

食肉惣菜創作発表会参加作品(レシピ)

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ふりがな 氏名 | 樋口 徹 | | 年齢 | 19才 | 性別 | 男 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 職業 | 該当する()に○を入れてください。 会社員() 自営業() 主婦() 学生(○) その他() | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふりがな 作品名 | 肉リング | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作品の特徴 100~150字程度 でまとめて下さい | リング玉ねぎの肉巻き | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 国産食肉 活用ポイント | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 使用食肉 部位と量(g) (4人分) | 豚肉 部位と量(g) バラ肉 800g | | | 食肉の金額 | | 1,600円 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛肉 部位と量(g) | | | 副材料の金額 | | 400円 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏肉 部位と量(g) | | | 合計金額 | | 2,000円 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 副材料 (4人分) | <table border="0"> <tr> <td>玉ねぎ</td> <td>4個</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>醤油</td> <td>大4</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>赤ワイン又は料理酒</td> <td>大6</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>酢</td> <td>大4</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>みりん</td> <td>大6</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>水</td> <td>100CC</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>塩・こしょう</td> <td>適量</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>サラダ菜</td> <td>適量</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>パセリ</td> <td>適量</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>小麦粉</td> <td>適量</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> | | | | | | 玉ねぎ | 4個 | | | | | | 醤油 | 大4 | | | | | | 赤ワイン又は料理酒 | 大6 | | | | | | 酢 | 大4 | | | | | | みりん | 大6 | | | | | | 水 | 100CC | | | | | | 塩・こしょう | 適量 | | | | | | サラダ菜 | 適量 | | | | | | パセリ | 適量 | | | | | | 小麦粉 | 適量 | | | | | |
| 玉ねぎ | 4個 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 醤油 | 大4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 赤ワイン又は料理酒 | 大6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 酢 | 大4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みりん | 大6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 水 | 100CC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 塩・こしょう | 適量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| サラダ菜 | 適量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パセリ | 適量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小麦粉 | 適量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作り方 | <ol style="list-style-type: none"> ① 全ての玉ねぎを1cm幅の輪切りにし、大きい輪の玉ねぎから10個を選び、外側1枚だけのリングにし、くりぬいた部分と残りはみじん切りにする ② 豚バラを広げ、塩・こしょう・小麦粉を半分振る ③ リングにした玉ねぎに豚バラを巻く ④ ③をフライパンで両面焼き、焼き色がついたら一度取り出す ⑤ フライパンにみじん切りにした玉ねぎを入れ、しんなりするまで炒める ⑥ ⑤に赤ワイン(料理酒)・酢・醤油・みりん・水の順で入れ、全体を馴染ませてから一度沸騰させる ⑦ ⑥に焼いたオニオンリングを入れ、ソースを絡ませながら水分が半分になるまで煮込む。 ⑧ ⑨ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |