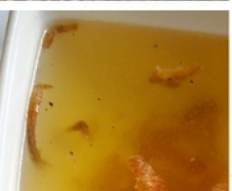




# JAPANESE COOKBOOK FOR BEGINNERS







# JAPANESE COOKBOOK FOR BEGINNERS



# **japanese cookbook for beginners**

# Table of Contents

---

[Ahi Poketini](#)

[Authentic Miso Soup Recipe](#)

[Bacon Ramen-oni and Cheese](#)

[Beef Ramen Stir Fry.](#)

[Beef Stir-Fry with Soba Noodles](#)

[Beef Sukiyaki Recipe](#)

[Benihana Japanese Fried Rice](#)

[Best Pork Tonkatsu](#)

[Brown Rice Veggie Sushi Bowl With Fat Free Spicy Mayo](#)

[California Roll Stack](#)

[California Rolls with Brown Rice](#)

[California Sushi Bites](#)

[Chicken & Egg Rice Bowl / Oyako-Don](#)

[Chicken and Sweet Potato Rice](#)

[Chicken Katsu Recipe](#)

[Chicken Teriyaki](#)

[Chicken Yakisoba Recipe](#)

[Chicken Yakitori with Soba Salad](#)

[Cucumber Seaweed Salad](#)

[Easy Chahan - Japanese Fried Rice](#)

[Easy Japanese beef mince stir-fry.](#)

[Easy Japanese Chicken Wings](#)

[Easy Japanese Roast Recipe](#)

[Easy Japanese Steakhouse Soup Recipe](#)

[Easy Japanese-Style Vegan Collard Greens Recipe](#)

[Fish Teriyaki with Sweet-and-Sour Cucumbers](#)

[Furikake \(Japanese Rice Seasoning\)](#)

[Fusako's Japanese Ham Rice](#)

[Garlic Fried Rice](#)

[Garlicky Shrimp and Soba Noodles](#)

[Garlicky Shrimp Ramen](#)

[Ginger Beef Stir-Fry with Ramen](#)

[Ginger Rice Balls](#)

[Glazed Salmon Miso Soup Rice Bowl](#)

[Godzilla Mac and Cheese](#)

[Green Tea over Rice](#)

[Green Vegetable Tempura](#)

[Grilled Beef-Tenderloin Skewers with Red-Miso Glaze](#)

[Hijiki Rice](#)

[Homemade Shoyu Ramen](#)

[Honey Mustard Dressing II Recipe](#)

[How to Cook Japanese Rice on Stove](#)

[How to Make Brown Rice Milk](#)

[Japanese Brown Rice](#)

[Japanese Chicken-Scallion Rice Bowl](#)

[Japanese Country-Style Miso and Tofu \(Hiya Shiru\) Recipe](#)

[Japanese Curry Recipe](#)

[Japanese Fried Chicken \(Chicken Karaage\)](#)

[Japanese Ginger Pork](#)

[Japanese Grilled Chicken, Fragrant Rice and Stir-Fry Veggies](#)

# Ahi Poketini

## Ingredients

---

8 ounces fresh sashimi grade ahi, 1/2 inch diced

1 avocado , 1/2 inch diced

1 pinch shichimi togarashi

2 tablespoons hawaiian red sea salt

2 tablespoons soy sauce

1/2 teaspoon rice wine vinegar

1 ounce ogo, chopped (optional)

1 teaspoon sriracha sauce

1 teaspoon truffle oils

1 teaspoon rayu (hot sesame seed oil)

1 teaspoon furikake

1 teaspoon white sesame seeds

1/2 cup kewpie mayonnaise

1/4 cup wasabi

1/2 cup water

2 limes, juiced

salt & pepper, to taste

## Directions

---

1. Gently toss ingredients together in only slightly mixing bowl. Season with salt & pepper.

1. In only slightly bowl, whisk together wasabi powder & water to create a loose paste. Add mayonnaise and continue steadily to whisk until smooth. Add limejuice and honey. Season with black pepper to taste.

2. Coat the within of a chilled martini glass with wasabi aioli. Place slightly mound of ahi & avocado mixture in center of glass.

# Authentic Miso Soup Recipe

## Ingredients

---

4 cups water

1 (4 inch) piece dashi kombu (dried kelp)

1/2 cup bonito flakes

1/2 (12-ounce) package tofu , cut into chunks

1 teaspoon dried wakame

3 tablespoons miso paste

1/4 cup chopped green onions

## Directions

---

The first step 1 Heat water in a big pot over low heat. Add kombu and cook before mixture just begins to simmer. Stir in bonito flakes until combined. Remove pot from heat and let dashi sit, uncovered, for 5 minutes. Strain and set aside.

Second second step 2 Heat 3 1/2 cups dashi in a pot over medium heat. Add tofu and wakame; stir to combine. Remove 1 cup warmed dashi to slightly bowl and whisk in miso paste. Pour miso mixture back again to the pot with remaining dashi. Stir until warmed through. Serve garnished with chopped green onions.



# Bacon Ramen-oni and Cheese

## Ingredients

---

- 6 slices bacon , roughly chopped
- 1 1/2 cups crushed ketchup chips
- 2 1/2 cups grated strong cheddar cheese, divided
- 4 (27-ounce) packages ramen noodles
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups 2% milk
- 2 tablespoons miso paste
- 1 tablespoon dijon mustard
- 1 green onion , sliced (optional)
- 1 red chili, sliced (optional)

## Directions

---

1. Heat bacon in a 8-inch cast iron pan over medium. Fry until crisp, shaking the pan intermittently, about 7 minute.
2. Remove bacon with a slotted spoon and reserve on a paper towel lined plate. Pour out the rendered fat from the pan and discard.
3. Return heat to medium and place crushed ketchup chips in pan with remaining fat layer. Stir chips until lightly toasted, around three minutes.

