

# Ojiya Lunch Box

## Recipe

家庭科「調理」の授業で作成した「小千谷弁当」。小千谷の食材を用いたものを作りました。そのレシピを参考に、外国人にも作ってもらえるよう、英語でレシピを作りました。

<調理の授業の様子>



<英語会話でのレシピ作成の様子>





# Ojiya Lunch Box Recipe


What is in the lunch box?





- Meet Vegetable roll
- Sea weed salad
- Fried Pumpkin
- Ratatouille


We use glutinous rice, cauliflowers and pumpkins: special products of Ojiya!

☆How to cook the food☆

<p>Meet Vegetable roll</p>	<p>ingredients</p> <ul style="list-style-type: none"> <li>• chicken</li> <li>• carrot</li> <li>• asparagus</li> <li>• sake</li> <li>• sweet sake for seasoning</li> </ul>	<ul style="list-style-type: none"> <li>• Soy sauce</li> <li>• Sugar</li> </ul>	<ol style="list-style-type: none"> <li>1. Open the chicken.</li> <li>2. Cut the vegetables Cut the carrot and asparagus in thin strips</li> <li>3. Wrap vegetables with chicken</li> <li>4. Cook meat to well-done in a frying pan.</li> <li>5. Toss sauce with No. 4.</li> </ol>	<p>~Sauce~ • Mix Sake, sweet sake for seasoning soy sauce and sugar</p>
				

<p>Sea weed salad</p>	<p>ingredients</p> <ul style="list-style-type: none"> <li>• seaweed</li> <li>• bean sprouts</li> <li>• tuna</li> <li>• spinach</li> <li>• soy sauce</li> <li>• vinegar</li> </ul>	<ol style="list-style-type: none"> <li>1. Boil spinach and bean sprouts.</li> <li>2. Cut spinach.</li> <li>3. Put seaweed, bean sprouts, tuna, and spinach in a bowl.</li> <li>4. Toss soy sauce and vinegar with No. 3.</li> </ol>
		

<p>Fried Pumpkin</p>	<p>ingredients</p> <ul style="list-style-type: none"> <li>• Pumpkin</li> <li>• eggs</li> <li>• Flour</li> <li>• bread crumbs</li> <li>• oil</li> </ul>	<ol style="list-style-type: none"> <li>1. Warm pumpkin in a microwave oven.</li> <li>2. Put the pumpkin in the bowl and smash.</li> <li>3. Shape the bowl.</li> <li>4. Add the flour, eggs and bread crumbs.</li> <li>5. Fry a ball in the oil.</li> </ol>
		

<p>Ratatouille</p>	<p>ingredients</p> <ul style="list-style-type: none"> <li>eggplant</li> <li>cauliflower</li> <li>onion</li> <li>green pepper</li> <li>paprika</li> </ul>	<ul style="list-style-type: none"> <li>tomato</li> <li>garlic</li> <li>lemon juice</li> <li>olive oil</li> <li>basil</li> <li>(parsley)</li> </ul>	<ul style="list-style-type: none"> <li>Salt and pepper</li> </ul> <ol style="list-style-type: none"> <li>① cut eggplant</li> <li>② cut onion into eight pieces</li> <li>③ remove hull and seeds and cut green pepper and paprika in four pieces long thin ways</li> <li>④ pare a tomato skin, remove seeds, cut into large pieces</li> </ol>
			

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OJIYA FOOD!

# Ojiya Lunch Box Recipe





What is in the lunch box?



- mochi rice ball
- deep fried eggplant
- rolled omelet with sea sowing
- cauliflower
- meat in paprika
- sweet potato salad

We use glutinous rice, cauliflowers and pumpkins: special products of Ojiya!

