



Three kinds of Crostini

Crostini with a variety of ingredients are perfect for entertaining or as a light appetizer. You can make use of a variety of seasonal ingredients. For this recipe, we thought of a spring color scheme and topped the crostini with horse mackerel stewed in tomatoes, pumpkin and cream cheese, avocado and shrimp on bread with nuts and dried fruit, respectively. Feel free to use any bread of your choice.



Anti-aging foodstuffs

Horse Mackerel, Avocado



<How to make>

[Topping①]

1. Season both sides of horse mackerel with salt and pepper (not included in the recipe), and coat lightly with corn starch.
2. Heat a frying pan, add your choice of vegetable oil to the horse mackerel and grill on both sides.
3. Remove the fillet from the pan and put aside.
4. Put chopped garlic and onion into the pan and saute over low heat.
5. Add in the white wine and throw away the alcohol.
6. Add canned tomatoes and simmer until reduced by half.

[Topping②]

1. Mash avocado with a fork, mix with lemon juice and salt.

[Topping ③]

1. Cut the pumpkin into 3 cm cubes, add water, soy sauce, sake and mirin to the pan and simmer until softened. When the pumpkin is tender, mix with small amount of cream cheese.
2. Add salt and pepper to taste.

* Place each of the above ingredients on the sliced bread and garnish with pink pepper, Italian parsley, etc.



Tray KAIKA

<Ingredients> For 2 servings

6 slices of bread of your choice

<Topping①>

2 horse mackerel fillets

A dash of corn starch

½ can tomato

2 tablespoons salad oil

¼ onion

1 clove garlic

50 ml white wine

Salt and pepper to taste

A pinch of Italian parsley

<Topping②>

½ avocado

2 boiled shrimp

1 teaspoon lemon juice

Salt to taste

<Topping ③>

100 g pumpkin

50 g water

1 tablespoon soy sauce, sake and mirin

15 g cream cheese

Pink pepper to taste

