

How to Make Shiso Wraps

You can store them in Tupperware. They will keep for up to 1 week. The spiciness of Nanban (green chili peppers) stimulates your appetite and is perfect for hot summers.

【Ingredients】

10-12 Shiso Leaves (しその葉・*Shino-no-Ha*)

2-3 Green Chili Peppers (青唐辛子・*Ao-Togarashi*)

3 Tablespoons Miso (味噌・*Miso*)

2 1/2 Tablespoons Sugar (砂糖・*Sato*)

1 Teaspoon Oil (for cooking miso) (油・*Abura*)

1 1/2 Tablespoons Oil (for cooking shiso wraps) (油・*Abura*)

【How to Make】

1. Wash and dry the shiso leaves (it is best to do this 2-3 hours prior). Chop the green chili peppers finely. If you do not want it to be too spicy, remove the seeds beforehand.

2. In a fry pan add 1 teaspoon of oil and turn on the heat before adding the green chili peppers, miso, and sugar. Once heated throughout and mixed well, turn off the heat and let it cool until it hardens, making it easier to put in the shiso wraps.

3. Add the miso mixture to the underside of the leaves and wrap them until you have a 1cm wide wrap.

※It is best to wrap the leaf up length-wise.

4. In a fry pan, add the 1 1/2 tablespoons of oil and turn on the heat. Then add the shiso wraps, open-fold side down first. Rotate and cook the shiso wrap until crispy on all sides.