4. Remove from heat and transfer to a bowl. Stir 1/2 cup of grated cheddar cheese in the bowl with the crushed chips. Wipe pan clean with paper towel.
5. Preheat oven to 400°F.
6. Bring a big pot of water to boil over temperature. Place ramen noodles in water until cooked al dente, around three minutes. Drain water and set noodles aside.
7. Combine butter and flour in the same cast iron pan over medium-high heat. Stir with a whisk until mixture is light brown, about 2 minutes.
8. Pour in milk and whisk to remove any clumps of flour.
9. Reduce heat to medium and continue to stir until mixture has thickened enough to coat the trunk of a spoon, about 5 minutes.
10. Stir in miso paste and mustard. Place remaining 2 cups of cheese in milk mixture and cook until cheese is melted through and sauce is thick, about 2 minutes.
11. Stir in noodles and bacon to coat with sauce. Remove from heat and sprinkle crushed chip and cheese mixture over noodles. Bake in oven until cheese is melted and blistering, about 20 minutes. Remove from oven and garnish with green onions and red chili. Serve immediately.

# Beef Ramen Stir Fry

## Ingredients

---

1 tablespoon vegetable oil

1 large onion , chopped

1 red bell pepper, chopped

1/2 head broccoli , cut into florets

1 large carrot, cut into half moons

1 pound . ground beef

1/4 cup soy sauce

1 tablespoon brown sugar

1 tablespoon apple cider vinegar

2 teaspoons sriracha

1 clove garlic , minced

2 packets ramen noodles, seasoning packets discarded

sliced green onions , for garnish

## Directions

---

In a big skillet over medium heat, heat oil. Add onions, peppers, and broccoli and cook until tender, 10 minutes. Add ground beef and cook until forget about pink, 5 minutes more. Drain fat. Make sauce: Whisk together soy sauce, brown sugar, apple cider vinegar, Sriracha, and garlic. In a medium saucepan, bring water to a boil. Add cooked ramen noodles

and cook until tender, 2 minutes. Drain. Add cooked ramen noodles to skillet and pour over sauce. Toss until completely combined, then garnish with green onions and serve.



# Beef Stir-Fry with Soba Noodles

## Ingredients

---

8 ounces soba noodles

vegetable oil

1/2 pound . green beans , trimmed and cut into 1”  
pieces

3 tablespoons soy sauce

2 tablespoons brown sugar

1 tablespoon rice vinegar

1 teaspoon mustard powder

3 tablespoons cornstarch , divided

1 pound . flank steak, thinly sliced

kosher salt

freshly ground black pepper

2 cloves garlic , minced

1/2 cup chopped onion

1 tablespoon grated fresh ginger

1/2 cup chopped green onions

## Directions

---

In a large pot loaded with water, cook soba noodles according to package instructions. Drain noodles, reserving water, and transfer to a bowl. Drizzle with vegetable oil and toss together; reserve. Create bowl of cold water with ice. Cook green beans in soba noodle water for 2 minutes. Drain and rinse under cold water; transfer to ice bath. Meanwhile in just a little bowl stir together soy sauce, brown sugar, rice vinegar and mustard powder. In another normal size bowl mix together 2 tablespoons cornstarch and 1/4 cup water. Reserve. Rinse and pat dry beef. In a mixing bowl, season with salt and pepper then toss in addition to remaining tablespoon cornstarch until well coated. In a big sauté pan over medium-high heat, add 2 tablespoons vegetable oil. When pan is hot however, not smoking add beef and cook for 2 minutes on each side. Cook in two batches, then transfer to a plate. Add 1 teaspoon vegetable oil to sauté pan over medium-low heat. Cook garlic, onions and ginger for 2 minutes. Pour in sauce and stir in drained green beans and beef; increase to medium-high heat. Stir cornstarch slurry and pour into pan. Mix until everything is well coated and toss in addition to soba noodles. Transfer to bowls and garnish with green onions.

# Beef Sukiyaki Recipe

## Ingredients

---

- 1 1/2 cups prepared dashi stock
- 3/4 cup soy sauce
- 3/4 cup mirin
- 1/4 cup white sugar
- 8 ounces shirataki noodles
- 2 tablespoons canola oil
- 1 pound beef top sirloin, thinly sliced
- 1 onion , thinly sliced
- 1 tablespoon canola oil
- 2 stalks celery , thinly sliced
- 2 medium (blank)s carrots, thinly sliced
- 5 eaches green onions , cut into 2 inch pieces
- 4 ounces sliced fresh mushrooms (button, shiitake, or enoki)
- 1 (14-ounce) package firm tofu , cut into cubes

## Directions

---

The first step 1 Combine dashi, soy sauce, mirin, and sugar in a bowl and reserve.

Second step 2 Soak noodles in boiling water for 1 minute. Drain and rinse under cold water.

Third step 3 Heat 2 tablespoons canola oil; cook and stir beef in the hot oil until forget about pink, 2-3 minutes. Drain and set aside.

Step 4 Heat 1 tablespoon canola oil in the skillet; cook and stir onion, celery, carrot, and mushrooms until softened, about 4 minutes. Stir in green onions, and dashi mixture, noodles, beef, and tofu. Bring to a simmer. Divide hot sukiyaki among four bowls and serve.



# Benihana Japanese Fried Rice

## Ingredients

---

4 cups cooked rice or 1 cup uncooked rice

1 cup frozen peas , thawed

2 tablespoons carrots, finely diced

2 eggs, beaten

1/2 cup onion , diced

1 1/2 tablespoons butter

2 tablespoons soy sauce

salt

pepper

## Directions

---

Cook rice following instructions on package (Bring 2 cups water to a boil, add rice and a dash of salt, reduce heat and simmer in covered saucepan for 20 minutes).

Pour rice in to a large bowl to permit it cool in the refrigerator.

Scramble the eggs in just a little pan over medium heat.

Separate the scrambled chunks of egg into small pea-size bits while cooking.

When rice has cooled to near room temperature, add peas, grated carrot, scrambled egg and diced onion to the bowl.

Carefully toss all of the ingredients together.

Melt butter in a big frying pan over medium/high heat.

When butter has completely melted, dump the bowl of rice and other ingredients into the pan and add soy sauce in addition to a dash of salt and pepper.

Cook rice for 6-8 minutes over heat, stirring often.

