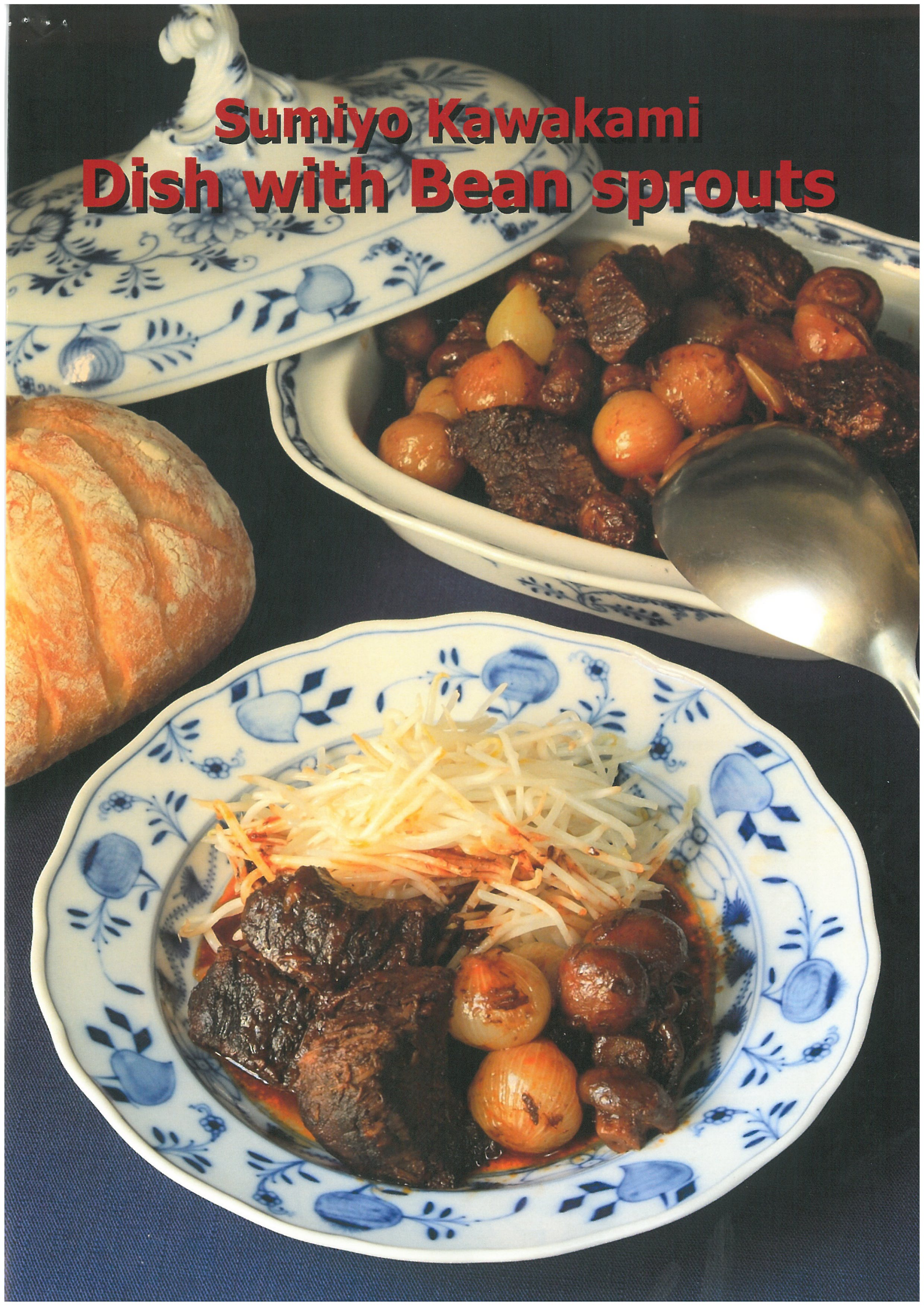


Sumiyo Kawakami Dish with Bean sprouts





ゆでて和えるだけ！

ご飯のおかずやお弁当、おつまみにもピッタリ。

モランボンのおすすめレシピ“大豆もやしのナムル”



