Boiled okra (Ladies' fingers) with bonito flakes

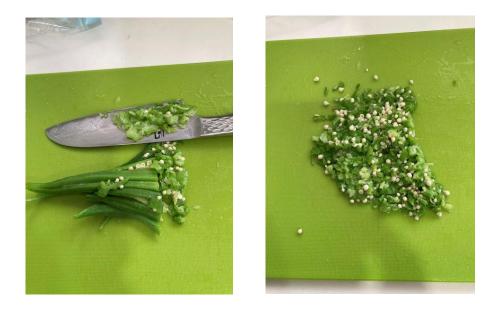
①Sprinkle okra (Ladies' fingers) with salt to remove fine hairs. ②Boil.



③Let cool in a colander.



4 Remove the stems and chop finely.



5 Put in a bowl and mix with dried bonito flakes and men-tsuyu.





 \bigcirc Serve over rice.

