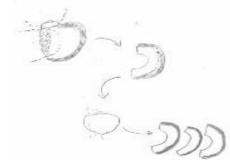
Menu name : Tempura

Ingredients (For 1)	
Pumpkin	20g
Asparagus	half
Shiitakemushroom oneshee	et
Boiled bambooshoots	20g
Tempuraflour	100g
Water	150ml
Salmon	35g
Cookingliquor	5m1
Salt	0. 2g
Dustpowder	proper quantity
Tempuraflour	proper quantity
Water	proper quantity

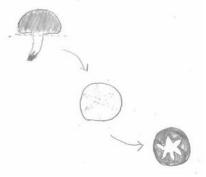


How to make

①Slice the pumpkin vertically.



2Cut the shaft of Shiitakemushrooms and make anotch in the mushroomcap as shownin the figure.



③Cut off the root of asparagus and cut it in nalf.④Peel the bisected rootside.

5Boild bambooshoots cut into combs.

令和2年食物文化科「課題研究」食と文化 調理コース

6 Coat pumpkin shiitake mushroom asparagus banboo shoots with floutr.



⑦Cut the salmon in to pieces.⑧Season with salt and cooking liquor.



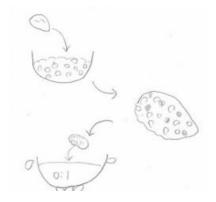
(9)Put water ice and tempura flour in a bowl and mix.(10)Heat the oil about 160degress.(11)Fry vegetables first.

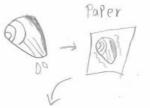
(2)Shiitake mushrooms are fried with batter only on the backside.
(3)Remove when the bubbles become smaller.



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①Put on batter.⑧Sprinkle with dust.⑨Fry in 180 degree oil.







②Remove when the bubbles become smaller.③Serre and complete.