

# "Cooking for men" This month's recipe



## [ Sandwich ]

ingredients (serve 4)

Thick sliced bread ..... 4

Egg ..... 4

Cherry Tomato ..... 4

Parsley & Lettuce

### Method

- ① Bake the bread lightly and make a cut in the middle.
- ② Heat 2 tablespoons of olive oil in a pan and stir with minced Parsley. When the scent comes out, add a slice of cherry tomato and fry further.
- ③ Break the egg, add a pinch of salt, add a little pepper, make scrambled eggs.
- ④ Apply the mustard, butter, and lettuce and ③ in the bread of ①.

## [ Fried chicken ]

ingredients (serve 4)

Chicken thighs ···· 1

Starch

Flour

Fried oil

Lettuce

Lemon

seasoning

Salt and Pepper

Sake 1 tablespoon

Soy sauce 1 tablespoon

Sugar 1 tablespoon

grated garlic 1 tablespoon

grated ginger 1 tablespoon

Chinese soup stock 1 tsp

grated onion 1/4

Egg 1/2

Oyster sauce 1 tsp

### Method

- ① Cut chicken into 3cm pieces. Put the seasoning in the bowl, stir well and leave for about 15 minutes.
- ② Sprinkle the same amount of starch and flour into ① and fry at 170°C in oil.
- ③ Put lettuce on a plate, place fried chicken, and put a lemon into wedges on it.

## [ Corn soup ]

ingredients (serve 4)

Corn can ··· 2 cans

Onion ····· 1/4

Minced Parsley

Milk ··· 200cc

Fresh cream ··· 1 tablespoon

Consomme soup base

### Method

- ① Saute onion with butter and add 1 tablespoon of flour.  
Add corn and fry.  
Add milk, warm and season with salt and pepper.  
Place in a soup bowl and decorate with minced Parsley.

# 〔 Ham and Broccoli salad 〕

ingredients (serve 4)

Ham ..... 2 pieces

Broccoli ..... 1/4

Asparagus ..... 1 bundle

White sesame ... 1 tablespoon

A { Vinegar 1 tablespoon  
Soy sauce 1 tablespoon  
Sugar 1 teaspoon  
pepper

## Method

- ① The broccoli is cut into bite-size, hard boiled, and then chilled.  
Cut the ham in half and shred it.  
Place broccoli on a plate and decorate with chopped ham.
- ② Mix in seasoning A, and put it on ①.

Try cooking and  
have a delicious Christmas!

