

Okara

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● Ingredients (servings 2)

½ cup Dried Okara

¾ cup Water for soaking Okara

1 Tbsp. Vegetable Oil

3 Okras

Slated Boiled Water for boiling Okras.

2 Shiitake Mushrooms

1 Green Onion

½ Carrot

½ cup Kelp Dashi Stock

1 tsp. Sugar

1 Tbsp. Soy Sauce

½ Tbsp. Cooking Sake

½ Tbsp. Mirin (Sweet Cooking Rice Wine)

½ tsp. Salt

● Prepare Vegetables



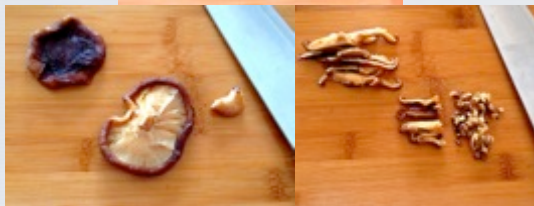
Cut $\frac{1}{2}$ peeled carrot into small pieces.



Add 3 Okras in salted boiled water and boil for 2 minutes over medium heat. Cut the end off and slice.



Mince a washed green onion.



Cut off 2 shiitakes' hard tips and dice the mushrooms into little pieces.

● Prepare Dried Okara



In a bowl, place $\frac{1}{2}$ cup of dried Okara and add $\frac{3}{4}$ cup of water gradually.

Mix well until the texture gets a bit like hard mashed potato.

Set aside.

● Cook Vegetables



In a sauce pan, put the prepared vegetables together and add $\frac{1}{2}$ cup of kelp Dashi stock. Cook until it boils and simmer over low heat for 4 ~5 minutes.



Add $\frac{1}{2}$ tsp. of salt, 1 Tbsp. of soy sauce, $\frac{1}{2}$ Tbsp. of cooking Sake, $\frac{1}{2}$ Tbsp. of Mirin and 1 tsp. of sugar to the pan. Simmer for another 2 ~3 minutes.

● Cook Okara



In a pan, heat 1 Tbsp. of vegetable oil and cook the prepared Okara over low heat for 5 minutes. Stir vigorously.

Add the simmered vegetables to the pan and cook over medium heat for 10 minutes. Stir constantly.