# Best Pork Tonkatsu

## Ingredients

---

4 1/2 4 (1/2"-thick) lean boneless pork loin chops (about 5 oz. each)

kosher salt

freshly ground black pepper

2 large eggs, lightly whisked

1 cup all-purpose flour

2 cups panko bread crumbs

4 tablespoons vegetable oil

4 cups very thinly sliced green cabbage , for serving

tonkatsu sauce , for serving

cooked white rice, for serving

lemon wedges, for serving

## Directions

---

Make small cuts inward through the fat cap on each little pork; this assists it from curling as you fry it. Copping with one loin simultaneously, lay pork between 2 items of plastic wrap or in a resealable plastic gallon bag and placed on a cutting board. Use a meat tenderizer or rolling pin to flatten to 1/4" thickness. Season on both sides with salt and pepper. Place eggs, flour, and panko in 3 separate shallow bowls. Copping with individually, dip pork loin into flour, then eggs, and panko, pressing to coat. In a big skillet over medium heat, heat oil. Used in batches, add pork and cook until golden and

cooked through, 2-3 3 minutes per side, adding more oil when needed. Drizzle with tonkatsu sauce and serve with rice, shredded cabbage, and lemon wedges.



# Brown Rice Veggie Sushi Bowl With Fat Free Spicy Mayo

## Ingredients

---

2 cups cooked brown rice or 2 cups cooked quinoa

1/2 medium avocado , diced

1/4 cup carrot, shredded

1/4 cup cucumber , julienned

soy sauce (to taste)

3 tablespoons plain fat free greek yogurt

sriracha hot sauce

## Directions

---

Cook rice according to package instructions. Serve in bowl topped with shredded carrots, diced avocado, and julienned cucumber. Season with soy sauce and top with a dollop of fat-free spicy mayo.

Spicy Mayo Recipe: Stir 3 tbsp of plain, fat-free Greek yogurt in with desired amount of Sriracha.

# California Roll Stack

## Ingredients

---

2 teaspoons rice wine vinegar

1 cup cooked frozen rice

8 ounces jumbo lump crab meat

4 teaspoons mayonnaise

1 teaspoon sriracha (optional)

kosher salt

1 avocado , lightly mashed

juice of 1/2 lime

1 small cucumber , diced

1 teaspoon freshly chopped  
chives

2 teaspoons toasted sesame seeds

soy sauce , for serving

## Directions

---

Stir rice wine vinegar into rice and fluff with a fork. Let cool to room temperature if the rice is still warm. In just a little bowl, combine crab, mayonnaise and Sriracha (if using), and season with salt. In another normal size bowl, add avocado and lime juice and mash to slightly combine. To construct, grab a big dry measuring cup. (We used a 2-cup measuring cup first big serving, but a 1-cup measuring cup will work equally well). Pack some of the cucumber into the bottom of the cup to

make a straight layer. (The total amount you utilize depends on the length of the measuring cup.) Sprinkle chives at the very top. Next, spoon in the avocado and press down with a spoon to make the layer compact. Then add of the crab meat mixture in a even layer, then add the seasoned rice until it's slightly above the rim of the measuring cup. Press down with a spoon to make sure all layers are compact. Run a butter knife along the edge of the measuring cup. Place just a little plate together with the measuring cup and invert the cup onto the plate. Carefully get rid of the measuring cup to reveal the sushi stack. Repeat with remaining ingredients to create three more stacks. Garnish with toasted sesame seeds and serve with soy sauce.

# California Rolls with Brown Rice

## Ingredients

---

1 1/2 cups (375 ml) uncle ben's® wholegrain brown rice

1 tablespoon (15 ml) rice wine vinegar

1 tablespoon (15 ml) granulated sugar

3/4 teaspoon (4 ml) salt

8 nori sheets

1/2 english cucumber , cut into matchsticks

1 avocado , thinly sliced

8 pieces leg-style imitation crab

soy sauce, wasabi and pickled ginger

## Directions

---

1. Prepare the UNCLE BEN'S® Wholegrain Brown Rice without butter and salt; cool slightly. Combine the vinegar, sugar and salt in just a little bowl. Microwave for 45 to 60 seconds or until sugar is dissolved. Gently stir the vinegar mixture into the rice.
2. Lay a sheet of parchment paper on a set surface. Trim the nori so it's width matches the length of the crab; placed on the parchment. Spread about 1/2 cup (125 mL) rice over the nori, leaving a 1-inch (2.5 cm) strip towards the top.
3. Arrange cucumber, avocado and crab meat along underneath of the nori. Make use of the parchment to tightly roll the nori over the filling in to a log. Brush water outrageous strip of nori to help it adhere; cut into 4 portions. Repeat with

remaining ingredients. Serve with soy sauce, wasabi and pickled g

# California Sushi Bites

## Ingredients

---

1 avocado

1 juice of 1 lemon

1 large cucumber , sliced into 1/4" coins

8 ounces lump crabmeat

1/2 cup mayonnaise

2 teaspoons sriracha

3 green onions , thinly sliced (plus more for garnish)

sesame seeds, for garnish

soy sauce for serving

## Directions

---

Thinly sliced avocado then toss slices in lemon juice. Top each cucumber slice with avocado and season with salt and pepper. In a medium bowl, combine crabmeat, mayonnaise, Sriracha, and green onions. Season with salt and pepper, and squeeze more lemon juice into the mixture, if desired. Top each cucumber sliced with just a little scoop of the crab mixture. Sprinkle sesame seeds over each serving. Serve with soy sauce.

# Chicken & Egg Rice Bowl / Oyako-Don

## Ingredients

---

1/4 lb boneless chicken breasts or 1/4 lb chicken fillet

2 eggs

1/2 onion

1/3 cup mirin

1/2 tablespoon sugar

1/4 cup soy sauce

1/4 cup dashi stock

steamed rice

1 teaspoon chives

## Directions

---

Cut the chicken into chunks and slice the onion.

Heat the stock, then add soy sauce, mirin, and sugar, then allow it to boil.

Add the onion and chicken to the stock. Leave it before the chicken is cooked. Do not boil it too much.

Break the eggs into a bowl but separate one egg yolk and gently whisk.

Following the chicken is cooked, pour the egg (with egg white) over the chicken and onion. Leave it before the egg is cooked. Add the egg yolk and remove from heat.

Serve over the steamed rice and sprinkle the chives.



