



エビを使った レシピ Recipe with Ebi (Shrimp)

-えびの旨煮/
Ebi Umani
simmered shrimp-

北海水産 HOKKAI SUISAN

【材料】

エビ 6尾
水500ml
顆粒だしの素 5g(大さじ1/2)
醤油 50ml
酒 50ml
砂糖 大さじ2杯

【ingredients】

6 Ebi shrimp
500 ml water
5 g or 1/2 tablespoon of granulated soup stock
50 ml soy sauce
50 ml sake rice wine
2 tablespoons sugar

【作り方】

竹串か爪楊枝で背ワタを取り、「つ」の形に串を刺す。

出汁の調味料を合わせて、火にかけ、沸いたら中火にして海老を入れる。

3分ほど煮たら、海老を取り出し、出汁と別々に冷ます。こうすればエビに火が入りすぎない。

冷めたら出汁に海老を漬け込み味を含ませる。

【How to make Ebi Umani】

Remove the shrimps' digestive tract with a skewer or tooth pick. Take a different skewer and stick it through the bent part of the shrimp.

Mix all the other ingredients and make them boil on a medium fire. When it boils, put in the shrimp, and let them cook for 3 minutes.

Now take the shrimp out, and let them cool outside the broth, so they don't become overcooked.

When everything is cooled off, put the shrimp back in the broth and add seasoning.

下準備を丁寧に！
Good preparation is important.



背ワタを取る
Remove the shrimp's
digestive tract



串をさす
Stick skewers through
shrimps



出来上がり！ It's ready !