

# Bale-like fried green soybean served with miso sauce



## ※Preparation of boiled green soybean

Wash green soybeans in water three times, and keep them in water overnight. After drained, soybean is put in a pot, and boiled for about one hour with addition of water until about easily collapsible with a finger. Sometimes takes the ash.

**1**

Smash soybeans using pestle bar and boil.

**4**

Cut Lion Tang at two positions with a kitchen knife for garnish. Cut carrots in an appropriate shape and size, and boil in a pot of water containing a little amount of sugar and salt. Prepare Miso sauce seasoning for use.

**2**

Peel and cut potatoes in half, and heat in a microwave oven (at 600 w for 3 to 5 minutes with a lap and put in a heat-resistant container).

**5**

Put the **3**, **4**, **5** in a bowl and mix well with salt. Form them in a bale-like shape.

**7**

Fry the **6** in oil pre-heated at 170-180 °C.

**3**

Chop onions and fry.

**6**

Put the batter on them.

**8**

Serve them with the garnish on the plate, and put with miso sauce.

## INGREDIENTS

30 g Boiled blue soybean

20 g Potato

20 g Onion

0.3 g Salt

<Batter>

7 g Flour

10 g Egg

7 g Bread crumbs

Arbitrarily fried oil

<Garnish>

2 pieces Green pepper

3 g Fried oil

35 g Carrot

5 g Super-fine sugar

0.1 g Salt

<Miso sauce>

5 g Miso

3 g Sugar

2 g Pickpocket white sesame seeds

3.5 g Grain vinegar