# Chicken and Sweet Potato Rice

## Ingredients

---

1 cup japanese rice

1 cup water

100 g ground chicken

1/4 teaspoon pepper

75 g sweet potatoes (1 piece)

1/4 teaspoon salt

## Directions

---

Start by washing the rice 1-2 times or before water used to completely clean the rice becomes clearer. Following last wash, use a strainer to drain the liquid completely then soak the rice in a cup of water for about 30 minutes.

Season about 100 grams of ground chicken with 25 percent25 % teaspoon of salt and 25 percent25 % teaspoon of pepper. Mix well leave it for approximately ten minutes which means chicken can absorb the flavors from the seasonings.

Wash the sweet potato carefully then slice it into smaller pieces, with regards to a centimeter cubes.

Following the rice, ground chicken and sweet potato are ready, you can put those ingredients in the microwave pressure cooker just like the water used to soak the rice. Add regards to 25 % teaspoon of salt then mix all the ingredients inside.

Cover the microwave pressure cooker then cook in the microwave for about 10 minutes using 600W. After 10 minutes, keep the microwave pressure cooker covered for 15

more minutes allowing the rest of the steam inside to maintain cook the rice and soften it.

After 15 minutes, get rid of the cover then mix ahead of serving.

# Chicken Katsu Recipe

## Ingredients

---

4 breast half, bone and skin removed (blank)s skinless,  
boneless chicken breast halves - pounded to 1/2 inch  
thickness

1 pinch salt and pepper to taste

2 tablespoons all-purpose flour

1 egg, beaten

1 cup panko bread crumbs

1 cup oils for frying, or as needed

## Directions

---

The first step 1 Season the chicken breasts on both sides with salt and pepper. Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.

Second step 2 Heat 1/4 inch of oil in a big skillet over medium-high heat. Place chicken in the hot oil, and cook 3 or 4 4 minutes per side, or until golden brown.

# Chicken Teriyaki

## Ingredients

---

1/3 cup low-sodium soy sauce

2 tablespoons rice wine vinegar

1 teaspoon sesame oil

1 1/2 tablespoons honey

2 cloves garlic , minced

2 teaspoons finely minced fresh ginger

2 teaspoons cornstarch

1 tablespoon vegetable oil

1 pound . boneless skinless chicken breasts , cut into 1”  
pieces

kosher salt

freshly ground black pepper

sesame seeds, for garnish

sliced green onions , for garnish

cooked white rice, for serving

steamed broccoli , for serving

## Directions

---

Make sauce: In a medium bowl, whisk together soy sauce, rice vinegar, oil, honey, garlic, ginger, and cornstarch. Make chicken: In a big skillet over medium heat, heat oil. Add chicken to skillet and season with salt and pepper. Cook until golden and almost cooked through, about 10 minutes. Pour sauce over chicken and simmer until sauce has thickened slightly and chicken is cooked through, 5 minutes. Garnish with sesame seeds and green onions. Serve over rice with steamed broccoli.

# Chicken Yakisoba Recipe

## Ingredients

---

2 tablespoons canola oil

1 tablespoon sesame oil

2 eaches skinless, boneless chicken breast halves - cut into bite-size pieces

2 cloves garlic , minced

2 tablespoons asian-style chile paste

1/2 cup soy sauce

1 tablespoon canola oil

1/2 medium head cabbage , thinly sliced

1 onion , sliced

2 carrot, (7-1/2")s carrots, cut into matchsticks

1 tablespoon salt

2 pounds cooked yakisoba noodles

2 tablespoons pickled ginger , or to taste

## Directions

---

The first step 1 Heat 2 tablespoons canola oil and sesame oil in a big skillet over medium-high heat. Cook and stir chicken and garlic in hot oil until fragrant, about 1 minute. Stir chile paste into chicken mixture; cook and stir until chicken is completely browned, 3 to 4 4 minutes. Add soy sauce and simmer for 2 minutes. Pour chicken and sauce in to a bowl.

Second step 2 Heat 1 tablespoon canola oil in the skillet over medium-high heat; cook and stir cabbage, onion, carrots, and salt in hot oil until cabbage is wilted, 3 to 4 4 minutes.

Third step 3 Stir the chicken mixture into the cabbage mixture. Add noodles; cook and stir until noodles are hot and chicken is forget about pink inside, 3 to 4 4 minutes. Garnish with pickled ginger.

# Chicken Yakitori with Soba Salad

## Ingredients

---

225 g soba buckwheat noodles

1/4 cup (60 ml) rice vinegar

3 tablespoons (45 ml) sesame oil

2 tablespoons (30 ml) soy sauce

4 cups (1 l) baby spinach

6 green onions , sliced

8 wooden skewers

2 (1 lb) boneless skinless chicken breasts

1/4 cup (60 ml) soy sauce

1/4 cup (60 ml) mirin

2 tablespoons (30 ml) unseasoned rice vinegar

1 tablespoon (15 ml) sugar

## Directions

---

1. Bring a big pot of water to a boil. Add soba and cook until tender, 6 to 8 min. Drain and rinse with cold water. Transfer to a big bowl.
2. Add remaining ingredients to soba and toss until noodles are coated and vegetables are distributed. Chill until ready to serve.



1. Slice chicken lengthwise into long, thin strips. Place in a medium bowl. Combine soy sauce with mirin, rice vinegar and sugar in just a little bowl. Add 1/4 cup soy mixture to chicken and toss to coat. Cover and refrigerate for just one hour.
2. Soak skewers in water for 30 min.
3. Bring remaining soy mixture to a boil in just a little pot. Cook for 6 to 8 min, or until thickened. Remove from heat and reserve.
4. Thread chicken onto skewers. Preheat BBQ or grill pan to medium temperature. Baste skewers with reserved sauce. Cook until grill marks appear and chicken is forget about pink, 2-3 min per side.
5. Remove from heat and drizzle with extra sauce. Serve with soba salad.

