



Cook / Local Japan



Today's recipe

"Ankake-supagetei"

Spaghetti with vegetables and a ketchup based sauce. It is a popular dish in Aichi prefecture. "Ankake" is a dish that uses a thick sauce made of potato starch.

>> Serves: 2

>> 10 mins to prepare and 15 mins to cook

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

Place / Prefecture

Aichi

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



Available at ① Ingredients & Preparation

<input type="checkbox"/>	R	200g	thick pasta		⇒
<input type="checkbox"/>	R	1tbsp	oil		⇒
<input type="checkbox"/>	R	1 clove	garlic	sliced	⇒
<input type="checkbox"/>	R	100g	onion	cut into wedges	⇒
<input type="checkbox"/>	R	50g	pork sausage	cut into 3 mm slices	⇒
<input type="checkbox"/>	R	1/2	green pepper	cut into 3 mm slices	⇒
<input type="checkbox"/>	R	4	white mushrooms (small)	cut into 3 mm slices	⇒
<input type="checkbox"/>	R	a pinch of	salt		⇒
<input type="checkbox"/>	R	a pinch of	ground black pepper		⇒
<input type="checkbox"/>		400ml	water		⇒
<input type="checkbox"/>	R	2 tbsp	ketchup		⇒
<input type="checkbox"/>	R	1 tbsp	Worcestershire sauce	Preferably from a Japanese manufacturer because it tastes a little different.	⇒
<input type="checkbox"/>	R	1 tbsp	red wine		⇒
<input type="checkbox"/>	R	2 tsp	sugar		⇒
<input type="checkbox"/>	R	1 tsp	soy sauce		⇒
<input type="checkbox"/>	R	2	beef stock cube	finely chopped (to dissolve easily)	⇒
<input type="checkbox"/>	J	1 tbsp	potato starch		⇒

② Method

- 1 Boil **pasta** as instructed on the packet.
- 2 Heat the **oil** in a pan over a medium heat, add the **garlic, onion, pork sausage, green pepper** and **white mushrooms** and sprinkle with **salt** and **ground black pepper**. Fry until vegetables are tender and add the pasta, tossing well to coat.
- 3 Put the **water, ketchup, Worcestershire sauce, red wine, sugar, soy sauce, beef stock cube** and **potato starch** in a saucepan and simmer. Stir frequently to prevent the potato starch from hardening at the bottom of the saucepan. Serve the pasta and vegetables on a plate and pour the thick sauce around the pasta.