

Information about shumai and takoyaki essay



**ASSIGN
BUSTER**

Tokomak or *F?) is a ball-shaped Japanese snack made of a wheat flour-based batter and cooked in a special tokomak pan. It is typically filled with minced or diced octopus, tempura scraps (tensest), pickled ginger, and green onion. [1] [2] Tokomak are brushed with tokomak sauce, a sauce similar to Worcestershire sauce, and mayonnaise. The tokomak is then sprinkled with green leaver (minor) and shavings of dried bonito(ostentatious). Tokomak was first popularized in Osaka,[3] where a street vendor named Domestic End is credited with its invention in 1935.

Tokomak inspired backshifts, a small round dumpling from the city of Shakes in Yoga Prefecture made of an egg-rich batter and octopus. They are suitable for any occasions (including children's parties or menus), easy to eat, visually interesting and it is a brand new concept of finger food. Shush maim is a type of traditional Gentlemanliness served in dim sum. It is considered a light meal that is similar to the Chinese Dim Sum

Calories | 100 | Sodium | 460 MG | Total Fat | log | Potassium | Omg | Saturated | 1 g | Total Crabs | 9 g | Polyunsaturated | Go | Dietary Fiber | Go |

Monounsaturated | Go | Sugars | 2 g | log | Protein | 18 g | Trans Cholesterol | 55 MG | Vitamin A | Calcium | Vitamin C | Iron | 10% | Tokomak is a traditional Japanese cuisine that literally translates to "fried octopus balls". It is claimed that the dish originates from Osaka, Japan and through popularity has reached other parts of Asia and eventually found notoriety in Western cuisine. First a savory batter is made and poured into a specially crafted tokomak pan that consists of deep half circles. The typical filling is diced or whole baby octopus, pickled ginger and green onions.

When made in restaurants or by store vendors you can observe them flipping or turning the batter in the McCollum with long skewers or chopsticks until a solid sphere of cooked dough is formed. When served, it is often topped with flavors such as tokomak sauce, mayonnaise, sesame, soy, bonito flakes among many. Here is the nutrition information: * Calories in Tokomak: 1 ball (egg) * Energy: 70 calories * Protein: 3 g * Crabs: 7 g * Fat: 4 g Freer octopus The typical portion of Tokomak is 6 fried balls! That meaner, for only egg of food you will consume 420 calories!

That's quite a lot of calories per gram. The damage is done in the frying. So much oil is used during preparation. You can also add more calories and fat in the modern day sauces that are added such as mayonnaise (1 tablespoon mayo has approximately 80 calories) The filling and batter is not too bad, but it's just the frying and high calorie toppings that make this such an unhealthy choice. My advice is that if you are hungry, try to choose a more filling and low calorie option that is not fried from the food court. It may be best to share this with friends instead.

Sis maim are steamed dumplings from southeast China, often served as a snack food. Sis maim are also a popular item on a Dim Sum menu, which is a Cantonese tradition of eating small servings of foods with afternoon tea. However you enjoy your Sis mat, knowing its nutrition information can help you balance your intake for weight control. Calories A traditional Sis maim dumpling is filled with pork and shrimp, but you can also find these dumplings filled with vegetables or chicken. The nutrition information varies with the different types. One traditional Sis maim contains 58 calories, one vegetable