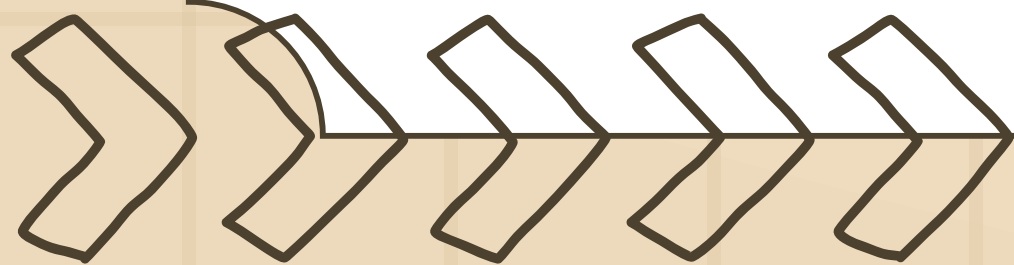
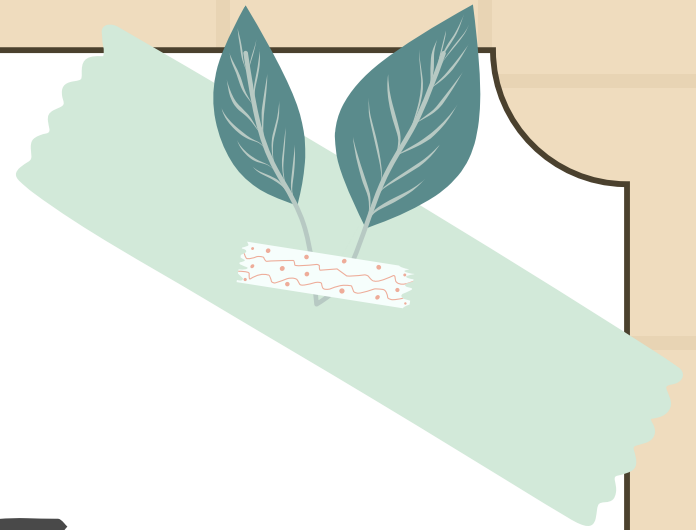
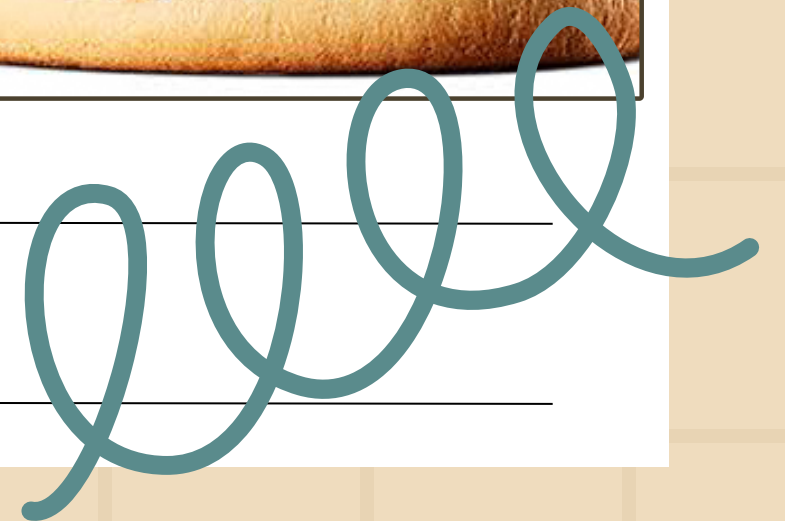


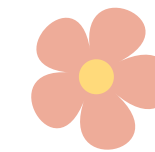
MY
FAVORITE
DISH



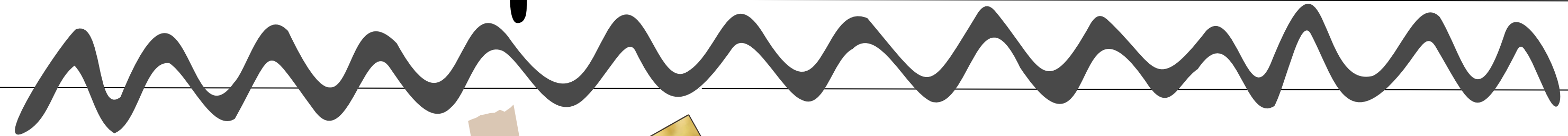


Do you know which
dish is Nabe?

