


	日本語	英語	中国語(簡体字)	中国語(繁体字)	韓国語
名前 name	アサリ	Japanese littleneck	蛤蜊	蛤蜊	바지락
	<p>日■「<sup>あさ</sup>る」から名がついた、潮干狩りの主役的存在。タウリンを豊富に含む。</p> <p>英■Its Japanese name asari originates from the verb asaru, meaning "to hunt/harvest." This is the signature species for recreational clamming and is rich in taurine.</p> <p>簡■蛤蜊的日语发音(asari)源于“打渔”(asaru)一词，是海边人们赶海时收获最多的水产品。富含牛磺酸。</p> <p>繁■蛤蜊的日语发音(asari)源于“打渔”(asaru)一词，是海边人们赶海时收获最多的水产品。富含牛磺酸。</p> <p>韓■'아사루'에서 이름 붙여진 조개개기의 주역 아사리(바지락). 타우린이 풍부.</p>				

代表的な惣菜 Well-known Dishes 典型的配菜 대표적인 반찬	アサリのしぐれ煮	Japanese littleneck shigure-ni	蛤蜊时雨煮	蛤蜊時雨煮	바지락살 시구레니
	アサリのむき身を使い、生姜を加え甘辛く煮た佃煮の一種。さまざまな風味が口の中を通り過ぎることを時雨が一時的に降る様子に見立てられ名づけられた。	This is a kind of tsukudani in which shelled Japanese littlenecks are simmered in soy sauce and mirin with some ginger until they are intensely sweet and salty. The cooking method is called shigure-ni in Japanese. Shigure refers to the light rain showers seen in late autumn to early winter in Japan and is a metaphor for how a variety of flavors are sensed in one's mouth when eating this dish.	加入生姜、砂糖和酱油炖煮蛤蜊肉。百种风味在口中窜动，正如瓢泼时雨(阵雨)骤然落下，故得其名。	加入生姜、砂糖和酱油燉煮蛤蜊肉。百種風味在口中竄動，正如瓢潑時雨(陣雨)驟然落下，故得其名。	바지락살에 생강을 넣고 달짝지근하게 졸인 것. 다양한 풍미가 입안을 스쳐 지나가는 것을 늦가을 비가 잠시 내리는 모습에 빗대어 이름 붙였다.

調理方法 Cooking Methods 烹饪法 조리방법	和えた	Tossed/Mixed with	拌	拌	무친
	揚げた	Deep-fried	炸	炸	튀긴
	炒めた	Stir-fried	炒	炒	볶은
	漬けた	Marinated	腌	腌	절인
	煮た	Simmered	煮	煮	졸인
	干した	Dried	干	幹	말린
	蒸した	Steamed	蒸	蒸	찐
	焼いた	grilled	烘烤	烘烤	구운
	茹でた	Boiled	焯	焯	삶은
	刺身	Sashimi	刺身	刺身	생선회
	燻製	Smoked	熏制	熏制	훈제

味付け Flavoring 调味 양념	からし	Japanese mustard	黄芥末	黄芥末	겨자
	ケチャップ	Ketchup	番茄酱	番茄醬	케첩
	酒	Sake (rice wine)	酒	酒	맛술
	砂糖	Sugar	砂糖	砂糖	설탕
	塩	Salt	盐	鹽	소금
	醬	Fermented paste	酱	醬	장
	酢	Vinegar	醋	醋	식초
	醤油	Soy sauce	酱油	醬油	간장
	ソース	Worcestershire sauce	酱汁	醬汁	소스
	出汁	Broth	高汤	高湯	육수
	マヨネーズ	Mayonnaise	蛋黄酱	蛋黃醬	마요네즈
	味噌	Miso (fermented soy bean curd)	味噌	味噌	된장
	みりん	Mirin (sweet cooking rice wine)	味淋	味淋	미림
	めんつゆ	Noodle soup base	冷面汁	冷面汁	멘쯔유
	わさび	Wasabi	芥末	芥末	와사비