# Cucumber Seaweed Salad

## Ingredients

---

2 english cucumbers

1/3 cup (80 ml) vegetable oil

3 tablespoons (45 ml) rice vinegar

3 tablespoons (45 ml) cilantro , chopped

2 teaspoons (10 ml) sugar

1 teaspoon (5 ml) jalapeno, minced

1 6-inch square sheet dried seaweed

2 teaspoons (10 ml) roasted white and black sesame seeds

## Directions

---

1. Cut the cucumbers in two lengthwise. Remove seeds employing a spoon and discard. Cut into 1/4-inch slices on a diagonal.
2. Stir oil with vinegar, cilantro, sugar and jalapenos in a big bowl.
3. Slice seaweed sheet into thin, 1-inch strips and increase bowl.
4. Add cucumber and sesame seeds and toss to coat.
5. Let sit for 5 minutes then serve.

# Easy Chahan - Japanese Fried Rice

## Ingredients

---

400 g rice

1 egg

1 3 1 -3 long green  
onions

30 g carrots

40 g bacon

1 tablespoon soy sauce

1 tablespoon sake

salt

pepper

olive oil

## Directions

---

Chop long green onions, carrots, and bacon into little pieces.

Put 400g warm rice straight into a bowl and mix raw egg with it thoroughly, be sure the egg is coating the rice totally.

Fry the egg and rice mix with coconut oil in a frying pan.

When the rice starts to spatter, add those other ingredients except soy sauce and sake.

Fry all the contents.

Add soy sauce and mix it thoroughly.

Add sake and mix it thoroughly.

Lastly, add salt and pepper to taste.

# Easy Japanese beef mince stir-fry

## Ingredients

---

- 2 teaspoons sesame oil
- 1 large red capsicum, deseeded, finely chopped
- 2 zucchini, finely chopped
- 300 packets g superfood stir-fry vegetable mixes
- 500 g extra lean beef mince
- 2 garlic cloves, crushed
- 2 teaspoons finely chopped fresh ginger
- 2 tablespoons mirin
- 2 tablespoons salt-reduced soy sauce
- 2 teaspoons sesame seeds, lightly toasted
- 270 g (2 cups) steamed brown rice

## Directions

---

Heat half the oil in a big wok or frying pan over temperature. Add the capsicum, zucchini and stir-fry mix. Stir-fry for 2 minutes or until tender crisp. Transfer to a bowl.

Heat the other oil in the wok over temperature. Add the beef and stir-fry for 3 minutes or until browned. Add the garlic and ginger. Stir-fry for another minute or until aromatic.

Return the vegetable mixture to the wok with the mirin and soy sauce. Stir-fry for 1 minute or until heated through. Sprinkle with sesame seeds and serve with the rice.

# Easy Japanese Chicken Wings

## Ingredients

---

3 lbs chicken wings (cut in half)

2 eggs, beaten

1 cup flour

1/2 teaspoon garlic powder (can omit)

1/2 teaspoon cayenne pepper (or to taste, use only if you like spicy!)

1 cup butter

2 tablespoons vegetable oil

3 tablespoons soy sauce

3 tablespoons water

1 cup sugar

1/2 cup white vinegar

1 teaspoon accent seasoning (optional)

1/2 teaspoon salt

## Directions

---

Mix the flour with the cayenne pepper and garlic powder.

Heat butter and oil in a skillet until hot.

Dip the wings into the eggs, then into the flour mixture.

Fry the wings until deep brown and crisp, then transfer straight into a shallow roasting pan.

Mix all ingredients for the sauce.

Bake for about 30 mins at 350 degrees, spooning the sauce over the wings while baking.

Delicious!

# Easy Japanese Roast Recipe

## Ingredients

---

2 eaches onions , finely chopped

5 cloves garlic , minced

1 3 1/2 pounds 1 (3 1/2) beef roast

1 (14.5-ounce) can onion-flavored beef  
broth

1 1/3 cups rice wine

2/3 cup soy sauce

4 slices fresh ginger

2 tablespoons white sugar

1 pinch ground black pepper to taste

## Directions

---

The first step 1 Spread onions and garlic on underneath of a 5-quart slow cooker. Place roast towards the very best.

Second second step 2 Mix beef broth, rice wine, and soy sauce together in another bowl. Pour over the roast; add ginger slices. Sprinkle sugar and black pepper over roast.

Third third step 3 Cover and cook on Low, flipping 2-3 3 x, until roast pulls apart easily with a fork, 12 to 18 hours.



# Easy Japanese Steakhouse Soup Recipe

## Ingredients

---

3 cups chicken stock chicken stock

1 cup water water

1 tablespoon ginger root minced fresh ginger root

1 clove garlic garlic minced

2 tablespoons soy sauce soy sauce

2 chicken breast eaches skinless boneless chicken breast halves - cubed

1/4 pound snow peas fresh snow peas trimmed and halved

1 carrot carrot chopped

3 mushrooms medium (blank)s fresh mushrooms sliced

2 green onions eaches green onions chopped

## Directions

---

The first step 1 Bring the chicken stock, water, ginger, garlic, and soy sauce to a simmer in a big pot over medium-high heat. Stir in the chicken, and speak to a simmer. Reduce heat to medium-low, and continue simmering before chicken is tender just forget about pink inside, about quarter-hour.

Second second step 2 Stir in the snow peas and carrot, and simmer 5 minutes. Add the mushrooms, and continue simmering before vegetables are tender, around three minutes. Stir in the green onions, and serve.

# Easy Japanese-Style Vegan Collard Greens Recipe

## Ingredients

---

- 2 tablespoons asian (toasted) sesame oil
- 1 bunch collard greens, thinly sliced
- 3 tablespoons gomasio (such as eden organic foods®)
- 1 tablespoon mirin (japanese sweet wine)
- 2 cloves garlic , minced, or more to taste
- 1 pinch sea salt to taste

## Directions

---

The first step 1 Heat sesame oil in a big skillet or wok until sizzling; add collard greens, gomasio, and mirin. Cook until collard greens are tender, 3 to 5 5 5 minutes.

Second second step 2 Stir garlic into collard green mixture and cook just until garlic is fragrant, about 30 seconds; remove from heat. Season with additional sea salt if desired.