茹でた野菜に和えるだけで野菜がおいしく、たくさん食べられるナムル専用調味料です。ごま油、にんにく、すりごまの風味豊かなあっさりした塩味と、ごま油、にんにくに、すりごま、コチュジャンを加えたコクのある醤油味の、2つの味が楽しめる使い切り小袋タイプです。

商品名：ナムルの素 80g

■塩味20g×2袋

ごま油、すりごま、にんにくの風味豊かなあっさりした塩味。大豆もやし・人参・いんげん・オクラなどによく合います。

■醤油味20g×2袋

ごま油、すりごま、にんにくに、コチュジャンを加えたコクのある醤油味。ほうれん草・きのこ・なす・ズッキーニなどによく合います。

おいしさが、超えてゆけること。

モランボン

<http://www.moranbong.co.jp/>

Sumiyo Kawakami

Dish with Bean sprouts



<Cooking>

Sumiyo Kawakami

professional cooking teacher

the owner of the antonkarl, the antique shop

several books published by the major publishers

works for the TV and magazines

made lectures for the japanese government agriculture meetings

made lectures for the japanese beanspouts associations



Bean Sprouts are a Wonder Veggie!

Bean sprouts are vegetables made from sprouting beans. On top of the nutritional value of the beans themselves, through sprouting the bean sprouts acquire the further nutritional value of Vitamin C, as well as an increase in Aspartic Acid. Thus, while sprouts have a high amount of water content, they are also high in nutritional value as well. At the same time, sprouting makes the vegetable easier to digest. Bean sprouts are truly a Wonder Veggie to attract widespread attention.

Bean sprouts have a surprisingly long history. They can be written in Chinese characters, and in Japan, they appear in the first dictionary of herbs, *Honzou Wamyō*, written in the Heian period (794 – 1185). In the Edo period (1603 – 1868), dried black bean sprouts were boiled and used as medication. It was not until the late Meiji era (1868 – 1912), when bean sprouts were first cultivated and distributed for use in Chinese cuisine, that bean sprouts came to be consumed as they are today. And, gradually, they came to be eaten in the household as well.

Bean sprouts can now be stably produced in factories and distributed, and are thus known as inexpensive vegetables. Furthermore, they can be grown without the use of chemicals, and are also attracting notice as a low-calorie, healthy food.

Types of Bean Sprouts

There are three types of sprouts, sprouted from beans, currently cultivated, produced and distributed: green matpe (mung bean sprouts), black matpe, and soy bean sprouts. Green matpe is the most common type of sprout, made from sprouting mung beans, an ingredient also used for bean-starch vermicelli.

The black matpe sprout, as its name suggests, is the sprout of a small black bean. In comparison to mung bean sprouts, these sprouts are thinner and have a strong, crisp texture. At the same time, they are a bit sweeter and are slightly weaker in the distinct odor that bean sprouts have. In Japan, they are used more frequently in the Kansai area.

The soy bean sprout is a sprout of soy beans, with a large bean attached to it. Soy bean sprouts are relatively heavy and filling, full of flavor, and rich in nutrition. They are especially known for their use in *namul* (a Korean dish of seasoned vegetables).

At the same time, at Owani hot springs in Aomori Prefecture, soy bean sprouts that measure more than 30 centimeters, the "Owani Onsen (hot springs) bean sprouts," are cultivated using the heat from the hot springs. These sprouts have been cultivated in the winter since the Edo period.

On the other hand, sprouts of vegetables commonly known as "sprouts" can also be included in the bean sprout category. Various sprouts, including the now familiar "kaiware radish sprout," and the "broccoli sprout," "buckwheat sprout," "cress sprout," "red cabbage sprout," "mustard sprout," "pea sprout (sprout of green peas)," and "alfalfa," are currently being cultivated and distributed.

There has also been attention placed on the functional food aspect of sprouts such as, for instance, the anticancer effect of broccoli sprouts. The sprouts of various vegetables are currently under production, and the bean sprout family is still continuing to grow.

Bean Sprouts are Healthy!

Bean sprouts are low in calorie, even in comparison to other vegetables. Because they are high in water content, crisp in texture, heavy and filling, and can be eaten without the worry of overeating, bean sprouts are perfect for dieting.

