



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

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

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## Okinawa Home Cooking Recipes



### Okinawan Okra



Okra is a healthy vegetable with distinctive slimy texture, and highly nutrient, rich in dietary fiber, vitamins and minerals. It grows well under the warm climate, being one of the popular produces from Okinawa. Its star-shaped cross-section surface will make your dish appealing.

#### Tips for Selection & Storage

Choose one with rich green color and a lot of fuzz on the surface. Don't keep it in the refrigerator but wrap it in paper such as newspaper, and store in a cool and dark place.

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## Egg Tofu with Okra Ankake Sauce



### Ingredients for 2 Servings

4 tablespoons Yushi tofu  
1/2 egg  
70cc Dashi broth  
1/2 teaspoon light color soy sauce  
1/2 teaspoon Mirin cooking wine  
3 pods okra  
50cc Dashi broth  
1/2 teaspoon light color soy sauce  
1/2 teaspoon light color soy sauce  
Salt to taste  
Water soluble starch as needed

### Preparation

- 1 Egg mixture: Put egg and Dashi broth in a bowl, blend them well. Don't make it foamy when mixing. Add in light color soy sauce and Mirin.
- 2 Preheat steamer. Put Yushi tofu in a heat-proof container. Add in the egg mixture ①. Steam it for 12 minutes.
- 3 Cut okra sideways to small pieces
- 4 Okra Ankake sauce: Put okra and Dashi broth in a pot. Bring it up to a boil. When it comes up to a boil, add in light color soy sauce, Mirin, and salt to taste. Then, mix in water-dissolved starch for thickening.
- 5 Put the okra Ankake sauce over the steamed egg tofu.

\*If Yushi tofu is not available, soft tofu can be an option.

## Okra Piccata



### Ingredients for 2 Servings

6 pods okra  
1 egg  
Flour as needed for dredging  
1 tablespoon powder cheese  
Salt & ground pepper to taste  
1 tablespoon oil

### Preparation

- 1 Remove stem-end rind. Halve it lengthwise. Dredge them in flour.
- 2 Egg wash: Beat egg in a bowl. Add in powder cheese, salt and pepper. Blend them well.
- 3 Preheat frying pan. Put oil in the pan. Dip the length-wise cut okras in the egg wash, and line three pieces together on the pan in a way they stick together like one big piece, fry them over medium heat until brown, then do the same on the other side.