

Recipes for famous dishes from each country

E group Nara, Jeju,
Ningbo





Shaved ice in Nara

Shaved ice is famous in Nara.

Usually, we sprinkle syrup on the shaved ice, but this time we put a topping called Shiratama. So, there are two steps, making Shiratama and shaved ice.

How to make it Shiratama?

1 Put the water.



2 Mix the ingredients.



3 Mix until dough becomes as soft as an earlobe.



The ingredients

Topping

- Shiratama
- Ice cream
- Red beans
- Matcha powder
- Soybean flour

Shaved ice

- Shaved ice machine
- Ice

How to make it Shiratama?

- 4 Roll the dough into the small ball .



- 5 Boil the Shiratama for two minutes.



- 6 Cool the Shiratama with iced water.



The ingredients

Topping

- Shiratama
- Ice cream
- Red beans
- Matcha powder
- Soybean flour

Shaved ice

- Shaved ice machine
- Ice

Let's make shaved ice.



1 Put the ice into the machine.
Then, turn the handle many times.

2 Repeat this process until the bowl is full.



The ingredients

Topping

- Shiratama
- Ice cream
- Red beans
- Matcha powder
- Soybean flour

Shaved ice

- Shaved ice machine
- Ice



Dalgona Coffee in Jeju

It is a coffee made by mixing instant coffee, sugar, and hot water in a 1:1:1 ratio and stirring it hundreds of times.

It is called 'Dalgona Coffee' because it has a similar taste and shape of 'Dalgona'. This is gaining popularity as more people stay at home due to the spread of Corona 19.

How to make it?



It may be a little hard to complete, but the pride and taste of doing it will be very satisfying!!

1 Put instant coffee powder and sugar in a 1:1 ratio and then add about 1 to 2 spoons of warm water.



2 Stir it for a long time (about 400 times) until thick cream is made using a whisk or spoon.



3 When light brown thick cream is completed, put it on cold milk and drink it.



The ingredients

- Instant coffee
- Sugar
- Hot water



Ningbo Raw Crab

In ancient time, there are no refrigerator or anything that would keep the fresh seafood fresh.

Therefore, in order to maintain the seafood fresh, especially the fresh crab, the freshman will soak those crab into salt water, and then

As the times pass, it soon becomes a tradition.

How to make it?



*The salt and water ratio should be 1:2

*the cooking wine and pepper powder doesn't have a fixed amount, it depend on your tastes

1 Mix salt and water in one bowl and stir it evenly.



2 Add the cooking wine.



3 Add the pepper powder.



The ingredients

- Salt
- Water
- Cooking wine
- Carb(**best type** should be *Portunus trituberculatus*)

How to make it?

4 Washu the crab so it is clean.



5 Put the crab into the bowl.



6 After 10–12 hours, took it out and cut it, then it is time to eat.



The ingredients

- Salt
- Water
- Cooking wine
- Carb(**best type** should be *Portunus trituberculatus*)



Thank you for listening!