At the same time, bean sprouts are rich in dietary fibers. Because most of these dietary fibers are insoluble, they absorb water in the stomach and expand, increasing the activity of and detoxicating the large intestine.

While Vitamin C produced during the sprouting of the bean sprouts is water-soluble and weak against heat, because bean sprouts require little cooking time, this nutrient can be effectively taken in soup dishes.

Aspartic acid, a type of amino acid, also increases during the sprouting process. Aspartic acid, known to be contained in asparagus, is a nutrient effective for relieving fatigue. Bean sprouts also contain Vitamin B1, effective in metabolizing sugars.



Tips to Using Bean Sprouts in Recipes

It is best to cook bean sprouts for a short amount of time. This is because bean sprouts lose their nutrients as well as their texture during cooking.

It is common to boil bean sprouts and use them in combination with other vegetables (aemono dishes), but a helpful tip here is to add a little oil when boiling the sprouts, in order to raise the temperature of the water and make it possible to cook the sprouts in a short amount of time. Furthermore, if cooling the sprouts after they are boiled, it is better to lay them out to cool as opposed to running them under water, in order to avoid the nutrient and flavor from running out along with the water.

Bean sprouts come with small rootlets. If you have a little more time, removing these rootlets will make the sprouts less stringy and better their texture. "Rootless sprouts" are also sold in the market, so buying these is also highly recommended.





Bean Sprouts Galette

<Ingredients>

Potatoes	1kg
Butter	70g
Sliced onion	1
Bean sprouts	1pack
Bacon	50g
Baby radishes	1pack

1. Boil the potatoes and mash them.
 2. Melt 30g butter in the pan and fry the onions and bacon.
 3. Fry the bean sprouts.
 4. Add 40g butter and mashed potatoes taste with salt and pepper.
 5. Cook the galette for 5 minutes until bottom has brown color.
 6. Put it in the hot oven for 15 minutes.
- ※Decorate with baby radishes.



Rolled shrimp and bean sprouts

<Ingredients> (6pieces)

Bean Sprouts	1bag
Baby radishes	1pack
Shrimp	18pcs
Salt, pepper	
Garlic	1clove
Chinese Ankake-Sauce Mix	1pack (Follow directions on back of mix to make)
<Crepe suzette> * Mix all the ingredients well and sieve it. Bake 6 pieces.	
Flour	3/4C
Egg	3
Olive oil	1T
Milk	1C

- 1 .Pour oil into a frying pan and fry the garlic and shrimp, adding in the bean sprouts last.
- 2 .Mix A with the Ankake-Sauce.
- 3 .Wrap 1/6 of mixture from step 2 in a crepe.
- 4 .Serve with the left over Ankake-Sauce.



Bean Sprouts Galette

<Ingredients>

Potatoes	1kg
Butter	70g
Sliced onion	1
Bean sprouts	1pack
Bacon	50g
Baby radishes	1pack

- 1 .Boil the potatoes and mash them.
- 2 .Melt 30g butter in the pan and fry the onions and bacon.
- 3 .Fry the bean sprouts.
- 4 .Add 40g butter and mashed potatoes taste with salt and pepper.
- 5 .Cook the galette for 5 minutes until bottom has brown color.
- 6 .Put it in the hot oven for 15minutes.
- 7 .Decorate with baby radishes.



Sauteed mushrooms and Bean sprouts

<Ingredients>

Paprika pepper 3
 Zucchini 1
 Mushroom 1pac
 Bean sprouts 1bag
 Sesami 2t
 Chive
 Sesami oil 2t
 Soy sauce 1t
 Honey 1t
 Lemmon juice 1t

- 1 .Put the cut vegetables.
- 2 .Heat the oil in the pan and fry the chive.
- 3 .Add the vegetables stir a few minutes.
and season with the Soysause,Honey,Lemmon juice
- 4 .Add the sprouts and fry a few time.serve on sesami.



