



Apple and prosciutto appetizer

Apples are effective in preventing lifestyle-related diseases, such as lowering cholesterol and reducing elevated blood sugar.

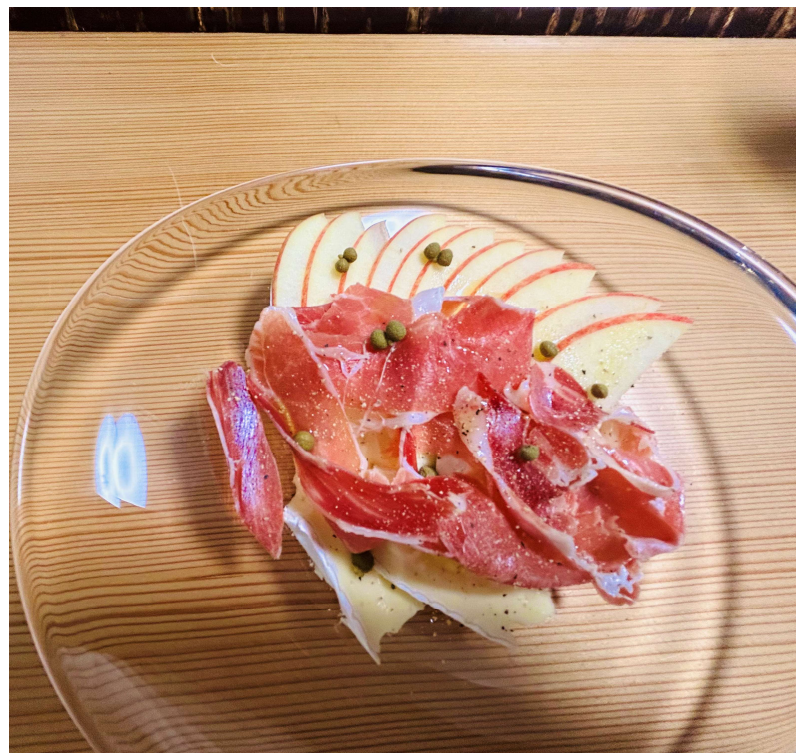
In particular, the part of the apple closest to the skin contains high levels of polyphenols.

This simple appetizer can be made without using heat, but it also has the tangy flavor of Sansho, and when combined with salty cured ham, it is a perfect adult snack to accompany wine or champagne.



Anti-aging foodstuffs

Apple



Tray KAIKA

<Ingredients> For 2 servings

- 1/2 apple
- 50g cured prosciutto
- 100 g any type of soft cheese
- 2 tablespoons extra virgin olive oil
- 2 tsp lemon juice
- A pinch of Sansho* (salted)
- A pinch of pepper

*A Japanese peppercorn

<How to make>

1. Cut apples in half, core and slice thinly.
2. Slice the cheese into desired size.
3. Arrange the apples, cheese, and prosciutto on a plate.
4. Drizzle with olive oil and lemon juice and sprinkle with Sansho and black pepper.

