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Volume 20

Megumi's Kitchen

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Enjoy Making Your Own Plate! - Hotdogs and Mixed Salads

旅行や帰省で、夏の園内は少し寂しくなるのかな、と書いていたらそんなことはありませんでした。サマーキャンプの大きな子たちを中心に、みんなもりもり夏メニューのランチを食べてくれています。今月の“やってみようランチ”は、ホットドックとサラダバイキングです！

＜8月・メニューの一例＞

- ☆ セルフホットドック、サラダバイキング（レタス、プチトマト、ニンジン、チーズ、クルトン）
（やってみようランチ）
- ☆ ナスとベーコンのスパゲティー
- ☆ 棒棒鶏（鶏肉とキュウリのごまだれかけ）
- ☆ 冷汁うどん、みそポテト
（日本の味めぐり・埼玉）

It is usually quiet during the summer at Megumi, but that has not been true recently. Many exciting activities and projects are going on in each classroom, so the children have a good appetite, especially the older children in summer camp class. This month, we will have a lunch activity day again. *Kuma, Zo*, and summer camp children are going to try making hotdogs and a plate of salad!

Here are some of the dishes from our lunch menu in August:

- *Make your own hotdogs and salad buffet (Choose from lettuce, tomatoes, carrots, cheese, croutons, and two kinds of salad dressing)
- *Eggplant and bacon spaghetti
- *Chicken and cucumbers with sesame flavored sesame sauce
- **Hiyajiru* (cold vegetable soup)
udon, miso potato



Eggplant meatballs with sweet and sour sauce, coleslaw
(One of our popular lunches)

Snack for your children: For Summer Fun -Food Activity at home



キャンプにスポーツ、テーマパーク…。夏の楽しみはたくさんありますが、お家でできるおやつアクティビティーはいかがでしょう？

先月、くま、ぞう、サマーキャンプの子たちが挑戦したのが、サンドイッチアクティビティー。切った食パンとレタス、ハム、チーズ、イチゴクリームチーズ、そしてコーンマヨネーズの5種類の具材を用意し、子どもたちは、組み合わせも自由に具材をパンの間に挟んでいきました。レタスにイチゴクリームをあわせたり、全部はさんでみたりと、みんな自由な発想でサンドイッチづくりを堪能。高く積みあがったサンドイッチに、「ガブリ」とかぶりつくお子さんの写真は、今夏No1ショットになることでしょう。

Camping, playing sports, and going to Disneyland... Although there are many fun things to do in summer, we would like you to try food activities at home sometime.

Kuma, Zo, and summer camp class children tried making their own sandwiches last month. We prepared some cut bread and five kinds of ingredients: lettuce, ham, sliced cheese, strawberry cream cheese, and corn mayonnaise. We saw some of the children make very interesting sandwiches such as ham + cheese + strawberry cream cheese, or 3" high sandwiches. It seemed like all the children enjoyed this activity. We believe that you can take a great summer picture while doing this activity ☺

Send Us Your Requests, Concerns, or Anything else

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Now, you have direct access to Megumi's Kitchen. We'll reply to your message ASAP.

From our lunch menu: Best Summer Vegetable Dish- Ratatouille



"Everyone can cook" is my favorite line in this movie ↑ Megumi's ratatouille ↓



ディズニー映画「レミーのおいしいレストラン」で、ねずみのシェフ・レミーがつくっていたのが、ラタトゥイウ。親子でDVDを見た後に、夏野菜を堪能できるこの一品と一緒に作ってみてはいかがでしょうか。

少し大きめに切ったタマネギ、パプリカ、セロリ、ズッキーニ、ナス、そしてトマトを順に大なべで炒め、そのまま野菜の水分で、コトコト煮込むのがめぐみ流。栄養素がしっかり取れる調理法でもあります。味付けは野菜のうまみをしっかり生かして、軽く塩コショウだけ。煮込んでも色あざやかなのが夏野菜で、まずは目で楽しめます。そして、じっくり煮込んだ大きめ野菜の食感をお楽しみください。特に、ズッキーニやナスは、うそのように口の中でとろけていきます。

Have you ever watched "Ratatouille" (Disney/Pixar, '07)? This is the story of a rat chef, Remy, that cooks ratatouille. Ratatouille is a French dish that has lots of summer vegetables to enjoy. Why don't you cook it with your child(ren) after watching the DVD?

