



おしながき  
MENU

## たこ焼き

### TakoYaki

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#### たこ焼き

水で溶いた小麦粉、卵にタコ、ねぎなどを加え、鉄製の型に流し込んで、球形に焼いたもの。ソース、青のり、かつおぶしなどをかけて食べる。

#### Takoyaki (Octopus doughballs)

Small pieces of octopus, spring onions etc, are added to a light batter mixture and poured into a specially shaped pan, and formed into balls while they are being cooked. Sauce, powdered green seaweed and dried bonito flakes are then put on top as condiments.

#### 다코야키

물로 걸죽하게 푼 밀가루와 달걀에 문어, 파 등을 첨가하여 철판 틀에 넣어, 구슬모양으로 구워낸 것. 소스, 파래, 가다랑어포 등을 뿌려서 먹는다.

#### 烤章鱼丸

面粉加水、鸡蛋，青葱等调成薄糊，分别浇入烧热的特制铁烤盘的各个小圆凹孔中，再每孔加一小块章鱼，翻转，烤成表面焦黄的小圆球。撒上沙司、肠浒苔、木鱼干薄片等食用。

#### 和風炒麵

用水拌麵粉、蛋加上章魚、蔥等，灌入鐵製的模型，燒烤成球形。澆上調味醬汁、青海苔、乾製鰹魚蘇等食用。