

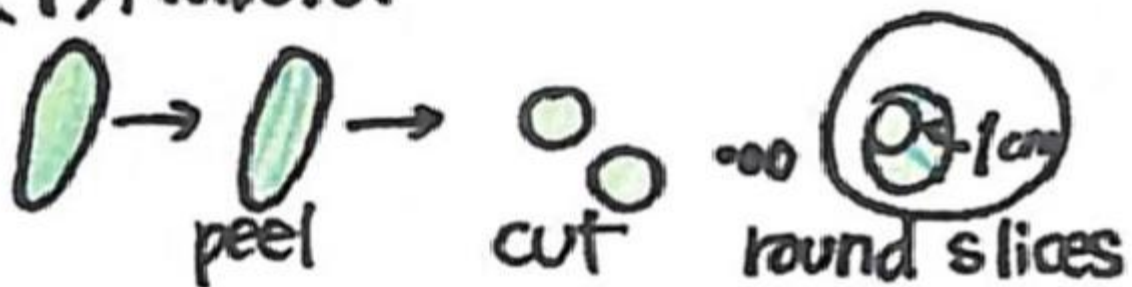
# Fried Luffa

## ナーベーラーンブシー



1

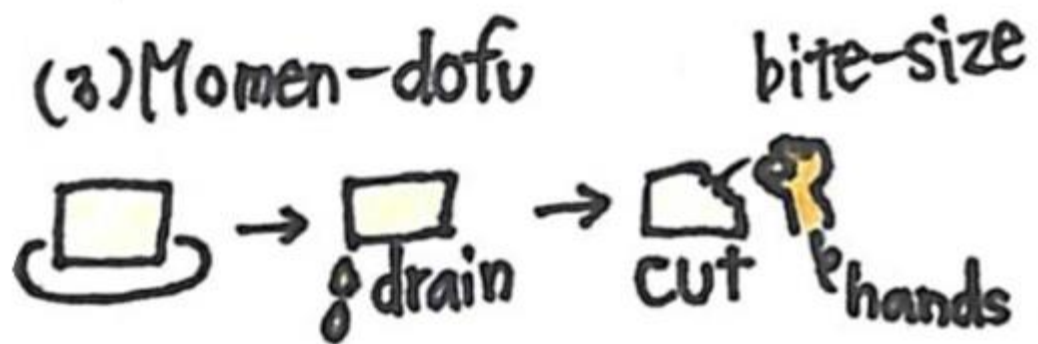
(1) Nabera



(2) Spam



(3) Momen-dofu



①

☆ Peel a luffa. Slice the luffa and some spam. Cut the tofu.

★ Peel a luffa.  
Slice the luffa and some spam.  
Drain the tofu and cut it.

3

- ① Salad oil      ② Span (or pork)      ③ luffa



... brown...



frying pan

④ mix



★ point ★  
sautée lightly



②



Cook the luffa and spam.



Add a little oil to the frying pan.  
Sauté the luffa and spam lightly.



