

8th EAFES Banquet at Organic Food Restaurant, HOGARAKA in April 21, 2018

Part 1. Cold dishes 冷製お惣菜

Vermicelli and shrimp (Litopenaeus vannamei) marinated
春雨と小海老の和え物

Japanese mustard spinach (Brassica rapa var. perviridis) with Simmered Deep-fried
Tofu in Lightly- flavored Stock
小松菜と油揚げのお浸し

Vinegared seaweed (Undaria pinnatifida) with cucumber
三陸産生わかめときゅうりの酢の物

Beans boiled in sugar
豆の甘煮

Bon bon chicken
阿波すだち鶏の棒棒鶏

The bean sprouts Namul
もやしのナムル

Part 2. Hot dishes 温製お惣菜

Mabo eggplant (Solanum melongena) with ground pork
豚粗挽き肉の麻婆茄子

Stewed white radish (Raphanus sativus var. longipinnatus) with squid (Todarodes
pacificus)
烏賊と大根の煮物

Simmered fresh bamboo shoots (Phyllostachys heterocyclus f. pubescens) with dried
bonito
春竹の子の土佐煮

Fried Chinese spinach (Brassica rapa var. chinensis) with clams (Ruditapes
philippinarum)
春あさりと青梗菜の炒め物

Steamed Tofu with tuna
無添加ツナ入り蒸し豆腐

Steamed Chinese cabbage (Brassica rapa var. pekinensis) with pork belly

白菜と豚バラの重ね蒸し

Stewed green onions (Allium fistulosum) with chicken thighs
鶏もも肉と白葱の治部煮風

Stewed potato (Solanum tuberosum) with pork
豚角煮の肉じゃが

Fried lotus root (Nelumbo nucifera) and burdock (Arctium lappa) with beef ribs
牛バラ肉入り蓮根と牛蒡のきんぴら

3 different flavors of rice balls (salt, bonito and salted plum)
にぎりめし三種(塩むすび, おかか, 梅しそ)

Part 3. Special dishes 特別料理

Traditional dishes of Nagoya, NAGOYA-MESHI 名古屋めし

TEBASAKI: fried chicken wings with source

手羽先唐揚げ

MISO-KATSU: deep fried pork cutlets with rich miso sauce

味噌串カツ

KISHI-MEN: flat noodles with clear soup

きしめん

And

Tempura of a freshwater fish, Ayu (Plecoglossus altivelis)

矢作川産稚鮎の天麩羅

Part 4. Dessert 食後の口直し

Assorted fruit

果物の盛り合わせ

Part 5. Drink お飲物

Japanese sake in Tokai region of Japan

東海地域の日本酒

Japanese wine

日本産ワイン

Bottled Beer, Roasted green tea and fresh juice (orange and apple)

瓶ビール, 焙じ茶, オレンジジュース, アップルジュース