



おしながき
MENU

茶碗蒸し

Chawanmushi

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茶碗蒸し

溶き卵にかつおや昆布で取っただし汁、しょうゆなど加え、鶏肉、魚介類（えび等）、野菜（三つ葉、にんじん等）などといっしょに茶碗に入れ、蒸したもの。

Chawanmushi

An egg-custard dish that is usually eaten as an appetizer. It is made from a broth of dashi (dried bonito and kelp) being added to a beaten egg, and flavored with soy sauce, dashi and mirin. This is then put into a small bowl with pieces of chicken, seafood and vegetables. The bowl is then steamed to gel the mixture.

차완무시 (일본식 계란찜)

잘 푼 달걀에 가다랑어와 다시마로 우려낸 국물, 간장 등을 첨가하여 닭고기, 어패류 (새우 등), 야채 (파드득나물, 당근 등) 등과 함께 밥공기에 넣고 찌낸 요리.

蒸鸡蛋羹

鸡蛋打匀，加用木鱼干薄片和海带煮的鲜汤、酱油等，再加鸡肉、鱼虾类（虾等）、蔬菜（鸭儿芹、胡萝卜等）等一起放入小碗内蒸熟。

蒸蛋

打散的雞蛋加上用鯉魚或昆布取的湯汁、醬油等、雞肉、魚類和貝類（蝦等）、蔬菜（三葉菜、紅蘿蔔等）等一起放入碗內，用蒸的。