



Tasty Recipes

Yellowtail



Sautéed Yellowtail (or Red Seabream) with Wasabi Sauce

●Ingredients (2 Servings)

Yellowtail (or red seabream).....	2 slices
Salt and pepper.....	Pinch
Flour.....	1 TBS
'Salad' Oil.....	Appropriate amount
Shishito green pepper.....	4
Green perilla (finely sliced).....	2 leaves
Wasabi.....	1 tsp
Mirin rice wine.....	2 TBS
Soy Sauce.....	2 TBS
Mayonnaise.....	1 TBS

A

[Instructions]

- 1 Sprinkle salt and pepper on slices of yellowtail or red seabream, pat them with a paper towel to absorb the water, and lightly dust the slices in flour.
- 2 Sauté the Shishito green peppers until golden brown in a frying pan and place them on a plate.
- 3 Mix ingredients in the list A to make Wasabi sauce and pour the source onto the Shishito and garnish with green perilla leaves.

※Adjust the amount of Wasabi to meet your taste. For young children, increase the amount of Mayonnaise.

Sautéed Yellowtail (or Red Seabream) with Butter and Soy Sauce

●Ingredients (2 Servings)

Yellowtail (or red seabream).....	2 slices
Salt and pepper.....	Pinch
Flour.....	1 TBS
'Salad' Oil.....	Appropriate amount
Leaf buds of Japanese peppers ('Konome').....	Small amount
Butter.....	2 tsp
Sake.....	1 tsp
Mirin rice wine.....	1 TBS
Soy Sauce.....	2 tsp
Leaf buds of Japanese peppers.....	For garnish

A



[Instructions]

- 1 Sprinkle salt and pepper on slices of yellowtail or red seabream, pat them with a paper towel to absorb the water, and lightly dust the slices in flour.
- 2 Bake the fish slices until golden brown in a frying pan and place them on a plate.
- 3 Put "A" in the frying pan and boil it, add leaf buds of Japanese peppers, and mix them well. Pour the sauce on the fish slices and decorates with the leaf buds of Japanese peppers set aside for garnishing.

※If Japanese peppers are not available, use green onions.

Cut the green part of the green onions into about 5 cm to garnish.

To download the recipes, scan this code.→

