

Japan *I*food vol.18

Try these new recipes that will tempt your taste buds!

Information : Lion Oriental Foods Co. and Loi's Eastern Supermart

Japanese Recipes and Tips

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Japanese Recipe - 35

Green Tea Pancake

Green tea pancake is pancakes with a fairly strong green tea taste, and are lovely, light and fluffy.



Ingredients (Serves 2)

- 200g pancake mix
- 1 tablespoon green tea powder
- 1 egg
- 150ml milk or soy drink
- 1 tablespoon sugar
- 1 tablespoon butter

Method

1. In a bowl, mix sugar and green tea powder.
2. Add the pancake mix and stir.
3. Pour in 1/2 tablespoon butter into the pan.
4. Cooking for about 3 minutes over medium heat. When it begins to bubble, flip over and cook for 2 minutes on the other side.
5. Plate the pancakes, top with the sweet red beans, ice cream or sprinkle with green tea and serve as you prefer.



Sandra Gwee

Sake Specialist /
Manager of Lion Oriental Foods Co.
and Loi's Eastern Supermart

We have a tasting event for October in celebration of Sake spring tribute. We have invited 3 brewers who are coming down from Japan to showcase the wonderful collection of Japanese Sake and it will be a great cultural event where the local people as well as the Japanese people can come join us and enjoy this event!

Green tea can be bitter, smooth and sweet. Green tea flavoured is becoming more popular in many desserts simple fact is its not too sweet. By adding Matcha flavour it creates the perfect combination of bitter and sweet. Having green tea pancake with red bean or vanilla icecream is a popular Japanese dessert combination.

Green Tea (Matcha)

Green tea is a type of tea that is made from unfermented leaves and is pale in colour and slightly bitter in flavour, produced mainly in Japan and China. Matcha is finely ground powder of specially grown and processed green tea leaves and is popular in traditional tea ceremonies in Japan.



Pancake Mix

Pancake mix is a perfect blend of dry ingredients for creating thick, fluffy hot cakes every time. In Japan, these pancakes are often served with maple syrup, sweet Azuki beans or black sugar syrup.



This Ippin Mito Umeshu is ideal for "Green Tea Pancake"

Ippin Mito Umeshu
Sake brewed using plums from our local garden at Kairakuen' and quality silky sugar, Wasanbon and softly sweet resulting from low temperature brewing. Great Umeshu on the rocks.



Japanese groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart.



Huge range of Japanese Sake and Plum Wines available.

Lion Oriental Foods Co.

a: 13 Fitzgerald St. Northbridge WA 6003
t: 08 9228 9898
w: www.lion-oriental.com

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