



Okinawa Agricultural, Forestry and Fishery Products
Mascot Character: Iisa-kun

**Okinawa Prefecture Agricultural,
Forestry and Fishery Products Sales Promotion Council**

Recipes by Shimako Oshiro, cook and certified Vegetable Sommelier



Okinawa Home Cooking Recipes



Okinawan Carrots



Okinawa's carrots have a distinctive sweetness. A local carrot dish called "Ninjin Shiri-Shiri" (pan-fried shredded carrot) is an all-time favorite for Okinawan people of all ages. Carrots are enjoyed as it is in fresh salad or in a soup to have its sweetness savored. It is one of the popular vegetables in Okinawa.

Tips for Selection & Storage

Select one with fewer scars and cracks, and with rich orange color. For storing, wrap in paper (newspaper or the like) to avoid being dried, and keep it in the refrigerator.

**Okinawa Prefecture Agricultural,
Forestry and Fishery Products Sales Promotion Council**

Ninjin Shiri-Shiri



Ingredients for 2 Servings

2 carrots
1/2 canned tuna (small size can)
2 eggs
2 tablespoons Dashi broth
1 tablespoon oil
4 pinches salt
Ground pepper to taste

Preparation

- 1 Peel the skin. Shred it using a slicer (mandoline slicer).
- 2 Heat oil in the frying pan. Pan-fry shredded carrots until carrots get well coated with oil, then add in Dashi broth and steam it over medium heat for 2-3 minutes with a cover on.
- 3 When the liquid is evaporated and the carrots get softer, add in tuna and salt and pepper to taste, then, pour beaten egg over. Cook it until the egg cooks halfway, and then, begin to stir lightly until the egg cooks through.

Carrot Salad in Som Tam Style



Ingredients for 2 Servings

1 carrot
1/4 teaspoon salt
10g purple onion
5 pods green bean
2 cloves garlic
1 tablespoon peanut
3 tablespoons Shikwasa juice (Hirami lemon)
2 tablespoons Nam Pla
2 teaspoons sugar
Ground pepper to taste

Preparation

- 1 Preparation for carrot: Peel the skin. Shred it and sprinkle salt, and put aside. For onion: Chop it finely. For green beans: Boil them. And cut each of them to 3 cm wide. For garlic: Chop it finely. For Peanut: crush them.
- 2 Dressing: Combine Shikwasa juice, Nam Pla, sugar and pepper together.
- 3 Combine ① and ② in a bowl to dress.

*Lime or lemon can be a good replacement for Shikwasa juice.