



Cook / Local Japan



Today's recipe "Oyaki"

*Dumplings filled with miso flavored aubergines.
It is a traditional dish in Nagano prefecture. You can enjoy a variety of Oyaki by changing the fillings.*

>> Serves: 2

>> 10 mins to prepare and 20 mins to cook(ex. 1 hour for letting dough rise)

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

Available at ① Ingredients & Preparation

| | | | | |
|--------------------------|---|------------|----------------------|------------|
| <input type="checkbox"/> | R | 200g | flour | |
| <input type="checkbox"/> | R | a pinch of | salt | |
| <input type="checkbox"/> | | 100ml | boiling water | piping hot |

⇒ 1 Put the **flour, salt** and **boiling water** in a bowl and mix well with chopsticks (or whisk). When the dough becomes cool enough to touch, knead it for about 5 minutes into a ball and let the dough sit at room temperature for about 1 hour.

| | | | | |
|--------------------------|-----|--------|---------------------------------------|---------------------|
| <input type="checkbox"/> | R | 1 tbsp | oil | |
| <input type="checkbox"/> | R | 100g | aubergine | cut into 1 cm cubes |
| <input type="checkbox"/> | R J | 1 tbsp | miso (fermented soybean paste) | |
| <input type="checkbox"/> | R | 1 tbsp | sugar | |

⇒ 2 Heat the **oil** in a pan over a medium heat add the **aubergine** and fry for 5 minutes until tender. Then add **miso** and **sugar** and mix well and cool. Then divide the dough into 6 equal portions and crush and spread out each one. Put the aubergine inside, and roll it up so that the contents do not come out.

**Cook's tip: After dividing the dough into 6 portions, sprinkle flour onto them to prevent sticking. Also, sprinkle flour on your hands to prevent sticking when you roll it up.*

| | | | | |
|--------------------------|---|--------|--------------|--|
| <input type="checkbox"/> | R | 1 tbsp | oil | |
| <input type="checkbox"/> | | 50ml | water | |

⇒ Heat the **oil** in a pan over a medium heat and add the dumpling and cook until golden brown on both sides. Add water, cover and steam for 3 minutes, then uncover and cook for another 3 minutes. Then serve on plates.

Place / Prefecture

Nagano

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

