

Boiled okra (Ladies' fingers) with bonito flakes

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

② Boil.



③ Let cool in a colander.



④ Remove the stems and chop finely.



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



⑥ Serve over rice.

