

"Cooking for men" This month's recipe



Tofu hamburger with rapeseed

ingredients (serve 2 people)

Momen Tofu 1/4

Rape blossoms ... 60g

Minced meat 120g

New potatoes 2

Butter 20g

Petit tomatoes ... 4

Lettuce

A { Bread crumbs 3 tsp
Milk 3 tsp
Egg 1/2
Salt and pepper

B { Tomato ketchup 3tsp
Worcestershire sauce 2 tsp
Sugar 1 tsp

Method

- ① Tofu is wrapped in paper, placed in a heat-resistant container, and heated in a microwave for 1 minute.
Boil the rape blossom, chop it roughly, and squeeze out the water.
- ② Put the minced meat and A in a bowl, mix until sticky, and add ①.
Divide it into four and make it oval.
- ③ Cut the new potatoes into 8 pieces with the skin on.
Take it for 2 minutes in the microwave.
- ④ Melt butter in a frying pan, add ② and ③, and bake both sides.
Cover and cook over low heat for about 10 minutes.
Serve in a bowl.
- ⑤ Add B to ④ frying pan, warm, make a sauce and pour over ④.
Spread lettuce and garnish with tomatoes.

{ Japanese style marinated fried eggplant }

ingredients (serve 2 people)	
Eggplant ····· 2 bottles	A {
Red pepper ··· 1/2	
Fried oil	
Japanese soup 1 tsp	
Vinegar 1 tsp	
	Soy sauce 1 tsp
	Sugar 1 tsp
	Red pepper slices

Method

- ① Eggplant cut into 2cm.
- ② Fry in 170°C oil and soak in A.

{ Inari sushi }

ingredients (serve 20 pieces)	
Rice ···· 8 cups of rice	A {
Thin fried tofu ··· 10 sheets	
Yuzu skin ···· 1/2	
White sesame	
Japanese soup 700cc	
	Soy sauce 4 tsp
	Sugar 7 tsp
	Sake 2 tsp
	Vinegar 80cc
Mixed vinegar {	Sugar 5 tsp
	Salt 1 tsp

Method

- ① Cook sushi rice harder.
- ② Cut the thin fried tofu in half, open it, and remove oil with boiling water for 3 minutes.
- ③ oil A in a pan, add thin fried tofu, and close the lid. Reduce heat to low, add sugar in three portions, and boil.
- ④ Mix the chopped citron and sesame with sushi rice.
Hold rice in small bales. Remove the sauce of ③, fill with rice and fold the mouth.
- ⑤ Serve on a plate with ginger.

{ Clam soup with fine green onion }