



## NUTMEG

ナツメグ

LET'S MAKE  
DELICIOUS FOOD  
FOR OURSELVES  
FOR OUR FAMILY.



## PARSLEY

パセリ

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## SAFFRON

サフラン

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## BASIL

バジル

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## SESAME

ゴマ

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## SOY SAUCE

しょうゆ

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## SOURCE

ソース

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## SALAD OIL

サラダオイル

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## OLIVE OIL

オリーブオイル

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