

福島県



Lotus Root Section

〒300-0048 茨城県土浦市田中一丁目1-4
TEL:029-823-7001 FAX:029-824-5011
<https://ja-sgt.or.jp>

第三節 きんぴらなどに 繊維が豊富で固さと粘り気があり もっちりとした歯応え

れんこんを節の途中でカットした場合は、皮をむかずに、切り口の穴の中に空気が入って変色しないようにラップできっちり包んで、冷蔵庫の野菜室へ。(85%~90%の湿度を保つ)

※3~4日を目安に早めに使い切りましょう。

A bowl of vegetable soup featuring chunks of zucchini, red bell peppers, and tomatoes in a clear broth. A slice of crusty bread is visible on the right side of the bowl.

A white bowl filled with sliced lotus root (reishi), green onions, and pink pickled radish.

A close-up photograph of a white plate filled with golden-brown french fries. The fries are thick-cut and have a slightly irregular, hand-cut appearance. They are garnished with fresh green herbs, possibly parsley, which are finely chopped and scattered on top. The background is dark and out of focus.

JA水郷つくばれんこんチャンネル
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