☆How to cook the food☆

<p>mochi rice ball</p> 	<p>ingredients</p> <ul style="list-style-type: none"> <li>• mochirice ... 40g</li> <li>• pork ... 46g</li> <li>• soy sauce ... 4 table spoons</li> <li>• sweet cooking sake ... 2 table spoons</li> <li>• sake ... 2 table spoons</li> <li>• sugar ... 3 table spoons</li> <li>• white sesame ... 2 table spoons</li> <li>• oil</li> </ul>	<p>First, form rice into a round shape. Second, Mix the soy sauce, sweet cooking sake, sake and sugar. Third, wrap rice ball in pork. Fourth, bake pork rice ball at a medium temperature. Finally, add A, thicken, and add white sesame.</p>
<p>deep fried eggplant rolled omelet with sea sowing</p> 	<p>ingredients</p> <p>deep fried eggplant eggplant · oil · ginger · soy sauce</p> <p>rolled omelet with sea sowing egg, oil, soy sauce, sugar soup stock, sweet sake for seasoning</p>	<p>first, cut the top of the eggplant. Second, length ways half cut eggplant. Third, add eggplant in oil. Fourth, deep-fry. Fifth, flip eggplant. Finally, put eggplant on kitchen paper.</p> <p>first, break an egg in bowl and mix second, add all sea sowing in egg. Third, rolled omelet with sea sowing</p>
<p>cauliflower Meat in Paprika</p> 	<p>ingredients</p> <ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• asparagus</li> <li>• Curry powder</li> <li>• Consomme</li> <li>• salt and pepper</li> <li>• paprika (yellow)</li> <li>• meat</li> <li>• Salad oil</li> <li>• milk</li> <li>• paprika (red)</li> <li>• onion</li> <li>• flour</li> <li>• bread flour</li> <li>• egg</li> </ul>	<p>First, lightly boil cauliflower with salt. Second, Boil asparagus. Third, put oil in a heated frying pan. Fry cauliflower and asparagus. Fourth, add in Curry powder, consomme, salt and pepper.</p> <p>First, remove the core and seed of paprika. Second, Put meat into a bowl meat and mix until they all stick together. Add onion. Third, Spread flour inside paprika. Fill it with meat. Fourth, bake paprika in the oven.</p>
<p>Sweet potato Salad</p> 	<p>ingredients</p> <ul style="list-style-type: none"> <li>• sweet potato paste</li> <li>• potato</li> <li>• cucumber</li> <li>• carrot</li> <li>• mayonnaise</li> <li>• salt and pepper</li> <li>• sugar</li> </ul>	<p>First, chop potatoes, put salt in the water and boil. Second, boil carrots. Third, mix potatoes and sweet potatoes. Fourth, wash cucumber with water, squeeze cucumber with salt, and drain. Fifth, mix all and season with mayonnaise, salt, pepper and sugar.</p>

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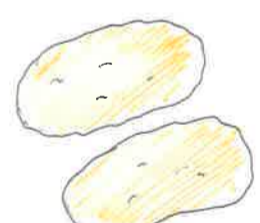
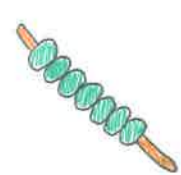

What is in the lunch box?



- o no-fry cheese in croquette.
- o Cauliflower pickles.
- o rolled meat rice ball.
- o Young soybean and cowpea thread.
- o Kiwi
- o small tomato
- o rolled omelet

We use glutinous rice, cauliflowers and pumpkins: special products of Ojiya!

☆How to cook the food☆

<p>rolled meat rice ball</p> 	<p>ingredients pork ... six pieces cheese ... proper glutinous rice ... 600grams green onion ... proper white sesame seed ... proper Korean barbecue sauce ... proper asparagus ... two pieces</p>	<p>Round the ball to rice koban model. Put loin pork side by side on glutinous rice. Dust the Flour, Put in oil to frying Roll moderately. Put in barbecue sauce.</p>
<p>no-fry cheese in croquette</p> 	<p>ingredients sweet potato paste 150g mayonnaise 24g bacon 160g onion 1/2 cheese 36g egg 2 flour proper bread flour proper salt and pepper proper olive oil 30g ketchup proper ground meat</p>	<p>① Fry the ground meat and the onions, add pepper and salt. ② Add mayonnaise and ① the paste mix. ③ Wrap cut cheese in ② ④ Coat with flour, egg and bread flour. ⑤ Put the olive oil in pan and fry moderately.</p>
<p>Young soybean and cowpea thread</p> 	<p>ingredients Young soybeans x 20 salt } proper oil }</p>	<p>Thread young soybeans and cowpea alternately on to skewers. Put in oil and deep fry. After deep fried add a pinch of salt to the dish.</p>
<p>Cauliflower pickles</p> 	<p>ingredients Vinegar 2 red pepper Water bay leaf Sugar Cauliflower Salt Pepper</p>	<p>• Cut red pepper and take away seeds. • Put liquids in jar. • Cut cauliflower in pan. • Preserve.</p>

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# Ojiya Lunch Box Recipe


What is in the lunch box?





