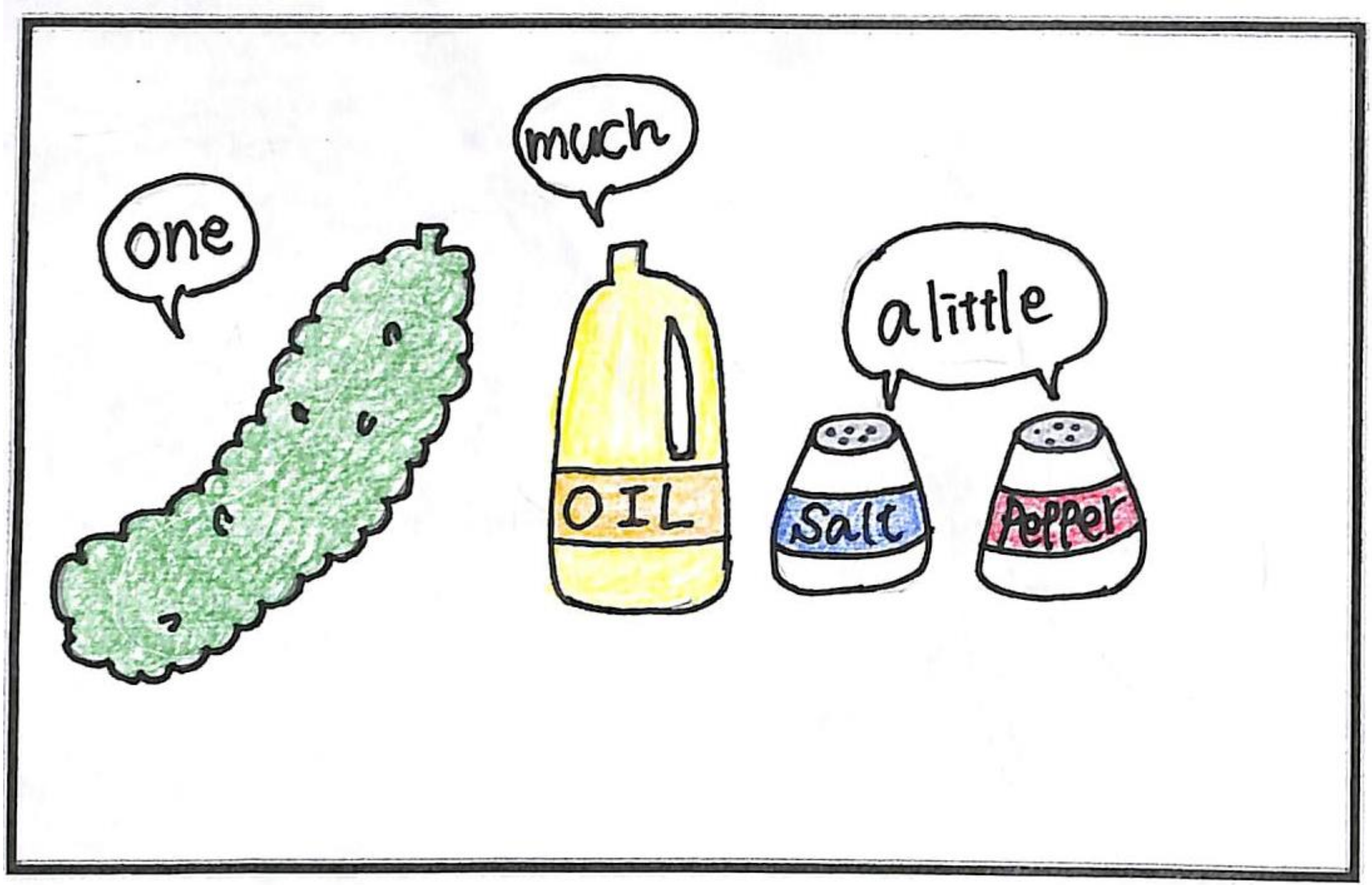
ゴーヤー・チップス
Bitter Gourd Chips

①

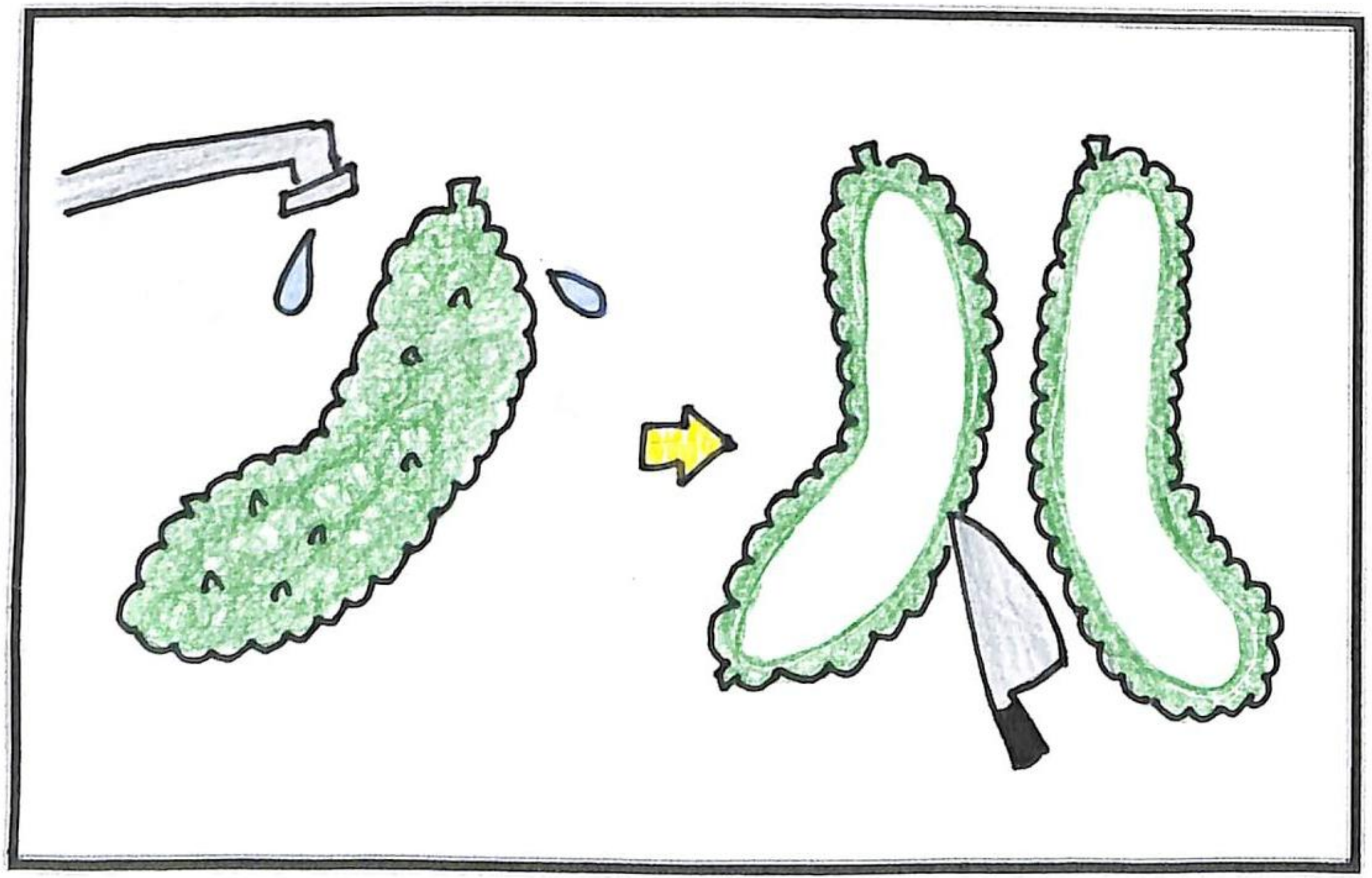


①

☆ Use goya, oil, and salt and pepper.

★ Use one goya, some oil, and a little salt and pepper.