Steamed Red Snapper & Soy bean Sprouts with Red wine sauce

<Ingredients>

Red snapper	1
Soybean Sprouts	2 bags
Red wine	1 bottle
Shallots (chopped)	6
Red wine vinegar	1T
Butter	6T
Salt, pepper	

1. In a pan, put wine, shallots and vinegar and reduce over heat until 1/3 of it is left.
2. Remove from heat and add butter in small pieces.
3. Season to taste with salt and pepper.
4. Season the fish with salt and pepper and steam in a steamer for about 10 minutes.
Add the sprouts and steam another 5 minutes.
5. Put the fish and the sprouts on a plate and spoon the wine sauce around them.



Beef Stew with Bean Sprouts

<Ingredients>

Beef	1 kg	Bean sprouts	800 g
Butter	90g	Red wine	2 C
Brandy	2 T	Port wine	1 C
Brown mushrooms	300 g	Tomato puree	120 g
Baby onions	300 g	Bayleaf	2

1. Cut rib steak into large cubes. Heat 60g butter in a pan and cook the beef in small quantities. Cook until brown all over.
2. Remove meat after each small portion is fully cooked.
3. Place all the beef back in the pan and flame the brandy.
4. Remove the beef from the pan and add 30g butter.
Add the onions and mushrooms and stir for a few minutes.
5. Remove the onion and mushroom mix from the pan. Place the beef back in the pan.
6. Add wine, port wine, water (1C), tomato puree and bay leaves.
7. After boiling, place lid on the pan and reduce heat. Cook for about 1 hour.
8. Place the mushrooms and onion back into the pan.
9. Cook uncovered for 20 minutes. Salt and pepper to taste.
10. Sauté bean sprouts for 30 seconds and serve alongside the beef stew.

