







(otsukuri yuba cooking recipe) Fried like a tempra, Sashimi(raw) Grilled (on the sauce after grilled by japanese dengaku style)





(やみーずの長寿・料理長ゆば調理例) やみーずのステーキなゆば調理例



(steak yuba) for steak (ryoricho yuba) yuba donburi (bowl of rice with yuba on top)











(salad yuba cooking recipe) with ponzu sauce(vinegaer and pressed juice from bitter orange, By topping on the salad, putting jam on the yuba as yogurt)





(やみーずのとろろゆば調理例)



(tororo yuba) sushi, chawan-mushi. isobeage









(sushineta yuba) scallop wrapped by shushi neta yuba,for sushi, kimuchi with yuba mixed it



(kakouyou yuba) fish cake rolled by yuba, raw fish ralled by yuba.

We are able to eat yuba as raw-fresh food. (even no cooking) Our yuba was adopted as the baby food by some food company in Japan.