

Simple, Healthy and Delicious Japanese Home Cooking. By a Busy Working Mom

Seafood and Vegetables Steamed with Sake

春のシーフード満載酒蒸し

This seafood and vegetable recipe is quite colorful and is a sure crowd pleaser. It has a variety of ingredients and people always seem to find something they like. It is also a great meal for kids who normally don't like vegetables as the vegetables absorb all the flavors of the seafood and bacon. When I make this dish, my son actually eats all the vegetables in this dish!!!

Ingredients (Serves 4)

- 1 pound of clam
- 1/2 pound of shrimp
- 1 pound of broccoli
- 1/2 pound of okura
- 1 bunch of enoki mushroom and/or eringi mushroom
- 1/4 pound of apple smoked bacon
- 1/4 cup of sake
- 1 pinch of natural sea salt
- 1 clove of sliced garlic



Preparation

1. Wash clams very well and soak in salt water for an hour.
2. Cut all the vegetables and bacon into pieces.
3. Put vegetables, bacon, and seafood in a big frying pan or wok.
4. Pour sake and salt.
5. Cover the pan with a lid and simmer until clams open up and shrimp changes color. (The clams and shrimp are your automatic timer to tell you when it's done!)

✓ Masami's tip!

You can substitute any seafood or green vegetable with a different one of your choice.

Recipe by Masami Iwase-Watanabe