②

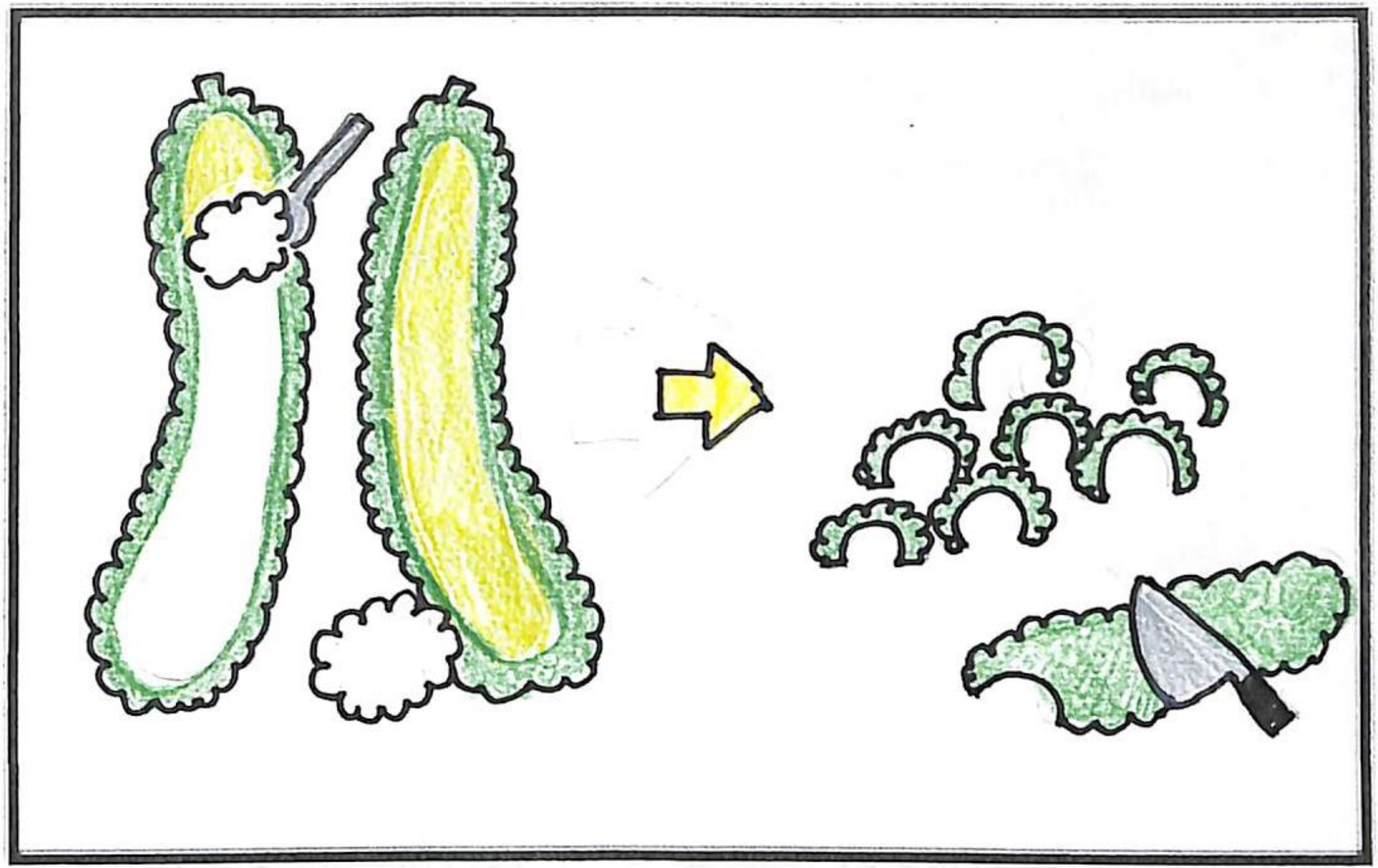


②

☆ Wash and cut the goya.

★ Wash the bitter gourd and
cut it in half.

