

EHOUMAKI FILLINGS

Serving 1

INGREDIENTS:

4-5 dried Shiitake mushrooms

1.5 tablespoons soy sauce

2 tablespoons sugar

2 tablespoons Mirin

1 tablespoon Sake

4 eggs

2 tablespoons Dashi

1 tablespoon sugar

1 tablespoon Sake

1 canned tuna

Mayonnaise

Spinach

1 Cucumber

PREPARATIONS:

1. Put dried shiitake mushrooms more than 30min, keep the water as dashi. After that squeeze lightly, then slice into 3-5mm thin.
2. Put dashi from shiitake 3 tablespoons, Soy source 1.5 tablespoons, sugar 2 tablespoons, mirin 2 tablespoons, sake 1 tablespoon and put the heat. Once it brings to boil, add the sliced shiitake then lower the heat, and cook until the liquid is concentrated.
3. Make thin omelet. Break the eggs, and add dashi, mirin and sugar then mix well. Heat a flying pan and spread ½ of the egg. Fold to one end and put the rest of the egg, and repeat. Cut into 1cm width.
4. Cut cucumber into 1cm stick.
5. Boil or microwave spinach to soften.
6. Open canned tuna and mix with mayonnaise.