- o sweet potato salad
- o cauliflower gratin
- o Pilaf made of mochi rice
- o cherry tomato with olive oil
- o Sweet potato paste.

We use glutinous rice, cauliflowers and sweet potatoes: special products of Ojiya!

☆How to cook the food☆

Sweet potato salad	<p>ingredients</p> <ul style="list-style-type: none"> <li>• Sweet potato paste 300 grams</li> <li>• Butter <math>\frac{1}{2}</math> tablespoon</li> <li>• Mayonnaise about 1-1<math>\frac{1}{2}</math> tablespoon</li> <li>• Milk about 1 tablespoon</li> <li>• Sugar add to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. Add butter to sweet potato paste and mix it.</li> <li>2. Add mayonnaise and milk to it.</li> <li>3. You can add some sugar if you want.</li> </ol>
		

Cauliflower gratin	<p>ingredients</p> <ul style="list-style-type: none"> <li>macaroni 80g</li> <li>flour 30g</li> <li>chicken dark meat 60g</li> <li>consomme</li> <li>milk 150ml</li> <li>water 100ml</li> <li>sugar and pepper</li> <li>cheese</li> <li>salad oil</li> <li>butter half table spoon</li> <li>cauliflower</li> <li>onion 25g</li> </ul>	<ol style="list-style-type: none"> <li>1. Boil macaroni with some salt.</li> <li>2. Cut chicken into pieces. After that, stir-fry them.</li> <li>3. Stir-fry onion and cauliflower.</li> <li>4. Add flour and stir-fry. Add consomme chicken, milk and stew it.</li> <li>5. Put in macaroni and cheese. Bake it in the oven.</li> </ol>
		

Pilaf made of mochi rice	<p>ingredients</p> <p>A: consomme Seafood mix, onion, corn</p> <p>B: water, lemon juice, salt, parsley, green pepper, white wine, white peach, mochi.</p>	<ol style="list-style-type: none"> <li>1. Chopped peppers and onions.</li> <li>2. Add glutinous rice and of water 60 grams and A to a rice cooker.</li> <li>3. Cook with salt, pepper and serve.</li> <li>4. Add parsley.</li> <li>5. Put a white peach cut into quarter pieces in B.</li> </ol>
		


## What is in the lunch box?



- sweet potato salad
- cauliflower gratin
- Pilaf made of moohi rice
- Cherry tomato with olive oil
- Sweet potato paste.

We use glutinous rice, cauliflowers and sweet potatoes: special products of Ojya!

## ☆How to cook the food☆

<p>Cherry tomato with olive oil</p>	<p>ingredients</p> <ul style="list-style-type: none"> <li>◦ cherry tomatoes x8</li> <li>◦ mozzarella cheese 80g</li> <li>◦ salt</li> <li>◦ pepper</li> <li>◦ olive oil</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry cherry tomatoes and mozzarella with olive oil.</li> <li>2. Flavor cherry tomatoes and mozzarella with some salt and pepper.</li> </ol>
	<p>sweet potato paste</p>	<p>ingredients</p> <ul style="list-style-type: none"> <li>• sweet potato (160g)</li> <li>• butter (60g)</li> <li>• granulated sugar (120g)</li> <li>• yolk (1個)</li> <li>• milk (80ml)</li> <li>• fresh cream (50ml)</li> </ul> <ol style="list-style-type: none"> <li>① Put paste sweet potatoes and butter into the bowl and mix it. Then add the granulated sugar twice and mix it.</li> <li>② Add the fresh cream into the bowl and mix.</li> <li>③ Shape some paste like a sweet potato. Apply yolk to each one and put them into the oven. Bake them until they get the color you want.</li> </ol>