To make Megumi's ratatouille, cut the onions, celery, zucchini, eggplant, and tomatoes into big pieces, stir-fry, and then simmer with the water from the vegetables. That is a very good way to keep the flavor and nutrition from all the ingredients. Finally, sprinkle salt and pepper to taste.

Please enjoy all the summer vegetables. Especially the eggplant and zucchini are going to melt in your mouse.

Megumi's Ratatouille <ingredients for 4 serving> 2lbs tomatoes, 1 lb eggplant, 1lb zucchini, 3 bell peppers, 2 onions, 2 stalk celery, 3 cloves of garlic (minced), olive oil, salt, pepper, 1 spring of fresh rosemary
 1. Cut tomatoes, onions, eggplant, zucchini, bell peppers, celery into about $\frac{1}{4}$ inch cubes
 2. In a large pot, heat 3-4 Tsp olive oil. Add minced garlic and the onions and sauté until translucent.
 3. Add the chunks of bell pepper first, then the eggplant, celery, zucchini. Keep adding oil as you need more
 4. Season the vegetables with salt and pepper to taste
 5. Add the tomatoes and rosemary, cover the pan, and cook for 45 minutes or until the vegetables are tender
 6. Before serving, remove the rosemary, and season again with salt and pepper to taste

Monthly Column: Cooking Talk at Megumi- Tanabata Cookies

子どもたちのランチを作る仕事はもちろん大好きですが、調理を離れた保育園での小さな楽しみが、保護者の方々が同僚の先生たちのお料理話し。「この前の給食のアレ、どうやって作るの?」と聞かれるのは、自身とってもうれしいことで、反対に、お料理上手のめぐみのみなさんから大いに学ぶことがあります。

さて、そんなおしゃべりの中で、七夕の日に作った短冊クッキーのレシピ。せっかくなので、ここに紹介しておきますね。アメリカではよくあるショートブレッドのレシピですが、作りやすくておいしいです。子どもたちは、このキラキラ星クッキーを目指して、お野菜をペロリと食べていましたよ。(Sakiko)

I love talking about food and cooking with parents and teachers at Megumi. Of course I'm very happy to talk about our recipes. Also, there are many things to learn from the conversations because many of the parents and teachers are very good cooks.

Recently I have received a couple of questions about our *Tanabata* (the star festival) cookies, so I would like to introduce the recipe here. This is based on shortbread, which is a popular kind of hard cookie in the U.S. (originally from Scotland). It is easy to make, but the taste is very good. All the children enjoyed this cute star cookie with their big smiles on *Tanabata* © (Sakiko)

Megumi's *tanabata* cookies (Shortbread) :

<ingredients for 20 cookies> 1 cup butter, 1 cup powder sugar, 1 egg, 2 $\frac{2}{3}$ cup flour, 1 tsp baking powder, 1 $\frac{1}{2}$ tsp salt, star sprinkles
 1. In the bowl, mix flour, baking powder, and salt
 2. In another bowl, beat the butter with the electric mixer
 3. Add sugar to 2 and beat again until smooth
 4. Beat in an egg to 3
 5. Stir in the flour mixture to 4 until just mixed
 6. Flatten the dough into a disk shape, wrap in plastic wrap, and chill for an hour
 7. Preheat oven to 325F
 8. Roll out the dough until $\frac{1}{4}$ inch (6mm) thick
 9. Cut 8 into rectangular shapes and place them on the oven rack with parchment paper, then decorate with sprinkles
 10. Bake for 20 min or until cookies are very lightly browned