③

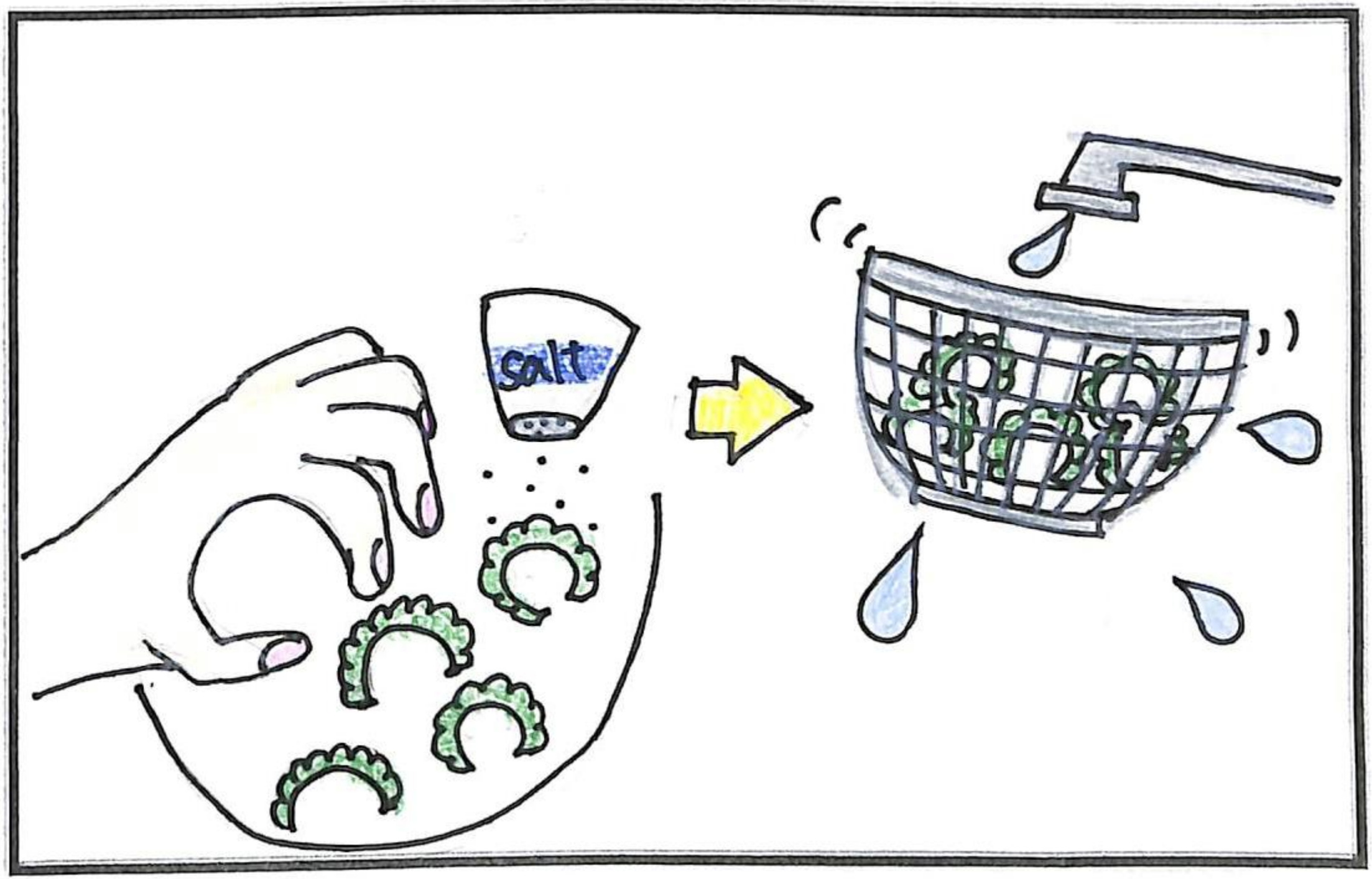


③

☆ Take out the seeds
Slice it.

★ Take out the seeds and slice it.
(The thinner, the better.)

④



④

☆ Rub them with salt.
Wash them and dry them well.

★ Rub salt into the gourd slices.
Wash them and dry them well.

