

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

た 食べよう！ つく 作ろう！ しゅん あじ 旬の味

— Yaki Tomorokoshi (Grilled Corn on the Cob) —

— や 焼きとうもろこし —

Summer festivals such as bon dances and fireworks shows are held throughout Japan from July to early September. These festivals come in all types, from large ones that attract large numbers of tourists, to small ones that are held among local residents only, but regardless of the size or type of festival, food and amusement stalls are almost always present. In addition to stalls that sell food and drinks, such as takoyaki octopus balls, fried noodles, candied apples and cider, there are also stalls that sell children's toys and stalls where visitors can try their hand at goldfish scooping. Taking part in the bon dance and watching the firework show certainly make up a large part of the excitement of summer festivals, but it is just as fun to buy and wear a festival mask like you perhaps did in your childhood, and to treat yourself to food-stall foods that you do not regularly eat.

Here we introduce a recipe for yaki tomorokoshi, or grilled corn on the cob, which is a staple of festival food stalls. There is no real preparation to speak of, as it is quite easy to make, but farm-fresh corn harvested in summer turns into an especially savory treat simply by grilling it with dabs of a mixture of sugar and soy sauce. As summer is also a season for barbecuing, you might want to use this recipe to make delicious yaki tomorokoshi if you have a chance to hold a barbecue picnic with your friends or people from your workplace.

[Ingredients (for two)]

- 2 ears of corn
- 2 tsp sugar
- 2 Tbsp soy sauce

[Preparation]

1. Remove the husk and silk from the corn, and either plastic-wrap the corn and microwave it for about 3 minutes, or boil it in salty water for about 5 minutes.
2. Mix the sugar and soy sauce together.
3. Grill the corn in a fish broiler oven or toaster oven (if you have neither, use a grilling rack or a frying pan).
4. When the corn starts to brown, brush the sauce mixture entirely over it, and turn it so that it is evenly grilled.
5. Repeat step 4 until the corn is nicely charred all around.

日本では7～9月初旬にかけて、盆踊りや花火大会などの夏祭りが各地で開かれます。一口に夏祭りと言っても、大勢の観光客で賑わうものから、地域の人々だけで行われるものまで、大小様々です。でもどんな夏祭りに行っても、必ずといっていい程見られるのが「屋台」です。子ども向けにおもちゃを売る屋台、金魚すくいなどの屋台、そしてたこ焼きや焼きそば、リンゴ飴やラムネ（サイダー）など、食べ物や飲み物を売る屋台……。夏祭りでは盆踊りを踊ったり花火を観覧するのはもちろんですが、童心に返っておもちゃの面を買ってみたり、普段は食べない屋台の料理を味わったりするのも楽しみのひとつといえるでしょう。

さて今回は屋台料理でもよく見られる「焼きとうもろこし」のレシピを紹介し、料理という程の手間も掛からないものですが、夏が旬のとうもろこしは、砂糖醤油で簡単に焼くだけで格別な一品となります。夏は友人や職場の人たちとバーベキューをする機会もあるかもしれませんので、そんな時にもこのレシピを参考に是非美味しい焼きとうもろこしを作ってください。

[材料 (2本分)]

とうもろこし…2本 砂糖…小さじ2 醤油…大さじ2

[作り方]

1. とうもろこしはひげと皮を取り除き、ラップして電子レンジを3分ほどかけるか、5分ほど塩茹でする。
2. 砂糖と醤油は混ぜておく。
3. 1を魚焼きグリルかオーブントースターに入れて焼く（どちらもなければ焼き網やフライパンで焼く）。
4. 表面に少し焦げ目が付いたら2を全体にはけなどで塗り、回転させて更に焼く。
5. 4を繰り返して、全面に焦げ目が付けばできあがり。

〈日本語できるかなの答え〉①熱②中③症（夏は熱中症に注意！）