# Fish Teriyaki with Sweet-and-Sour Cucumbers

## Ingredients

---

1/2 small seedless cucumber

1 small daikon radish

1 clove garlic

1/2 cup unseasoned rice vinegar

1 tablespoon unseasoned rice vinegar

2 tablespoons granulated sugar

kosher salt

1/4 cup light brown sugar

1/4 cup low-sodium soy sauce

2 tablespoons low-sodium soy sauce

1 1/2 teaspoons . cornstarch dissolved in 1 tablespoon of water

4 skinless cod fillets

steamed rice

## Directions

---

Put the cucumber, daikon, and garlic in a heatproof bowl. In mere slightly saucepan, combine 1/4 cup plus 2 tablespoons of the rice vinegar with the granulated sugar and 1 teaspoon of salt and heat before sugar and salt are dissolved. Pour the brine

over the vegetables and gently squeeze the vegetables to soften them. Refrigerate until chilled, about quarter-hour. Meanwhile, preheat the broiler and position a rack 6 inches from heat. In the same saucepan, combine the brown sugar, soy sauce, and the dissolved cornstarch with those other 3 tablespoons of rice vinegar and bring to a boil, whisking before glaze is thickened, about 2 minutes. Dip the cod in the teriyaki glaze and transfer to a foil-lined rimmed baking sheet. Broil the cod for 10 to 11 minutes, without turning, basting often, before fish is glazed and cooked through. Transfer the cod to plates. Having a slotted spoon, transfer the sweet-and-sour cucumber salad to the plates. Drizzle any remaining teriyaki glaze over the fish and serve with rice.

# Furikake (Japanese Rice Seasoning)

## Ingredients

---

1/2 cup white sesame seeds

1/4 cup black sesame seed

2 teaspoons sea salt

1/3 cup sushi nori, cut into in small pieces  
(optional)

## Directions

---

In skillet, toast light and black sesame seeds and salt over medium-low heat, stirring constantly and shaking pan, until fragrant and must pop, about 4 minutes. Pour onto plate; let cool.

In clean coffee or spice grinder or using mortar and pestle, grind mixture, in batches, until slightly powdery with some whole seeds remaining, about 10 seconds. Store in airtight container for per month.

If adding nori, pulse about 1/3 cup into small pieces. Stir into prepared sesame mixture.

# Fusako's Japanese Ham Rice

## Ingredients

---

2 cups small cubed  
ham

3 carrots, grated

1 large onion, chopped

1 bell pepper, chopped

3 cups cooked rice

catsup

## Directions

---

Saute onions, carrots & peppers until tender but crunchy.

add ham & heat thoroughly.

add rice & mix well.

add enough catsup to carefully turn the rice pink.

# Garlic Fried Rice

## Ingredients

---

4 cups cooked rice (cold)

10 garlic cloves, crushed

5 small chili peppers, crushed  
(optional)

1 chicken bouillon cube

4 eggs, lightly beaten

1/3 cup oil (for frying)

salt and pepper

sliced tomatoes

sliced cucumber

## Directions

---

Heat oil in frying pan.

Add garlic and chili, fry till fragrant.

Add chicken cube, and stir for few minute.

Add eggs and stir till it cook (like scrambled egg).

Add rice, salt and pepper and fry for a few minute.

Served hot garnished with sliced tomato and cucumber.

# Garlicky Shrimp and Soba Noodles

## Ingredients

---

12 ounces soba noodles

1 pound . medium shrimp , peeled and deveined

kosher salt

freshly ground black pepper

1/4 cup extra-virgin olive oil

3 pieces ginger , peeled and cut into matchsticks

1 bunch scallions, cut into 1” pieces

3 garlic cloves, thinly sliced

2 tablespoons low-sodium soy sauce

2 tablespoons dry white wine

2 tablespoons honey

2 tablespoons sesame oils (optional)

## Directions

---

In a big pot of boiling water, cook soba noodles according to package directions. Season shrimp with salt and pepper and reserve. Meanwhile, in a big skillet over temperature, heat oil. Add ginger and cook until softened and flavor infuses oil, 5 minutes. Reduce heat to medium-high and add scallions and garlic. Cook, stirring in order to avoid garlic from burning, 2



minutes. Add shrimp and sear on both sides until just barely pink. Transfer to a plate. Add soy sauce, wine, and honey to skillet. Bring to a boil, then reduce to a simmer until mixture becomes a thick sauce, about 5 minutes. Add shrimp and noodles and toss. Drizzle with sesame oil (if using) and serve.

# Garlicky Shrimp Ramen

## Ingredients

---

3 packages instant ramen, flavor pack discarded

1 tablespoon vegetable oil

1 pound . shrimp

kosher salt

freshly cracked black pepper

1 tablespoon sesame oil

2 garlic cloves, minced

1 teaspoon minced ginger

1/2 cup soy sauce

1/4 cup brown sugar

juice of 1 lime

2 teaspoons sriracha

1 cup vegetable broth

1 large head broccoli , cut into florets

1 red bell pepper, cut into thin slices

2 green onions , thinly sliced

## Directions

---

Cook ramen noodles according to package instructions. Drain and reserve. In a big skillet over medium-high heat, heat vegetable oil. Season shrimp with salt and pepper and cook until pink and opaque, about 2 minutes per side. Reduce heat to medium-low. Add sesame oil to skillet and stir in garlic and ginger. Cook until fragrant, about 1 minute. Add soy sauce, brown sugar, vegetable broth, lime juice and Sriracha. Bring mixture to a boil, reduce heat and simmer before sauce is thickened, about 5 minutes. Add broccoli and bell peppers and cover the skillet with a tight-fitting lid and cook before vegetables are tender, about 5 minutes. Return shrimp to skillet and stir until completely coated in sauce. Stir in cooked ramen noodles and green onions. Serve with Sriracha.

# Ginger Beef Stir-Fry with Ramen

## Ingredients

---

3/4 cup low-sodium soy sauce

1 tablespoon rice vinegar

1 garlic clove, minced

2 inches fresh ginger , minced

1 teaspoon crushed red chili flakes

1 pound . flank steak, sliced

1 large carrot, sliced

1/4 pound . green beans , trimmed

2 packs cooked ramen noodles, seasoning packets discarded

## Directions

---

In a medium bowl, combine soy sauce, rice vinegar, ginger, garlic, and red chili flakes. Heat a big skillet over medium-high heat until hot. Toss steak in oil and increase skillet. Sear 3 minutes per side, then let rest on a cutting board. Add carrots, green beans, and sauce to skillet and stir until combined. Let simmer until tender, 5 minutes, then add beef and ramen noodles. Serve.

