



# Cook / Local Japan



## Today's recipe "Kake-ae"

*A vinegared dish with squid and vegetables. It is a traditional dish in Saga prefecture. Fresh fish (fit for raw consumption) may be used instead of squid.*

>> Serves: 2  
>> 10 mins to prepare and 10 mins to cook

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

Available at		① Ingredients & Preparation		
<input type="checkbox"/>	R	30g	<b>carrot</b>	cut into thin rectangles
<input type="checkbox"/>	R J	30g	<b>daikon (mooli)</b>	cut into thin rectangles
<input type="checkbox"/>	R J	1/2 tsp	<b>salt</b>	

<input type="checkbox"/>	R	1 tbsp	<b>sugar</b>	
<input type="checkbox"/>	R J	1 tbsp	<b>Japanese grain vinegar</b>	
<input type="checkbox"/>	R J	1.5 tsp	<b>miso (fermented soybean paste)</b>	
<input type="checkbox"/>	J	1.5 tsp	<b>grated white sesame seeds</b>	
<input type="checkbox"/>	R	1	<b>squid tube</b>	boiled and cut into bite-sized pieces

## Place / Prefecture

**Saga**

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



## ② Method

⇒ 1 Put the **carrot** and **daikon** in a bowl, sprinkle with **salt** and mix well by hand. Wait 5 minutes to allow the water (by osmosis) to escape from the vegetables. Then squeeze the vegetables with both hands and discard the water from the vegetables.



⇒ 2 Mix the **sugar**, **Japanese grain vinegar**, **miso** and **sesame seeds** in another bowl. *\*Cook's tip: Miso is hard to dissolve, so mix thoroughly.* Add the carrot, daikon and **squid** to the bowl and mix well. Serve on small plates.