
- ② Add A to the bowl and mix. Add cabbage and cheese and mix.

{ Mackerel and Cucumber mix }

ingredients (serve 4)

Marinade Mackerel ·· half

Cucumber ·········· 1

Brown seaweed ····· 10g

Soy sauce ··· 2 tablespoon

Small amount of grated wasabi

Method

- ① Cut the marinade Mackerel into 3mm thickness.
The cucumber is peeled in the direction of the stripe, and cut into half lengths and cut into diagonal slices.
Return the seaweed in water and cut it into a size that is easy to eat. And put it in hot water for 1 minute and cool it in cold water.
- ② Put marinade Mackerel and cucumber and brown seaweed in the bowl and mix with the soy sauce.
Put it on a plate with Wasabi.

Try cooking



{ Miso soup with leek and nameko mushroom }