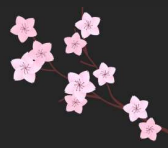




Cook / Local Japan



Today's recipe

"Konnyaku-no-shira-ae"

*Konnyaku, mashed tofu and vegetable salad.
It is a popular local dish in Gunma prefecture which is famous for its konnyaku production.*

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

Available at ① Ingredients & Preparation

<input type="checkbox"/>	R	J	200g	hard tofu	mashed
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<input type="checkbox"/>	R		100g	spinach	
<input type="checkbox"/>		J	120g	konnyaku block	cut into 3cm strips

<input type="checkbox"/>			150ml	water	
<input type="checkbox"/>	R	J	1 tbsp	mirin	
<input type="checkbox"/>		J	1 tsp	Japanese powder stock	
<input type="checkbox"/>	R		50g	carrot	cut into 3cm strips

<input type="checkbox"/>	R		1 tbsp	sugar	
<input type="checkbox"/>	R	J	1/2 tsp	salt	
<input type="checkbox"/>	R	J	1/2 tbsp	soy sauce	
<input type="checkbox"/>		J	2 tbsp	grated white sesame seeds	

Place / Prefecture

Gunma

Why not visit the official tourism website (while eating this dish)?



② Method

1 Wrap the **tofu** in kitchen paper and place on a plate. Microwave at 600w for 1.5 minute to remove excess water.



2 Put the **spinach** in boiling water for 10 seconds, take it out of the pan and drain well on a rack. Cut into bite-size pieces. Put the **konnyaku** in boiling water for 3 minutes, take it out of the pan and drain well on a rack. Drain the water well and clean the pan.



2 Put the **water**, **mirin** and **Japanese powder stock** in a pot and boil it. Then put the konnyaku and **carrot** in the pot and simmer for 6 minutes. Then drain well on a rack.



3 Put the tofu, **sugar**, **salt**, **soy sauce** and **sesame seeds** in a bowl and mix well until smooth. Then add the spinach, konnyaku and carrot and mix well. Serve on plates.