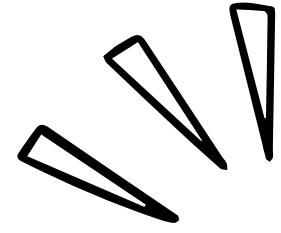




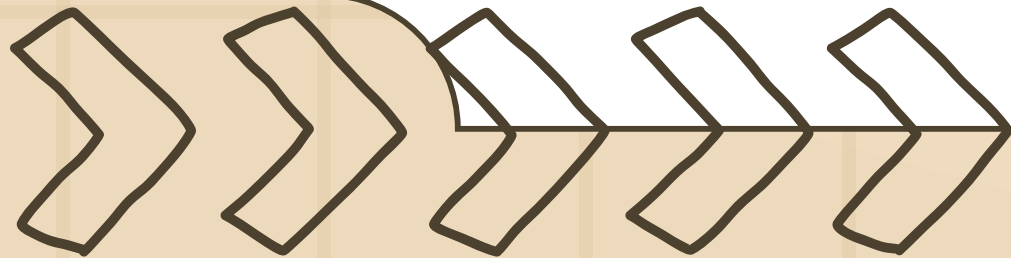
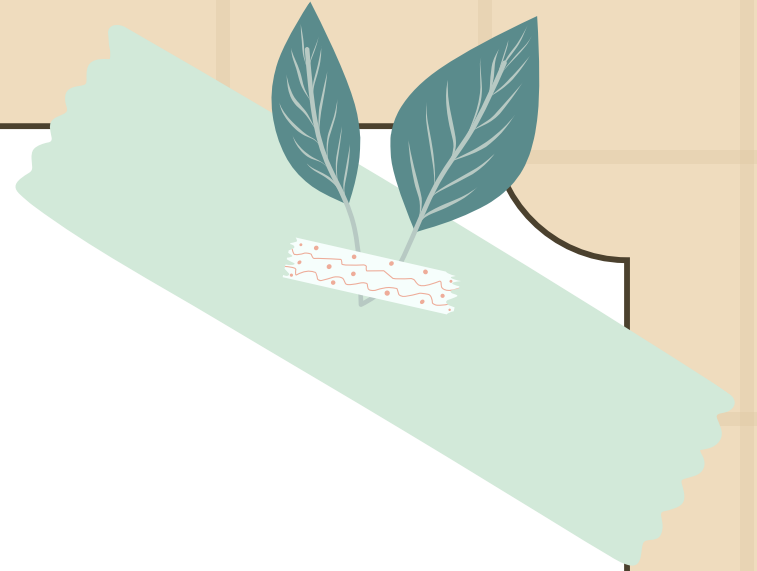
I'd like to explain how to make Nabe!



Four horizontal lines for writing, located on the right side of the page below the second image.



**I'll show
you how to
make it!!**



Let's make a Nabe!

01

FIRST, CUT THE INGREDIENTS.

- ENOKI MUSHROOMS
- SHIITAKE MUSHROOMS
- BOK CHOY
- JAPANESE LEEK
- RADISH
- MIZUNA
- TOFU
- CHICKEN'S BREAST

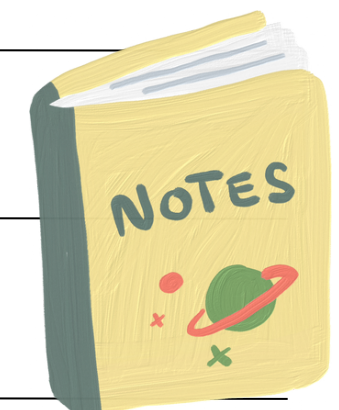


Let's make a Nabe! ~~~~~

02

**SECOND, TAKE THE
SOUP STOCK FROM
CONBU.**

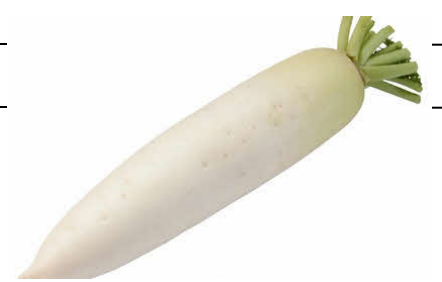
**It's good to take the soup
stock while cutting the
ingredients**



Let's make a Nabe!

03

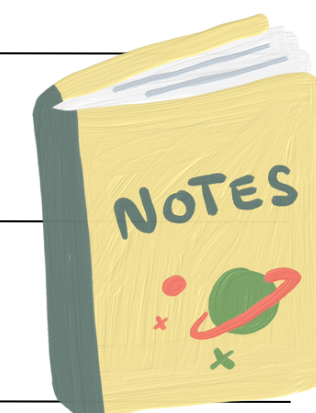
**THIRD, PUT IN ALL
INGREDIENTS**

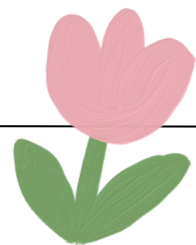


Let's make a Nabe!

04

**FOURTH PUT
PONZU SAUCE
IN DASHI.**





THANK YOU