3

⑥ use a transparent lid and steam until juicy



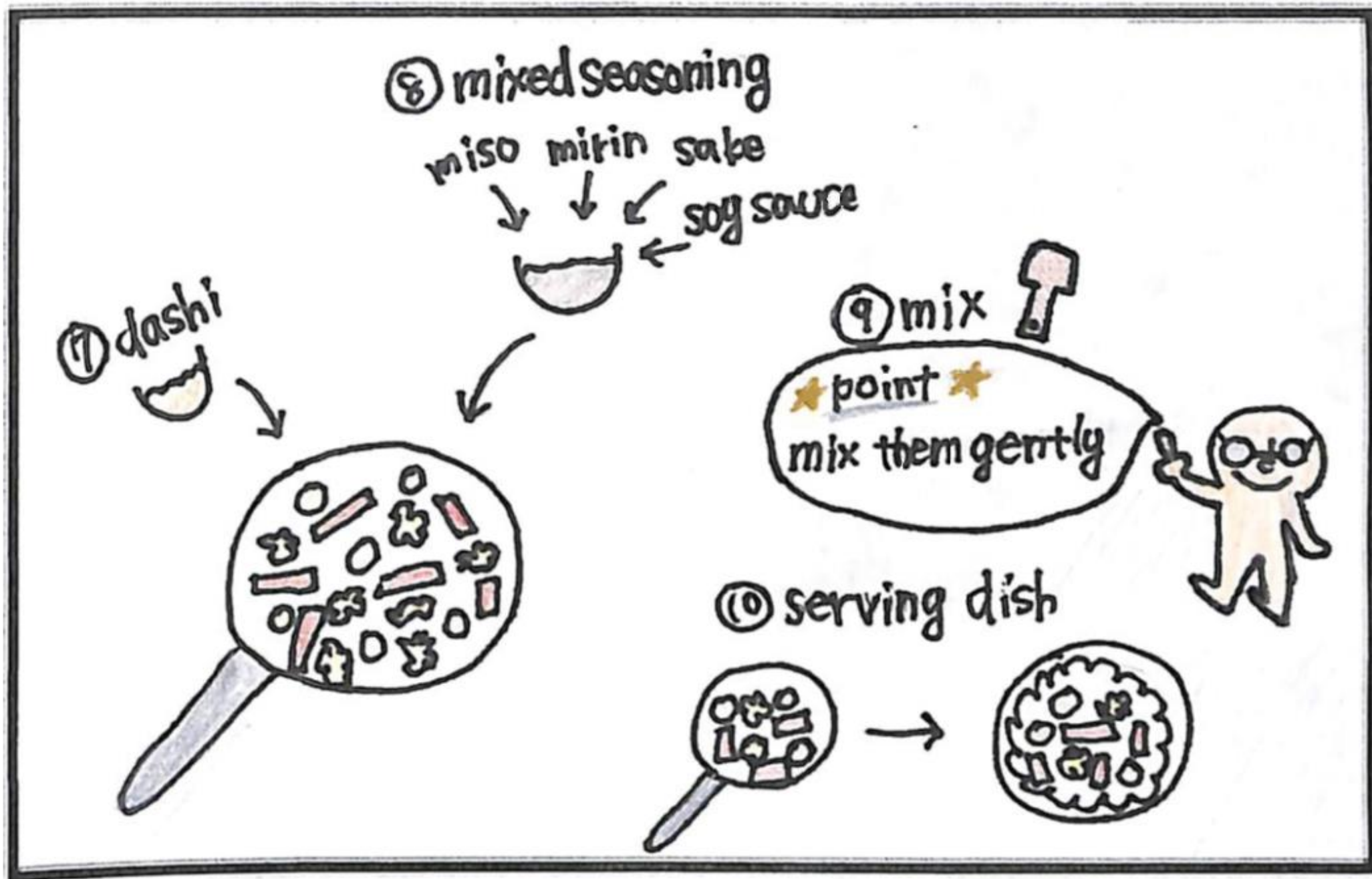
⑥ drained tofu  
✿ ✿ →



③

☆ Add the tofu and steam it.

★ Add the drained tofu.  
Then steam it until it is juicy.

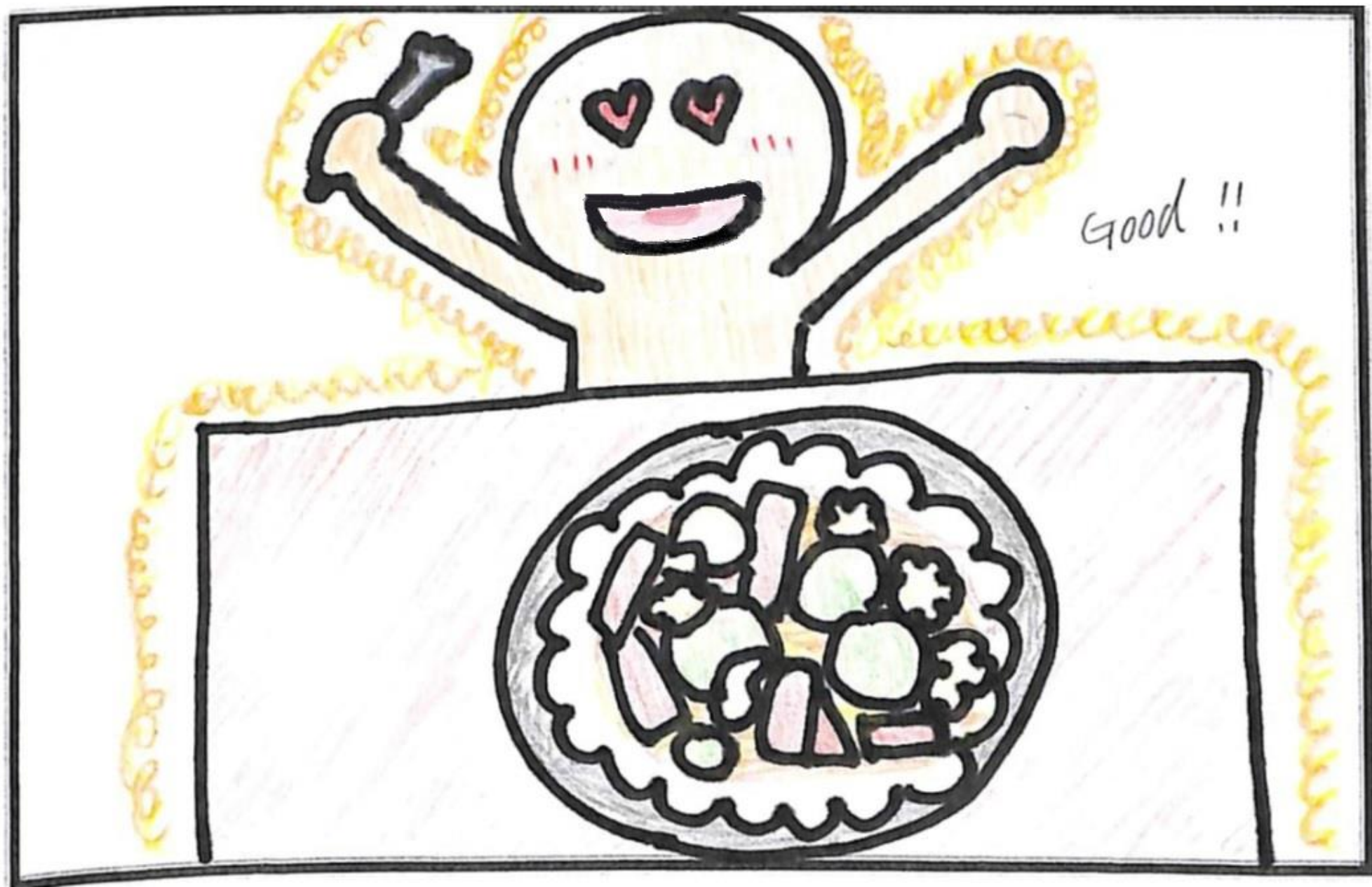




④

☆ Put in miso, mirin, sake, soy sauce and fish dashi. Mix them.

★ Add miso paste, mirin sweet wine, sake, soy sauce and dashi fish stock into the pan. Mix them gently.



⑤



Cook it.



Cook it and then serve it.  
It is delicious.