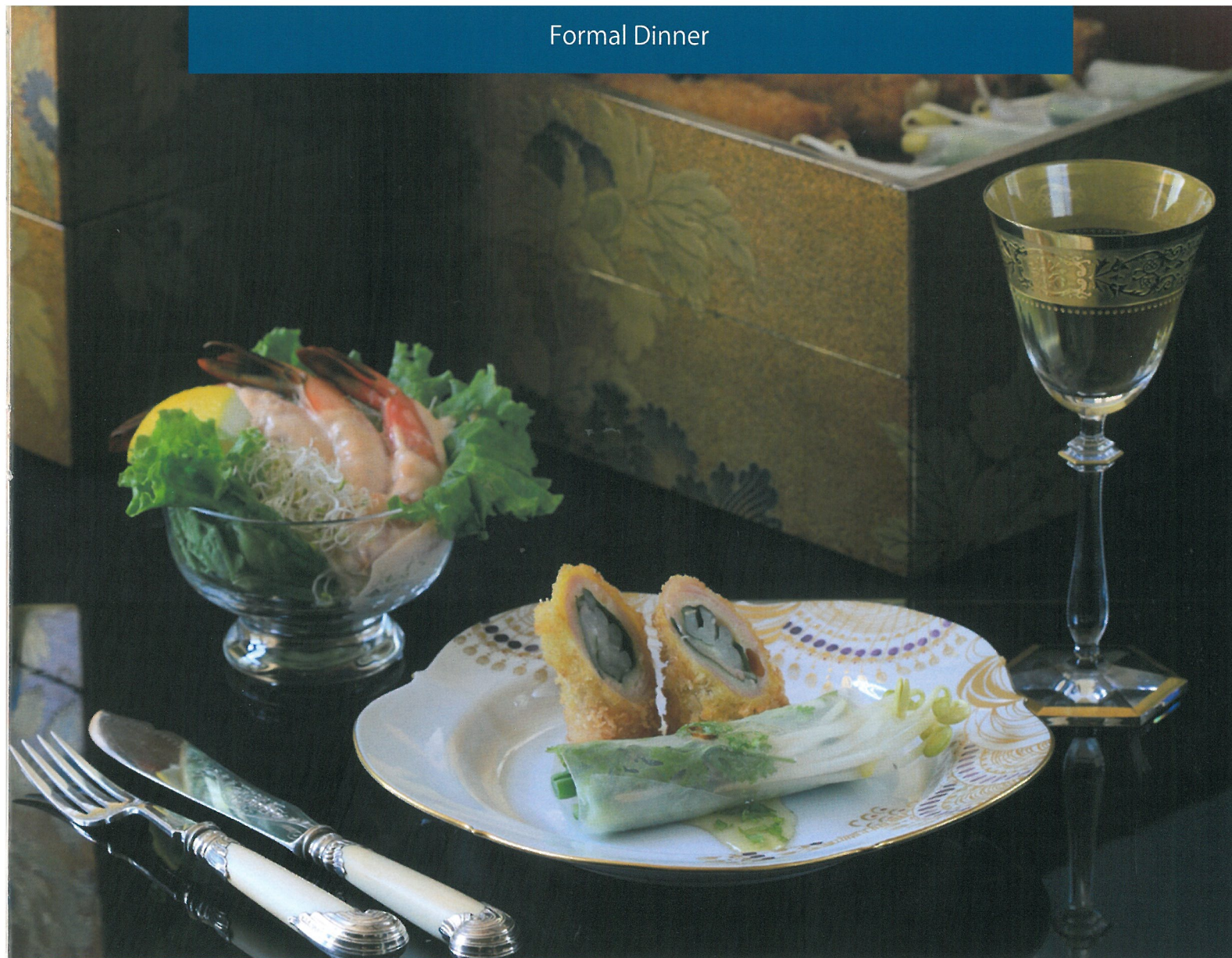


Red rice Stuffed Turkey

<Ingredients>

Turkey	1
Red rice	200g
Ham (sliced)	100g
Soy Bean Sprouts	1 bag
Sesame oil	1T
Garlic (chopped)	1pcs
Layou	1t
Salt, pepper	
Powdered consommé	1T

- 1.Clean the turkey.
- 2.Sesame oil into a frying pan and sauté the ham and sprouts.
- 3.Add the red rice and season with the layou, salt and pepper.
- 4.Stuff filling 3 into turkey.
- 5.Season turkey with layou, salt, pepper, and consommé , and bake in an oven for about 90 min. at 180°C.



Fresh spring rolls with coriander & Deep fried prosciutto and bean sprouts

<Ingredients>

Spring onion	5	sauce :	
Green beans	30g	Fish sauce	1T
Cucumber	1/2	Sugar	1t
Coriander	150g	Lime juice	1T
Garlic	1 clove	Coriander	2T
Rice paper	8 pcs.	Red chili	1
Soy bean sprouts	1 pac		
Hoisin sauce	60cc		

1. Soak the rice paper in the water until soft.
 2. Cut all the vegetables to the size of Soy bean sprouts.
 3. Spread the rice paper.
 4. Arrange a small bunch of, vegetables on it.
 5. Spoon the hoisin sauce on it.
 6. Roll them up and, serve with the sauce.
- Sauce: Mix all the ingredients well.

<Ingredients>

Sliced cheddar cheese	6
Prosciutto	6
Japanese basil	6
Bean sprout s	1/2 pac
Flour	
Breadcrumbs	
Egg	1
Oil for fry	

1. Put the posciutto on the cutting board.
2. Put the cheese, Japanese basil and bean sprout and roll them up.
3. Put the rolls in the flour
4. Dip them in the beaten egg.
5. Put them in the breadcrumbs and deep fry them in the moderate temperature.



Steamed bean sprouts covered with Scramble Eggs

<Ingredients>

Bean sprouts	2packs
Egg	5
Chinese ankake-sauce mix	1pack
Sesame oil	2T

1. Put the sesame oil in the pan and fry the bean sprouts. Taste salt and pepper.
2. Mix the bean sprouts with ankake sauce.
3. Put the eggs with salt and pepper in another pan and cook it.
(Don't cook it completely)
4. Put the sprouts on the plate. Cover the sprouts with the eggs.
5. Serve with fresh greens.



Gado Gado with Bean sprouts

<Ingredients>

Boiled potatoes	6	=sauce=	
Boiled carrot	2	Peanut oil	1T
Green beans	200g	Finely chopped onion	1
Peanut oil	2T	Peanuts butter	2/3C
Firm tofu	250g	Kacap manis	1/4C
Baby radishes	1pack	Powdered coriander	2T
Cucumber	2	Chili sauce	2t
Red capsicum	1	Coconut cream	3/4C
Bean sprouts	1pack	Sugar	1t
Hard boiled eggs	5	Lemon juice	1T

- 1 .Heat the oil in the pan and cook the onion.
- 2 .Stir in A and bring to the boil and reduce the heat.
- 3 .After 5 minutes, stir in the sugar and lemon juice and stir till they dissolved.
- 4 .Arrange the vegetables on the plate and serve with the sauce.