# Ginger Rice Balls

## Ingredients

---

2 cups cooked sushi rice (i recommend [minado's perfect sushi rice](#))

1/4 cup soy ginger glaze (see recipe 199469)

1/4 cup pickled ginger

1 tablespoon sesame seeds

## Directions

---

Form sushi cakes either having a rice mould or the hands (make sure that you wet them first).

Make slightly hole in the cake and fill with 2 slices sushi ginger.

Re-seal hole and let rest for 5 minutes.

Heat grill.

Glaze rice ball and sprinkle with a few sesame seeds. Grill until golden. Turn, glaze and grill.

scoff, yum.

# Glazed Salmon Miso Soup Rice Bowl

## Ingredients

---

3 tablespoons soy sauce

2 teaspoons brown sugar

1 teaspoon lemon juice

8 ounces skin-on salmon fillet (preferably wild-caught)

3 coins ginger , smashed

2 scallions, green tops thinly sliced and white bottoms halved

1/2 cup yellow miso

8 shiitake mushrooms, stems removed and caps sliced

2 heads baby bok choy, cut into 1/2-inch pieces

4 cups cooked rice, hot

6 sheets roasted seaweed snack, cut into thin strips with shears

toasted sesame seeds, for garnish

sambal or other hot chili sauce, for serving, optional

## Directions

---

1. Preheat a broiler with a rack set 4 inches from the heating element. Line a baking sheet with foil.

2. Whisk together 2 tablespoons of the soy sauce, the sugar and lemon juice in a medium bowl. Add the salmon and coat

on all sides. Marinate at room temperature for 10 minutes, turning the salmon periodically. Place the salmon skin-side down on the prepared baking sheet. Broil until just cooked through, 4 to 8 minutes, predicated on the thickness of the fillet. Cool enough to handle, then flake off bite-size the different parts of salmon with a fork.

3. Combine 6 cups water, those other 1 tablespoon soy sauce, the ginger and scallion whites in a big saucepan. Bring to a boil and reduce to a simmer. Simmer for 10 minutes. Get rid of the ginger and scallions with a slotted spoon and discard. Whisk in the miso. Add the mushrooms and bok choy, and cook before mushrooms are tender and the bok choy leaves wilt, about 2 minutes.

4. Mound 1 cup of the hot rice into four bowls. Ladle the vegetables and miso broth around the rice. Top each with some flaked salmon, sliced scallion greens, seaweed and a generous sprinkling of sesame seeds. Serve with sambal privately if using.

# Godzilla Mac and Cheese

## Ingredients

---

110 g extra-old cheddar cheese, grated

45 g processed swiss cheese (we use cheese slices)

20 g asiago, grated

20 g parmesan, shaved

20 g provolone, grated

20 g mozzarella, grated

70 g butter

600 milliliters homogenized milk

1 1/2 teaspoons salt

1 teaspoon seasoning salt

1/2 white pepper

3/4 teaspoon nutmeg

1 teaspoon dry mustard

1/2 teaspoon garlic powder

1/2 teaspoon cayenne pepper

1 tablespoon worcestershire sauce

4 tablespoons enriched flour



elbow macaroni

snack nori (salted seaweed snack)

japanese mayonnaise (available at speciality stores)

teriyaki sauce (available at grocery stores)

## **Directions**

---

1. Prepare elbow macaroni according to instructions on the package.
2. In a big pot, melt butter melt butter and add seasoning, Worcestershire and add flour. Cook the flour out for five minutes using a whisk.
3. Heat the milk separately and add when over 60°C (140°F). Stir in with a whisk until it starts to thicken.
4. Add the cheeses gradually and continue to mix in. Heat to over 60°C (140°F).
5. Top with Snack Nori (salted seaweed snack), Japanese Mayo and Teriya

# Green Tea over Rice

## Ingredients

---

- 2 cups cooked brown rice
- 1/4 cup chopped blanched spinach
- 1 teaspoon toasted sesame seeds
- 2 teaspoons chopped scallions
- 2 teaspoons miso (optional)
- 2 cups brewed green tea
- 2 tablespoons nori,  
seaweed (optional)

## Directions

---

1. Divide rice, spinach, sesame seeds and scallions evenly between two bowls. Devote a teaspoon of miso paste into each, if using.
2. Pour hot green tea herb herb evenly over each bowl. Top with seaweed. Eat hot.

# Green Vegetable Tempura

## Ingredients

---

2 tablespoons soy sauce

2 tablespoons lime juice

1 tablespoon mirin

1 teaspoon sugar

3/4 cup unbleached all-purpose flour

1/2 cup cornstarch

1/2 teaspoon baking powder

1 cup cold japanese (or other) lager

1 egg, lightly beaten

1 cup sugar snap peas , trimmed

1 cup green beans

1 cup broccoli florets

1 zucchini, cut into rounds 1/2 cm (1/4 inch)  
thick

salt

oil for deep-frying

## Directions

---

1. In a bowl, combine the first four ingredients. Reserve.

2. Preheat the oil, setting the deep fryer to 190°C (375°F). Line a baking sheet with paper towels. Preheat the oven to 100°C (200°F).

3. In a bowl, combine the dry ingredients. Add the beer and egg. Stir gently before flour is moistened. Dip the vegetables in the batter. Fry until golden, 4 or 5 5 5 minutes. Transfer to the baking sheet. Season with salt. Keep warm in the oven. Repeat with those other vegetables. Serve warm with the dippi

# Grilled Beef-Tenderloin Skewers with Red-Miso Glaze

## Ingredients

---

1/4 cup plus 2 tablespoons vegetable oil

4 cloves garlic

1/4 cup low-sodium soy sauce

2 tablespoons red miso paste

1 teaspoon asian sesame oil

1 pinch sugar

1 pinch salt

1 1/4 pounds . beef tenderloin

## Directions

---

Preheat a grill. In a saucepan, heat the vegetable oil. Add the garlic and cook over low heat until crisp, stirring, around three minutes. Having a slotted spoon, transfer the garlic to a blender; reserve the garlic oil for another use. Add the soy sauce, miso, sesame oil, sugar, and salt to the blender and puree. Thread the meat on skewers. Lightly brush the meat with many of the miso glaze. Grill over temperature for 1 minute. Brush with the miso glaze another time and grill, turning, until charred, about 2 minutes; serve.

