



It is spring according to the seasonal calendar, but the cold weather continues and the warm spring sunshine still seems far away. We hope spring will come soon. Children are looking forward to being able to run outdoors unhindered with all their might. Let's make sure to keep our bodies fit and healthy so that we can greet spring full of energy and not catch a cold. With less than two months left in this school year, let's cherish each day and enjoy this month to the fullest.



Setsubun

Risshun (around February 4 every year) is considered to be the beginning of the year according to the lunar calendar, and on Setsubun, which falls on the last day of the year, people hold bean-throwing ceremonies to drive away evil spirits and bring good luck. Beans were thought to have the power to destroy demons, as they were called "mame" (meaning "devil's ruin"). It is said that people prayed for good health and good fortune by eating "fukumame," beans that have been roasted to drive away evil spirits. People eat the same number of beans as the number of the year, and wish for good fortune.

"Meat of the Field" About Soybeans

Soybeans are called "meat of the field," as they contain a large amount of high-quality protein comparable to that of meat. Moreover, about 95% of the protein is absorbed and put to use by the body. In addition, soybeans are an excellent source of dietary fiber and calcium. There are many soy products around us, so let's actively incorporate them into our daily diet.



Natto tempura

<Ingredients> 7 servings

- Sweetpotato 12g (Approx. 1/3)
- Carrot 40g (Approx. 1/3)
- Hijiki 5.6g (Approx. 1 tbsp)
- Tempura flour 63g
+extra as needed
- Bonito flakes 10g
- Sugar 0.6g (approx. 1/3 tsp.)
- Onion 52g (Approx. 1/4)
- Green pepper 30g (Approx. 1)
- Natto 48g (approx. 1 pack)
- Oil as needed
- Water 200ml
- Soy sauce 3.6g (approx. 2/3 tsp.)

*We make tempura dipping sauce at school, but you can substitute mentsuyu at home.

<How to make>

- ① Cut sweet potatoes, carrots, and bell peppers into thin strips; slice onions; rehydrate hijiki.
- ② Mix ① and natto together and sprinkle with additional tempura flour.
- ③ Dissolve 63g tempura flour loosely in water, add to ②, and mix.
- ④ Shape and fry.
- ⑤ Bring water to a boil, add bonito flakes, and turn off heat.
- ⑥ Let sit for 5 minutes, strain and add sugar and soy sauce.



This Month's World Cuisine Indonesian "Nasi Goreng"



Nasi means "rice," and goreng means "to fry." This dish has an assortment of sweet, spicy, and salty flavors. We will serve nasi goreng and gado-gado salad arranged in a way that is easy for children to eat. Please look forward to seeing how it turns out!

