

ひやしちゃうか

きょうり .. 2ほう

ハム .. 1パック

ニ=1-2ト

たまご (ゆでたまご)

作り方:

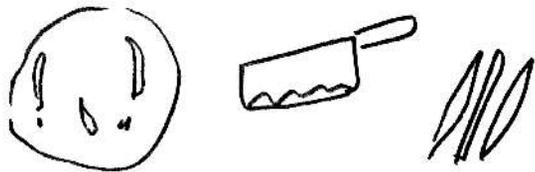
1. 具のジップ

2. めんをゆでる

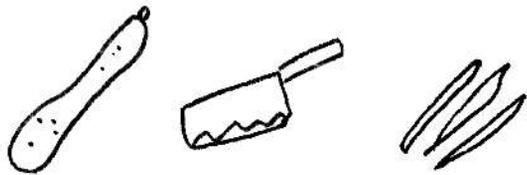
3. もりつけ

# 1. 具のじょうじ

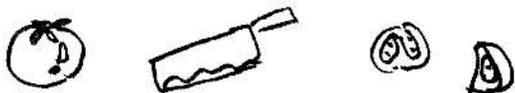
ハム ... (まき) <sup>ま</sup>



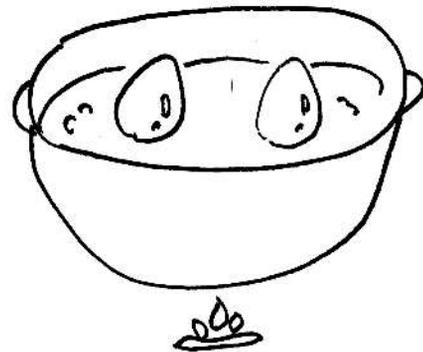
ソーダ ... (まき) <sup>ま</sup>



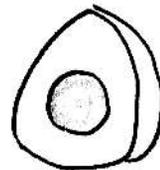
ミート ... (まき) <sup>ま</sup> ~ 4>1=TP?



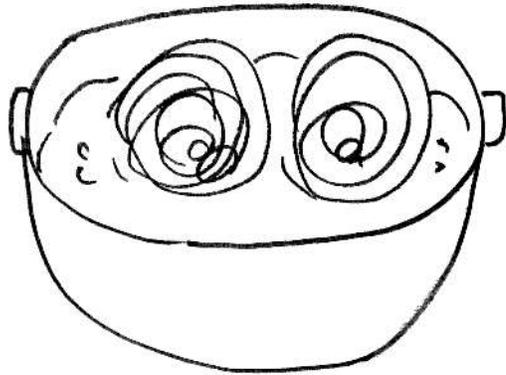
たまご ... ゆでたまご



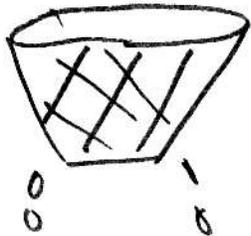
たまご ... (まき) <sup>ま</sup>



## 2. めんをゆでる

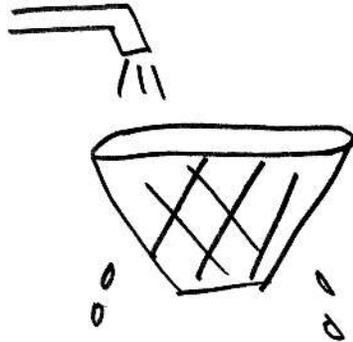


↓  
ザルにあげ?



~~ゆで~~

水が  
水でさらす



## 3. もりつけ

