



Selected recipes
for traditional
dishes of Aichi

Autumn

Stir-fried Broccoli and Eggs

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A dish of stir-fried scrambled eggs and boiled broccoli topped with a thickened broth-based soup



Ingredients (4 servings):

- 1 bunch (200 g) medium broccoli
- 2 eggs
- 2 tbsp salad oil
- Some salt

Seasoning A

- 1 heaping tbsp soy sauce
- 1 tbsp *mirin*
- 1 tbsp sake
- Some salt
- 1 cup *dashi* broth
- Suitable amount starch powder (dissolved)

Directions

1. Cut the broccoli into small pieces and boil until still firm.
2. Heat 1 tbsp of salad oil in a frying pan; fry the beaten eggs until still soft and creamy and remove from pan. Add 1 tbsp of salad oil to the pan and stir-fry the broccoli. Return the eggs to the pan and sprinkle over with salt; transfer over to a serving dish.
3. Heat Seasoning A and 1 cup *dashi* broth in a saucepan and slightly thicken by adding starch dissolved in water. Pour over the broccoli.

Tips:

- To achieve a delicious taste, make sure not to over-boil the broccoli.
- An over-thickened soup will ruin the flavor.