



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

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

Recipes by Shimako Oshiro, cook and certified Vegetable Sommelier



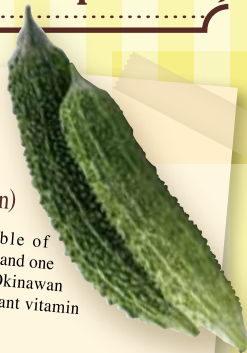
Okinawa Home Cooking Recipes



Okinawan

Goya (bitter melon)

Goya is a typical vegetable of Okinawa with mild bitterness, and one of the favorite vegetables of Okinawan people. It provides heat-resistant vitamin C. It grows all the year around.



Tips for Selection & Storage

Choose one with a rich and lustrous green color and similar size of warts densely packed. When storing, drain it well before putting in a plastic bag, and place it standing up straight in the vegetable container of the refrigerator.

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Goya Namuru



Ingredients for 2 Servings

- 1 Goya
- 1/2 clove garlic
- 1/4 teaspoon salt
- 2 teaspoons sesame seed oil
- 1 tablespoon roasted sesame seeds

Preparation

- 1 Halve Goya lengthwise. Remove pits and guts inside. Cut it sideways to thin pieces.
- 2 Blanching. Blanch cut Goya slices for 20 seconds in a bath of hot water. Drain and cool them off.
- 3 Squeeze out remaining water with paper towel or cloth.
- 4 Transfer Goya, grated garlic and salt & pepper in a bowl, and mix them well. Dress them with sesame oil and the roasted sesame seeds. Add a little bit of salt if needed.

Goya Hirayachi (Okinawan-style Chijimi Pancake)



Ingredients for 2 Servings

- 1/2 Goya
- Small slices of pork meat
- 100g flour
- 1 egg
- 150cc water
- Salt & pepper as needed
- 1 tablespoon oil

[Dipping Sauce]

- 2 tablespoons soy sauce
- 4 tablespoons vinegar
- 1 tablespoon roasted sesame seeds
- Optional: Ichimi pepper, hot oil, etc., as preferred

Preparation

- 1 Halve Goya lengthwise. Remove pits and guts. Slice it thinly.
- 2 Pancake mix: Beat egg in a bowl and add in water. Blend them well. Add in sifted flour, salt & pepper. Blend all of them together.
- 3 Mix in Goya and small slices of pork with pancake mix ②.
- 4 Heat oil in a frying pan. Pour a half of ③ mixture, fry it in a round shape over medium heat until the pancake surface appears to dry, and then, turn it over and sear the other side to finish.