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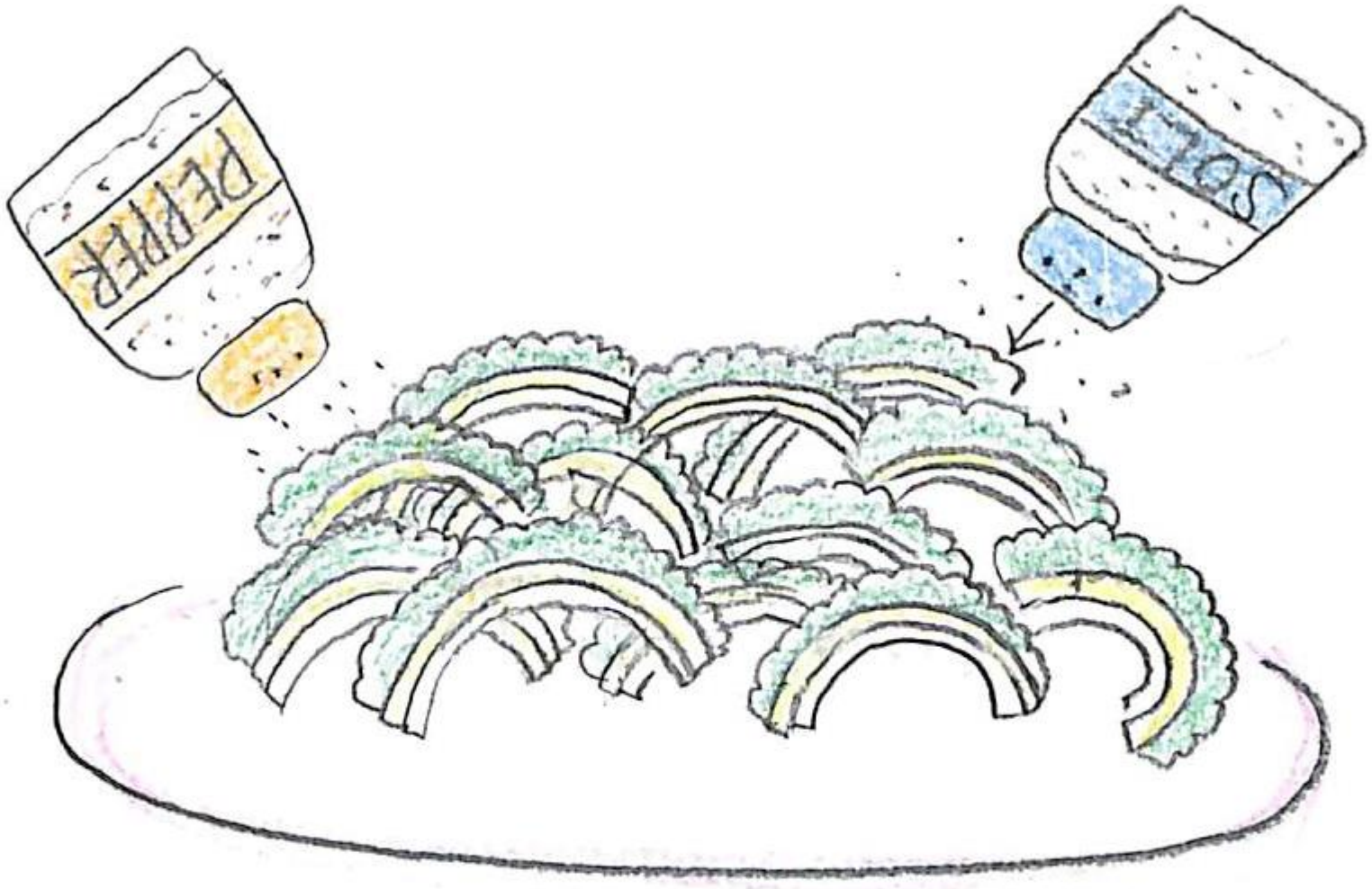
☆ Fry the goya slices.

★ Deep-fry the bitter gourd slices in oil.

⑥



⑥

☆ Serve with salt and pepper.

★ Sprinkle the chips with salt and pepper and serve.