

## Zutatenliste für japanisches Grillen

| Was                     | Wozu           | Woher      |
|-------------------------|----------------|------------|
| Tofu                    | Atsuage-Kushi  | Asia-Laden |
| Ingwer                  | Atsuage-Kushi  | Supermarkt |
| Karotten                | Harusame Salat | Supermarkt |
| Glasnudeln (Soja-Basis) | Harusame Salat | Asia-Laden |
| Soja-Soße               | Harusame Salat | Asia-Laden |
| Soja-Sprossen           | Harusame Salat | Asia-Laden |
| Tomaten                 | Harusame Salat | Supermarkt |
| Gurken                  | Harusame Salat | Supermarkt |
| Kochschinken            | Harusame Salat | Supermarkt |
| Weißkohl                | Okonomiyaki    | Supermarkt |
| Inger (eingelegt)       | Okonomiyaki    | Asia-Laden |
| Hackfleisch             | Okonomiyaki    | Supermarkt |
| Majonese                | Okonomiyaki    | Supermarkt |
| Okonomiyaki-Soße        | Okonomiyaki    | Online     |
| Eier                    | Okonomiyaki    | Supermarkt |
| Garnelen                | Okonomiyaki    | Supermarkt |
| Mehl                    | Okonomiyaki    | Supermarkt |
| Zucker                  | Okonomiyaki    | Supermarkt |
| Dashi                   | Okonomiyaki    | Asia-Laden |
| Lauchzwiebeln           | Okonomiyaki    | Supermarkt |
| Katsubushi              | Okonomiyaki    | Online     |
| Hähnchen                | Yakitori       | Supermarkt |
| Spieße                  | Yakitori       | Supermarkt |
| Yakitori-Soße           | Yakitori       | Asia-Laden |
| Honig                   | Yakitori       | Supermarkt |
| Lauchzwiebeln           | Yakitori       | Supermarkt |
| Sake                    | Okonomiyaki    | Supermarkt |
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