

2020年9月

酸味 香り

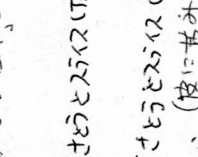
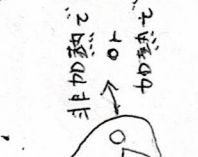
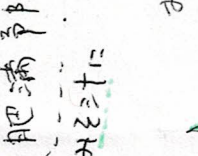
by 加藤 30歳 計画

可だちは 徳島産の 酢みかん  
徳島で 98% 作られている

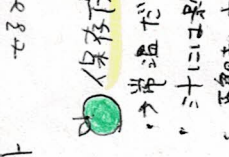
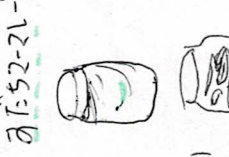
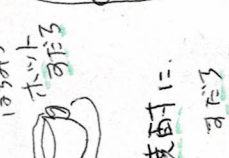
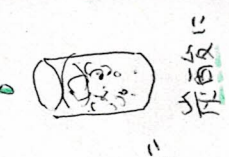
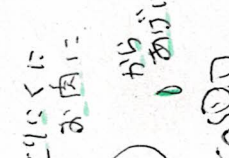
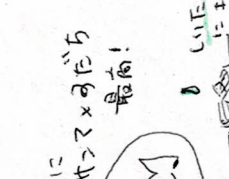
時期 10月7~8月  
産地 主に 9月  
可だちを 食べたものは 可だち酢という

### 可だちの 7つ 使い方

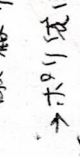
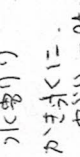
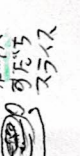
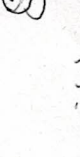
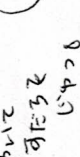
いろいろなものに 使われて いる



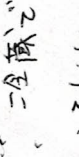
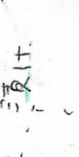
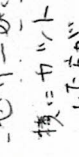
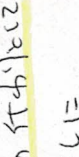
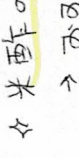
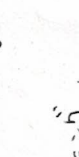
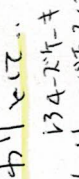
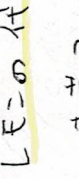
ニシイテ 和身 煮物



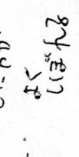
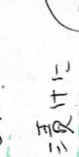
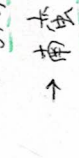
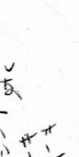
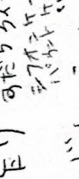
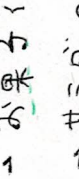
ポルマニ



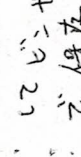
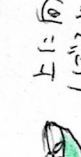
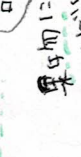
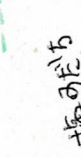
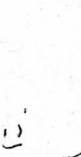
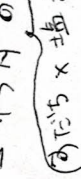
水克ま 魚に



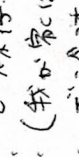
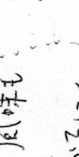
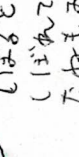
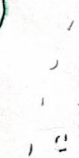
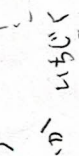
お菓子作り



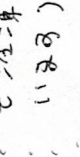
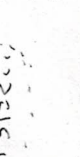
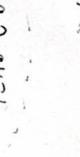
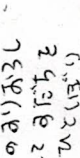
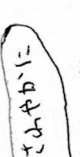
サウダの ドレッシング



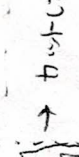
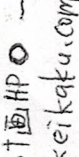
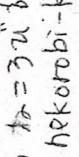
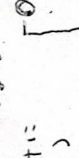
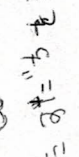
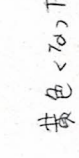
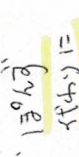
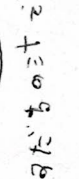
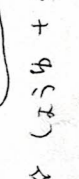
可だち x 塩シソウ



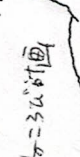
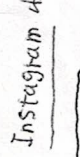
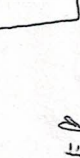
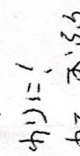
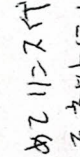
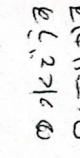
可だち x オイル x 塩



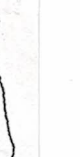
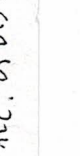
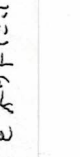
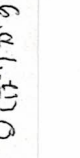
アボカドに じゃぶじゃぶ



★ (アボカド + 可だち) の汁で ぽんず 代わり



★ 黄色い 可だち 果汁を ネットに かけて 絞る



★ 加とうご 計画 HP



hekoroobi-keikaku.com Instagram 加とうご 計画



1W~10D  
非加熱で せつとろ だけ 可だち  
加熱で せつとろ だけ 可だち  
(粒にも 可だち がある)  
せつとろ だけ 可だち

保存方法  
→ 常温だと 黄色く なる  
汁には 果糖 含有量が 高くて 酸味が 少ない  
→ ポリ袋に入れて 冷蔵で 1ヶ月  
→ それ以上の 保存は しない  
→ ビンや ペットボトル などで 保存  
(我が家は ペットボトル だけ 保存に して いる)

可だち 2-2L-1  
可だち 1-1L-1  
可だち 0.5L-1  
可だち 0.25L-1  
可だち 0.125L-1  
可だち 0.0625L-1

上に 向けて 絞ると 風味が たおま みるみる

可だち 2-2L-1  
可だち 1-1L-1  
可だち 0.5L-1  
可だち 0.25L-1  
可だち 0.125L-1  
可だち 0.0625L-1