



# 5月の給食だより

Koyamadai High School  
evening course  
03-3714-8155

Hello everyone. How are you? One month have passed since the school was closed. I think some students' stress builds up because of STAY HOME WEEK. So I would like to introduce about a secret recipe that is one of the popular school dinner menus. I hope your home time will be fun.



## Before you start cooking

A cooking does not end until you clean up the kitchen. Let's take responsibility until the end so as not to cause an inconvenience for the family.

### ① Plan a meal.

Keep in mind a well-balanced, well-proportioned meal.(ex. Ichiju-sansai)



Take seasonal vegetables and fruits.

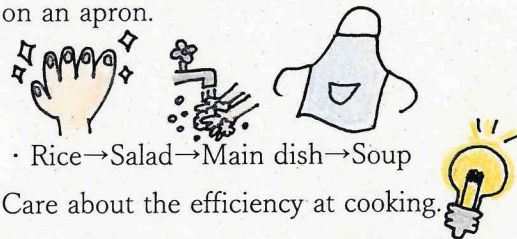
### ② Buy ingredients.

Check inventory. Make a note of necessary things and buy things.



### ③ Prepare for cooking and imagine the cooking procedure.

Cut nails, wash your hands and put on an apron.



Rice → Salad → Main dish → Soup  
Care about the efficiency at cooking.

### ④ Cook and dish up.

You should taste it.  
Choosing dishes is important.



### ⑤ Clean up

Wash the dishes and pans.  
Clean the drain and the table.

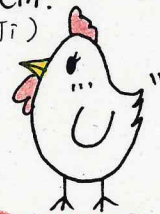


# Let's make a phantom school dinner.

Even the students from China love this Yu Lin Chi.  
(You Lin Ji)



## How to make Yu Lin Chi



### <Ingredients> (3~4servings)

- a chicken thigh.....300g
- pinch of salt
- sake.....10g(2tsps)
- soy sauce.....10g(2tsps)
- pinch of pepper
- potato starch.....15g
- salad oil
- lettuce, tomato(your fav veggies)

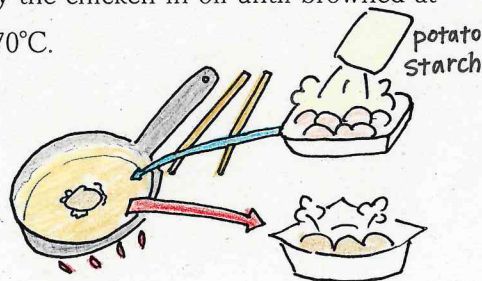
### <How to make>

① Sprinkle salt, pepper, sake and soy sauce on chicken.



Cut chicken.  
Mix it well.

③ Coat ① with the potato starch and fry the chicken in oil until browned at 170°C.



### Yu lin sauce

- green onion(minced).....50g(about 13cm)
- ginger(graded).....5g
- garlic(graded).....5g
- water.....20g(4tsps)
- vinegar.....20g(4tsps)
- soy sauce.....24g(5tsps)
- sugar.....14g(3tsps)
- sesame oil.....8g(1.5tsps)

② Simmer Yu lin sauce's ingredients about 1min.



④ Place ③ chicken on vegetables, then the pour ② sauce on chicken.