Curry dressing Bean sprouts & Tofu Salad

<Ingredients>

Tofu	1	(A) Roasted sesame seeds	4T
Tomato	1	Soy sauce	3T
Baby leaves	1pack	Sesame Oil	4T
Soy bean sprouts	1pack	Garlic (ground)	1 clove
Broccoli sprouts	1pack	Toubanjyan	1/2T
Vinegar	1T	Curry powder	1T

1. Drain water off the tofu.
2. Boil the water and put in the bean sprouts.
3. Drain water off the bean sprouts.
4. Mix (A) well and divide it in two.
5. The half is for the dressing for the salad. Add the vinegar.
6. The other half is for the steamed bean sprouts. Mix the steamed bean sprouts and broccoli sprouts with this sauce well.
7. Arrange the baby leaves, the tofu, tomato, the bean sprouts on the dish.
8. Serve with the dressing and mixed bean sprouts.



Spring Rolls with Bean sprouts and Crab meat

<Ingredients>

Bean sprouts 1pack

Spring roll 8pcs

Crab meat 8pcs

Oil for fry

Soy sauce

Layout

1. On the spring roll, put the bean sprouts and a piece of crab meat.
2. Roll them up and fry them in the shallow oil.
3. Serve with soy sauce and layout.

Dish with bean sprouts

June.2011

<Planning&Production>

Daisey Food Labo

http://www.daisey.co.jp/dfi/index_dfi.html

<Cooking>

Sumiyo Kawakami

<Cooking Assistant>

Hiroko Adachi

<Photo>

Harutaka Nodera

<Styling>

Kinue Negishi

Daisey machinery Co.Ltd.Japan

<http://www.daisey.co.jp/>



もやしのための調味料で、もっとたくさん・おいしく食べよう。

もやしがあっという間に、みんな大好きなおかずに変身！
安い・おいしい・簡単！さあ、今晚のおかずはいかが？



▶ばばっと逸品
もやしのあんかけ炒めの素

チキン・ポークをベースに、天日塩の旨みとオイスターのコクを効かせ、アクセントに黒こしょうを加えた中華風あんかけ炒めの素です。



■材料(2人分)

- もやし……………1袋(200~250g)
- にら……………1/4把(約25g)
- 人参……………1/4把(約30g)
- 豚肉……………100g
- ダイショー もやしのあんかけ炒めの素……………1袋
- 水……………1カップ(200ml)

■作り方

- ①もやしは約5分水にさらし、ザルにとって水気をよくきります。にらは約5cm幅に、人参は短冊切りに、豚肉は一口大に切ります。
- ②フライパンに油を熱し、豚肉・人参をしっかり炒めます。
- ③もやし・にらを加えてさっと炒めたら、水で溶いた「ダイショーもやしのあんかけ炒めの素」を加えて混ぜ合わせ、とろみがついたら出来上がりです。

もやしの あんかけ炒め



▶ばばっと逸品
もやし炒めのたれ

鶏がらスープにおろしにんにく・ごま油・黒こしょうを効かせた風味豊かなもやしの中華風味炒めのたれです。

■材料(2人分)

- もやし……………1袋(200~250g)
- ピーマン……………1個(30g)
- パプリカ(赤・黄)……………1個(150g)
- 牛切り落とし……………100g
- ダイショー もやし炒めのたれ……………1袋

■作り方

- ①牛肉は一口大に切り、ピーマン・パプリカは食べやすい大きさにカットします。もやしは約5分水にさらし、ザルにとって水気をよくきります。
- ②フライパンに油を熱し、牛肉・ピーマン・もやしの順に炒めます。
- ③火が通ったら、「ダイショーもやし炒めのたれ」を入れ、大きく混ぜ合わせたら出来上がりです。



華やか3色 もやし炒め

