


おうちであそぼ! vol.9



Himawari Preschool

May 23, 2020

Memorial weekend has arrived! Usually this time, people enjoy family BBQs, so this time, I'd like to introduce the "bread on a stick" which is one of the cooking experiences that we have at our summer camp every year. I would also like to introduce a delicious BBQ marinated sauce made with Italian dressing; I have previously written articles on these in a Japanese local newspaper. I guarantee your children will enjoy making "bread on a stick"!

BBQ marinated sauce with Italian dressing	Bread on the stick (for 10 sticks)
<p>Ingredients : Italian dressing ("Zesty" if possible), garlic powder, salt, and pepper</p> <ol style="list-style-type: none"> 1. Cut meat, fish and veggies into large bite sizes and mix with the mixture to coat them, and soak them over night. 2. Once marinated, barbecue the meat and veggies directly on the grill or stick them on skewers. <p>For veggies, I recommend zucchinis, onions, peppers, mushrooms, and brussel sprouts.</p> <p>This sauce has a much lighter taste than regular BBQ sauce, but it tastes very flavorful! I recommend trying this recipe!</p> 	<ol style="list-style-type: none"> 1. Mix bread flour or all-purpose flour (300g), dry yeast (2tsp), and sugar (40g) together, then add 175ml of water and knead well. 2. Once the ingredients are well mixed into a dough, knead dough many times. Continue kneading dough while occasionally slamming the dough down on a clean surface (kids will enjoy this part!) 3. Add 1tsp salt and knead well again. 4. Add 45g of small diced butter to the dough and knead well.(the dough and the butter will separate, but it will be mixed well after more kneading) 5. Stretch the dough out like a snake and wrap it around the stick (we usually get sticks from outside and use them one they are washed and dried) 6. Put them on the tray and put the plastic wrap over the bread to let them rise about 1 hour until it rises 2-3 times bigger (using a black trash bag instead of the plastic wrap and keeping it in the car can take less time) 7. Hold and turn the stick and grill until the bread turns golden brown <div data-bbox="1027 1136 1401 1289" style="border: 1px solid orange; border-radius: 15px; padding: 5px; margin: 10px 0;"> <p>You can use a machine to make the dough and speed things up.</p> </div>

Hot Yummy Potatoes

You can make "Yaki-imo" Japanese Yams easily by wrapping wet newspapers and foil around the yam, and put in the fire between the coals. You can also make "Izakaya Jyaga-mayo butter" with potatoes in same way, just add mayonnaise and butter after the potato is fully cooked! If you miss having or want to know how Japanese like eating potatoes, try these!

☆ spicy version☆ you can make curry wiener bread just like in Japanese bakeries if you sprinkle curry powder around the hot dog!

