

Cookin' English

July 15th.2017 10:00~

<Menu >

- ① Shrimp Soup
- ② Turmeric Rice
- ③ Fried Lumpia
- ④ Tapioca Milk



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① Shrimp Soup

- 【Ingredients】** ・ Shrimp - 1 piece for each person (Remove the digestive tracks)
- ・ 6 String Beans (Cut into 2 and 1/2 inch length)
 - ・ 2 Cups squash (Cubed)
 - ・ 1 medium onion (sliced)
 - ・ 4-5 cloves garlic (minced)
 - ・ 2 tablespoon soy sauce
 - ・ 1 tablespoon cooking oil
 - ・ 400ml Coconut milk
 - ・ 5 pieces of Spinach
 - ・ 1 piece ginger (minced)
 - ・ 1 teaspoon salt and pepper

【Procedure】

1. Heat oil in a cooking pot.
 2. Saut é the garlic, onion and ginger until medium brown.
 3. Put in the shrimp. Cook for 1-2 minutes. Then remove the body from the pot and set side. Leave the head.
 4. Add the squash and put in 2 cups of water. Cook for 8-10 minutes or until it gets tender.
 5. Pour in the coconut milk and stir.
 6. Add the string beans and squash. Cook for 2-3 minutes.
 7. Add salt and pepper and soy sauce to taste.
 8. Transfer to a serving plate.
 9. Serve and enjoy.
- *Make sure not to overcook the shrimps or they'll turn hard.

*ハロウィンの時期に出回るような表面(皮)がオレンジのかぼちゃしか“Pumpkin”(パンプキン)とは言わないようです(米・英ともに)。従って、日本でよく目にする西洋かぼちゃは“Buttercup Squash”、日本かぼちゃは“Winter Squash”。しかし、最近は、日本で食されているようなかぼちゃが、米・英のスーパーで販売されており、その名も“Kabocho Squash”(かぼちゃ・かぼちゃ(笑))



② Turmeric Rice

【Ingredients】

- 4 cups of Rice
- 4 cups of chicken broth
- 1/2 table spoon of turmeric
- 2 teaspoons of salt

【Ingredients for toppings】

- 1 tablespoon of oil
- 1 / 2 chopped onion
- 3 cloves of garlic (fried)
- 1 yellow paprika (Cut into bite-size.)
- 1 red paprika (Cut into bite-size.)
- 2 Green Peppers (Cut into bite-size.)
- 1 chicken thigh (Cut into bite-size.)

【Procedure】

1. Mix the rice with chicken broth, salt and turmeric. Cook it in the rice cooker.
2. In a separate pan, heat oil and sauté the garlic and onion.
3. Add the chicken and cook until tender around 5 minutes.
4. Add the paprika and green pepper to the pan. Sprinkle a little of salt and pepper. Cook for around 2 minutes and done.
5. When the rice is cooked, put the toppings on it and serve.

③ Fried Lumpia

【Ingredients】

- 2 and 1/2 cups thinly sliced cabbage
- 2 cups bean sprout (cleaned)
- 1 cup fried extra firm tofu (cut into strips)
- 1/2 medium sized onion(sliced)
- 2 teaspoon minced garlic
- 1 and 1/2 teaspoon soy sauce
- 1/2 teaspoon ground black pepper
- 2 packs spring roll wrapper (20 sheet)
- Oil for frying

【Procedure】

1. Heat the pan and then scoop about 1 table spoon of cooking oil.
2. When the oil becomes hot, sauté the garlic & ginger.
3. Add the onion and cabbage then put in the bean sprout.
4. Add in the soy sauce. Mix well and then cook for 2 minutes.
5. Turn off the heat and then transfer the vegetables to a colander to drain the liquid. Let it cool down. *水切り
6. Lay a piece of spring roll wrapper in a clean flat surface. Scoop about 1 1/2 tbsp. of vegetable mixture. Wrap the mixture by holding the opposite ends of the wrapper in ward and then roll. Seal the edge by using the flour mixture.

7. Heat the cooking oil in a deep cooking pot.(180°C)
8. Put-in the spring rolls one at a time.
9. Deep fry until the wrapper turns light to medium brown.
10. Remove the fried spring rolls from the pot and place in a plate lined with paper towel.
11. Serve with your favorite dipping sauce.
12. Share and enjoy.



④ Tapioca Milk (Sticky Rice Balls in Coconut Milk)

【Ingredients】	• 1/4 cup water (depending on the softness)
• 1/2 cup glutinous rice	• 1 can coconut milk
• 2 cups water for boiling	• 1/2 cup brown sugar
• 1/2 cup tapioca pearls (cooked)	• 1/3 cut sweet potatoes (peeled and cubed)

【Procedure】

1. Prepare the sticky rice balls by adding 1/4 cup of water to 1/2 cup glutinous rice flour.
Mix it until it forms a dough. Scoop about half a teaspoon or your preferred size of a dough and form them into balls using your palms. Set aside.
2. In a pot, combine 2 cups of water. Add the sweet potatoes and cook for 5 minutes stirring occasionally.
3. Add the sticky rice balls one at a time and let simmer until they are cooked (about 5 minutes) stir occasionally.
*When the sticky rice balls are done, they are floating.
4. Add the tapioca pearls, stir.
5. Add the coconut milk and stir. Let simmer it for 3-5 minutes. Done.
6. Share and enjoy.
*You may need to add water if it is getting too thick.

