

# "Cooking for men" This month's recipe



## Wrapped apple in pork with paprika sauce

ingredients (serve 4)

Apple ···· 1

Sliced pork loin ······ 20

Red papurika ···· 1

Egg white ······ 1

Rice flour ······ a little

Chop the onion into small pieces  
···· 1 tablespoon

A { sake 1 tablespoon  
soy sauce 1 teaspoon  
pepper

B { soy sauce 1 tablespoon  
sake 1 teaspoon  
solt a little  
soup 50cc  
sesame oil a little  
pepper  
potato starch with water

## Method

- ① Peel the apple, divide it into four pieces, and cut it into 3mm thicknesses. Add 1 tablespoon sugar and 1 tablespoon lemon juice and simmer.
- ② Spread 2 pieces of pork loin and wrap it with a sweet boiled apple. Season it with A, apply egg white, add rice flour and fry in oil at 170 ° C.
- ③ Heat 1 tablespoon of oil in a pan and stir fry chopped onions and chopped paprika.  
Thicken with water-soluble potato starch and finish.

{ Turnip and yellow paprika sweet vinegar }

|                       |         |                 |         |              |
|-----------------------|---------|-----------------|---------|--------------|
| ingredients (serve 4) |         |                 |         |              |
| Turnip                | ..... 5 | } sweet vinegar | vinegar | 3 tablespoon |
| Yellow paprika        | ... 1   |                 | sugar   | 2 tablespoon |
|                       |         |                 | salt    | a little     |
|                       |         |                 | water   | 2 tablespoon |

Method

- ① Remove the leaves and dirty parts from the turnip, cut into 6 equal parts, apply thin salt. Squeeze when it comes soft.
- ② Soak ① in sweet vinegar.

{ Simmered Komatsuna Shimeji mushroom thin fried tofu }

|                       |              |     |            |              |
|-----------------------|--------------|-----|------------|--------------|
| ingredients (serve 4) |              |     |            |              |
| Spinach               | .. 1 bunch   | A } | soup stock | 1 cup        |
| Thin fried tofu       | ... 2 sheets |     | soy sauce  | 2 tablespoon |
| Shimeji mushroom      | .. 1 pack    |     | sweet sake | 2 tablespoon |
|                       |              |     | sugar      | 1 teaspoon   |

Method

- ① Cut Komatsuna into 3cm and wash with water.  
Pour hot water over the thin fried tofu and cut them in half vertically and cut them into pieces.  
Cut the shimeji to 4cm.
- ② Add A to the pan, add ingredients, and boil.



{ Seasoned rice with vegetables }

ingredients (serve 4)

Rice ..... 2 cup  
Dried shiitake mushrooms .. 3  
Burdock ..... 1/3  
Carrot ..... 3cm  
Thin fried tofu ..... 1 sheets  
Japanese parsley ..... a little

A {  
soup stock 500cc  
soy sauce 2 tablespoon  
sake 2 tablespoon  
sweet sake 1 tablespoon  
salt 1/3 teaspoon

Method

- ① Rinse the rice 30 minutes before cooking and raise it into a bowl to drain.
- ② Return dried shiitake mushrooms to the water, take the shaft, and cut it into slices. Thin burdock(/gobo) shavings. Pour hot water over the thin fried tofu and cut them in half vertically and cut them into pieces. Sliced carrots.
- ③ Boil 2 over medium heat for 5 minutes. Separate the ingredients and soup.
- ④ Put rice, ingredients, soup and salt in the rice cooker and cook normally.
- ⑤ Serve rice in a bowl and decorate with Japanese parsley cut into 1cm.

{ Miso soup with leaf of turnip and bean sprouts }

