

Outdoor Cooking Recipe



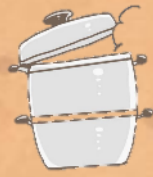
Name _____



How to cook



Wash



Steam



Cut



Boil



Stir fry



Add

Put into ~

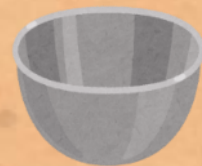
Cookware



Hot plate



Cutting board



Bowl



Spatula



Knife



Long
chopsticks



pot



rice scooper

Ingredients ~ Gapao Rice ~



Rice



Minced Pork



Onion



Red bell pepper



Green bell pepper



Egg



Basil



Garlic Paste



Oyster sauce



Salad oil



Salt



Black pepper

How to cook Gapao Rice!!

1. **Cut** the red bell pepper, green bell pepper, and onion into small pieces.

(赤パプリカとピーマン、玉ねぎを細かく)

2. **Put** salad oil and garlic **in** the hot plate.

(熱い鉄板にサラダ油とにんにくを)



3. **Add** the minced pork and **stir fry** garlic paste until the color changes.

(豚ひき肉を 、にんにくと豚ひき肉の色が変わるまで)



4. Add the cut ingredients from step 1 and **stir fry**.

(ステップ1で切った材料を加えて)

5. **Add** the oyster sauce, salt, pepper and basil.

(オイスターソースと塩・こしょうとバジルを)

6. **Make fried egg.** ()



7. **Put** the rice on a plate and put gapao and egg on rice.

(ご飯とガパオと目玉焼きをどんぶりに盛り付ける)

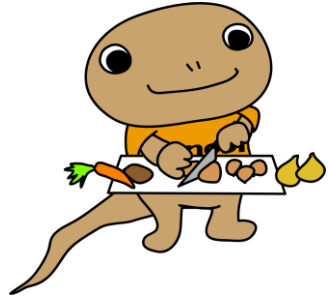
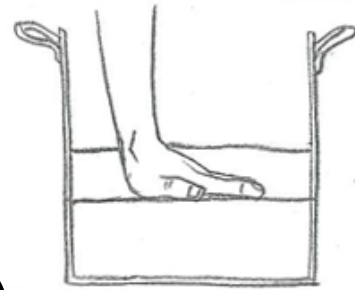


How to cook Gapao Rice!!



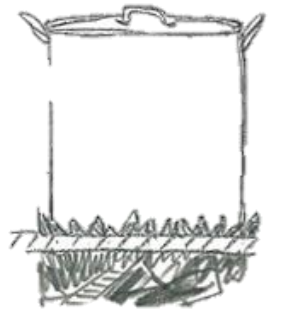
1. **Wash** the rice.

(お米を)



2. **Put** rice and water **in** a pot.

(鍋にお米と水を)



3. **Put** the pot on the stove.

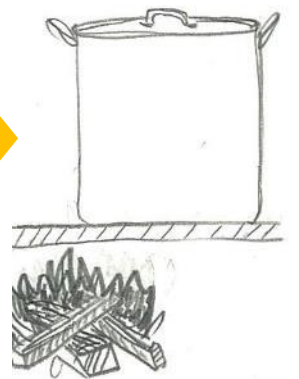
(鍋をかまどに)

4. First, boil the rice on **high heat**. (10~15minutes)

(はじめは、 でお米を炊く)

5. After boiling, **lower the heat**. (15minutes)

(沸騰した後、 にする)



6. When steam comes out of the pot,
move it toward you.

(鍋から湯気が出てきたら、鍋を手前に)

6. When no more steam comes out of the pot,
remove it from the stove.

(湯気が出なくなったら、かまどから)

