



Joint Chinese College Alumni Association, Southern USA 2022 Spring Leisure Learning Zoom Program

生活園地 7/20/22 Cooking Recipes

夏日涼菜 Summer vegetable cold side dishes

Pan Fried Bell Pepper

Ingredients

- Bell peppers cut in wages
- Japanese soy sauce (bonito + kelp)
- Sesame oil



Cooking Instructions

1. Heat up skillet
2. Place bell pepper wages skin side down, cook 2-3 minutes over mid-heat.
3. Add sesame oil and Japanese soy sauce (light color soy), continue cook and flap the peppers as need.

Daikon

Ingredients

- 1 Sliced Daikon
- 1 tablespoon Salt
- 3 1/3 tablespoon Japanese Vinegar (2 sets)
- 3 tablespoons sugar (2 sets)
- Optional: Apple
- Asian Pear



or

Cooking Instructions

1. Add salt to the daikon, let stand 1 hour, squeeze, and drain the liquid
2. Add 1st set of vinegar and sugar, let stand few hours or overnight
3. Dain the liquid
4. Add 2nd set of vinegar and sugar
5. Add optional apple or Asian pear
6. Ready to eat in a few hours

Miso Cucumber

Ingredients

- 1 bag of small cucumber (8-10)



- 3 tablespoons Miso
- Optional sugar

Cooking Instructions

1. Wash the cucumbers and let completely dry before the next step
2. In the zip lock bag mix the cucumber and miso well, add sugar if desired
3. Leave in the refrigerator for at least 24 hours before serving

•