



# V getable C urry

## INGREDIENTS (serves 3)

1/2 carrot, 1 onion, 2 eggplant fruits(naga-nasu),  
5 canned mushrooms or 6 flat Japanese mushrooms(shiitake) ,  
1/2 tomato(Momotaro) or 7 petit tomatos,  
3tsp margarine(2tsp for sauce), 1tsp salad oil, 2tsp white flour,  
1/4cup milk, 1/2tsp salt, 1/2tsp light brown suger,  
1tsp tomato sauce, 1tsp fruit and vegetable sauce,  
little ginger tubes, curry powder, black pepper,  
cardamon powder, some greenpeas, raisins.

## HOW TO COOK

Wash vegetables. Cut eggplant fruits into 4  
Cut the carrot into 2 cm thick, strip from edge of each slice, and  
cut tomato into small pieces.  
Slice onion and heat margarine and salad oil in pan, saute it  
enough. Add carrot, and saute them. Add water, boil them when  
carrot is soft.  
Add eggplant fuits,tomato, mashrooms, boil them.  
While boiling the vegetables, cook the curry sauce.  
Melt 2tsp margarine and add curry powder, cardamon powder,  
and saute it. Add pulse flour, and saute them. Add suger, to-  
mato sauce, salt, fruit sauce, ginger juice. Add milk and stir them.  
Season with pepper.  
In curry sauce, add boiled vegetables and water, cook 10 min-  
utes. Add some greenpeas.  
Serve curry on separate plates; spoon favorite topping over rai-  
sins at table.



# T A B

## Tomato and Beans

## INGREDIENTS

carrot, onion,  
beans, flat Japanese mushrooms(siitake) ,  
tomato(Momotaro) , margarine, white flour,  
salt, light brown suger, tomato sauce,  
fruit and vegetable sauce, black pepper, paprica, cheeze,  
pepper(sisi-togarasi)

## HOW TO COOK

Wash vegetables, and cut them into small pieces.  
Heat margarine in pan, saute onion enough. Add carrot,  
mashrooms and saute them. Add beans, tomato, suger, tomato  
sauce, fruit sauce, salt, pulse flour, stir them.  
Boil them and season with paplica, and pepper.  
Serve beans on separate plates, topping over cheeze and  
sisitogarasi, cook 5 minutes in the oventoaster.

# W E G E