

お茶百科

お茶のことを知って、もっと身近に。お茶とともに楽しい生活を。

お茶の
成分と健康性

おいしい
お茶のいれ方

お茶を使った
料理レシピ

お茶の歴史

お茶の産地

お茶の種類

お茶が
できるまで

お茶に関する
言葉・ことわざ

[Recipes with tea](#) > Sea bream baked in salt tea urn

鯛の塩茶釜焼き



It looks difficult brine pan roast, bake in less than a failure of尾頭 TSUKI grilled sea bream, is leaving to RAKURAKU oven. Baked up moist and put in the tea leaves in between the sea bream and brine pan prevents too salty sea bream have moved. The fragrance of tea立 CHINOBORU when divided by the brine pan, fresh out!

**Materials (one-tailed)**

One-tailed sea bream (24 ~ 25cm)

A (brine pan)

500g salt
Cornstarch 50g (even if no starch)
Egg white or two about
Tea 40g

Cooking Information

Minor home Quite simple
Half Normal
Time 60 minutes (※ includes a bake time)

Nutritional value (per person)

Energy 89kcal
Salinity 1.8G
Protein 12.9g
Lipid 3.6g
Carbohydrate 0.1g

Directions

1. Porgy the Ella and UROKO, takes guts.
2. A'll mix the ingredients. (So different from the amount of egg white by the size of the egg, egg white adds a little bit. It is a solid indication of the place down BOTEツ)
3. 蒸RASHIMASU tea in a small amount of hot water.
4. Style sheet in oven baking sheet, the material on the brine pan 1 / 3 the amount, size larger than the spread from sea bream. 広GEMASU半量of the tea leaves to put in the sea bream 蒸RASHITA. [To note → Cooking](#)
5. Put the tea leaves on the sea bream, and spread to the rest of the tea leaves on top of all that, the shape of a carp TOTONOEMASU to cover the remainder of the brine pan.
6. And draw the pattern of carp in the spoon, the more fun.
7. 200 degrees in the oven for 40-50 minutes over 焼KI上GEMASU.
8. When you eat, bon appétit him a heart-to-brine pan and meat and pestle.

Tea-point memo

Be tempered by the smell and get 蒸RASHITA a sea bream wrapped in tea leaves, salt仕上GARIMASU sparingly.

Cooking notes

蒸RASHITA tea leaves, to wrap it up and down the 広GEMASU porgy.

**Mini Ice Tea**

流SHI込N to cool in the



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Ito En, Ltd. was founded as a manufacturer of specialty tea



[Ito En, Ltd. tea products](#)

Ito En, Ltd., 1966, was founded as a manufacturer of specialty tea. Today is the leading manufacturer of Tea, tea products, tea leaves for about domestic beverage products with 20% for handling.

If you drink green tea to use in cooking "is your cup of tea -"



[Ito En, Ltd. "If your cup of tea -"](#)

Of Ito En, Ltd. "If your cup of tea -" is dedicated to drinking green tea has a natural green tea flavor and consistency from the development. 100% Japanese tea leaves used, and put in pure water without the spice and seasoning.

