

# Let's Cook and Eat the Tastes of the Season!

## — Deep-fried Oysters —

Many foods and seafoods, in particular that come into season in winter, seem to spark a festive mood among the Japanese people simply by adorning the dining table. Among such foods are crabs, shrimps, anglerfish, alfonso fish, and yellowtail, which was introduced in the November issue of this newsletter. Oysters (Japanese oyster) are also one such food ingredient that comes into season from around December to March. Whether they are eaten raw, simmered in a hot pot or deep-fried, as introduced below, oysters make for a sumptuous winter meal. They are rich in vitamins and minerals such as iron, and are known to have high nutritional value.

Hiroshima Prefecture is the largest producer of oysters, and accounts for more than half the oysters on the market in Japan. Miyagi Prefecture is the next-leading producer, but its production volume has dropped in the aftermath of the Great East Japan Earthquake. Under this situation, Hiroshima and Miyagi Prefectures, as the number one and two oyster producers in Japan, set aside their rivalry and joined hands at the end of last year in a campaign to encourage more people to eat oysters, holding recipe contests and tasting events in the Tokyo metropolitan area.

### [Ingredients (for two servings)]

10 oysters (shelled)

1 egg

Cake flour

Panko bread crumbs

Frying oil

### [Preparation]

1. Lightly rinse the oysters with salt water, drain and wipe well with paper towels.
2. Beat the egg in a bowl, and spread some flour and bread crumbs in separate pans.
3. Coat each oyster with flour, egg and panko, one by one in this order. To avoid applying a thick coating of flour, shake and drop off any excess flour before dipping the oyster in the egg. After lightly dipping the oyster in the egg, coat the oyster evenly with panko.
4. Heat the frying oil over high heat (around 180°C), deep-fry the oysters for about one minute, remove from the oil and drain.
5. Serve on a plate with a side of shredded cabbage. Enjoy different tastes with lemon & soy sauce, Worcester sauce, or mayonnaise, to your liking.

# た 食べるよ！ つく 作ろう！ しゅん あじ 旬の味

## — カキフライ —

冬が旬の食材のうち、魚介類にはカニやエビ、アンコウやキンメダイ、11月号にご紹介したブリなど、特に日本人にとってはそれが食卓に上るだけでちよつと豪華に感じるものが多いようです。カキ（マガキ）もそんな食材の1つで、12月から3月頃が旬。生食や鍋、そして今回のレシピのようにフライにして食べる人が多いのですが、いずれの料理も冬ならではの「ごちそう」です。ビタミンや、鉄分などのミネラルが豊富で、カキは栄養価が高い食材であることでも知られます。

広島県が一大産地となっており、同県産が日本国内で出回っているものの半分以上を占めます。次に多いのが宮城県産ですが、こちらは東日本大震災の影響で今も生産量が少なくなっています。そのようなこともあって、生産量1位の広島県と2位の宮城県の、ライバルとも言える2県が昨年末からタッグを組み、首都圏でレシピコンテストや試食会など、カキをもっと人々に食べてもらおうというキャンペーンを一緒に行っています。

### [材料 (2人分)]

カキ(剥き身)…10個 卵…1個 薄力粉…適量 パン粉…適量  
揚げ油…適量

### [作り方]

1. カキは塩水で軽く洗い、キッチンペーパーなどで水気をよく拭き取っておく。
2. 卵はボウルなどにときほぐしておく。薄力粉とパン粉はそれぞれバットなどに広げておく。
3. 1を1つずつ薄力粉、卵液、パン粉の順にまぶす。薄力粉は付け過ぎないように余分な粉を落とす。卵液に薄く浸した後、パン粉をまんべんなくよく付ける。
4. 揚げ油を高温(180度ほど)に熱し、3を1分ほど揚げて、油を切る。
5. キャベツの千切りなどといっしょに皿に盛り付ければできあがり。レモン醤油やウスターソース、マヨネーズなどお好みでかけて。