# Hijiki Rice

## Ingredients

---

2 cups rice

2 ounces dried hijiki seaweed

1 chicken bouillon cubes (anytype ok) or 1 vegetable bouillon cube (anytype ok)

salt

## Directions

---

Soak the hijiki in cold water for about 5-10 min. Pour in to a sieve and wash under running water. Drain.

Put the rice in a big bowl and wash well with cold water. Change the water until it becomes clear. Tip the rice into sieve.

Put the rice in a rice cooker add 2 1/2 cups water and leave 10 min.

Add the bouillon and hijiki cook it.

# Homemade Shoyu Ramen

## Ingredients

---

8 cups low-sodium chicken broth

16 dried shiitake mushrooms

30 g kombu (kelp), about a 10" square piece

20 g dried bonito flakes (about 2 c. loosely packed)

1 1/4 cups . low-sodium soy sauce

1 1/4 cups . mirin

1/2 cup sake

1 1/2 cups . water

1/4 cup granulated sugar

2 tablespoons packed brown sugar

1 2 pieces " fresh ginger , sliced

3 cloves garlic , peeled and smashed

3 green onions , halved

1 pound . pork belly, skin on, cut into 2"-wide strips

4 cold large eggs

2 1/2 cups . reserved chashu-tare liquid

8 cloves garlic , sliced

1/2 cup canola oil

1 tablespoon ground chili or 1 1/2 tbs crushed red pepper flakes

2 teaspoons sesame seeds

4 ounces fresh ramen noodles

1 1/2 cups . chicken dashi

2 reserved shiitake mushrooms, sliced

3 tablespoons or more tare, to taste

2 slices chashu

1 nitamago, halved

1 green onion , white and light green parts only, very thinly sliced

2 teaspoons la-yu

nori (optional)

## **Directions**

---

In a medium saucepan over medium heat, bring chicken broth to a bare simmer. Remove from heat and let cool 2 minutes. Add mushrooms and kombu (kelp) and let steep 5 minutes. Then, add bonito and let steep 5 more minutes. Strain and save solids for nitamago process and serving. Store dashi chilled, up to at least one a week.

In a medium saucepan over medium heat, bring all ingredients except pork to a minor simmer and reduce heat to low. Meanwhile, in another medium pot over medium heat, bring pork and 6 cups water to a minor simmer. Drain immediately and gently rinse pork. Place pork in tare pot and bring to a



simmer. Cover and continue to cook on low until tender, turning pork occasionally, about 1 hour 20 minutes. Let cool for 20 minutes, then strain and reserve liquid for serving. Refrigerate pork and remaining liquid separately. Slice pork before serving, lightly torched, if desired.

In a medium saucepan over temperature, bring 6 cups water to a rolling boil. Carefully prick rounded bottoms of each egg with a pin. Gently lower eggs into pot with a slotted spoon, then reduce heat to medium-low and simmer eggs for 6 minutes. Drain. Transfer eggs to an ice bath and let rest for 5 minutes. Thoroughly crack eggshells very gently, knocking one egg against another, then get back to ice bath for 10 more minutes. Peel carefully. Place eggs in a medium bowl and pour reserved pork-marinade liquid over. Weigh down eggs with reserved spent kombu (kelp) to totally immerse in liquid. Let marinate in the refrigerator for at least 4 hours, up to 12 hours.

In just a little saucepan over the least expensive possible heat, simmer garlic in oil until tender and translucent, stirring occasionally, about quarter-hour. Keep the heat level low enough to avoid frying the garlic. Remove from heat and immediately stir in chili. Let rest 2 minutes, then stir in sesame. Once completely cool, store refrigerated in a closed container for 14 days.

In a pot of salted boiling water, cook ramen, stirring with tongs or chopsticks until al dente, about 1 minute. (If using instant ramen, discard seasoning packet and follow packet instructions to cook until al dente.) Drain well. In just a little saucepan over medium heat, warm dashi and shiitake until barely simmering. Cook for 1 minute and remove from heat. Set shiitake aside. Add dashi, tare, and noodles to serving bowl. Top with chashu, nitamago, shiitake, green onion, a drizzle of la-yu, and nori, if using.

# Honey Mustard Dressing II Recipe

## Ingredients

---

1/4 cup mayonnaise

1 tablespoon prepared  
mustard

1 tablespoon honey

1/2 tablespoon lemon juice

## Directions

---

Step one 1 1 In just a little bowl, whisk together the mayonnaise, mustard, honey, and lemon juice. Store covered in the refrigerator

# How to Cook Japanese Rice on Stove

## Ingredients

---

1 cup japanese rice (sushi rice)

1 cup water

## Directions

---

Drain rice into sieve, and place in a pot. Add water.

Take it to a boil over medium-high heat.

When it starts boiling. Reduce the heat to low. Simmer for 15minutes.

Switch off the burner, and invite it rest for 10minutes, covered. DON&rsquo;t take away the lid.

After it has rested, take away the lid, and stir the rice lightly using rice paddle.\*.

\*To do this, you need to cut through the rice with rice paddle and turn the rice from bottom to the most effective.

Don&rsquo;t split the rice too much. This idea is in order to avoid it being one solid mass, however, not separate much like long grain rice.

# How to Make Brown Rice Milk

## Ingredients

---

1/3 cup brown rice, uncooked

1 cup water

1 teaspoon vanilla extract  
(optional)

artificial sweetener (optional)

## Directions

---

Bring 1 cup of water to a boil.

Add rice and bring to a boil again. Once boiling, cover, reduce heat to low, and simmer until rice is cooked, about 40 minutes.

The rice will be soft and waterlogged; drain off any excess water if necessary.

Transfer rice to a blender and add 2 cups of hot water.

Blend until well incorporated, about 2-3 three minutes.

Add another 1 cup of hot water and blend again. If you want a straight thinner non-dairy milk, add another 1/2 to at least one 1 cup of hot water and blend again.

Allow mixture sit for 30 mins. Meanwhile, drape cheesecloth outrageous of a pitcher or storage container and secure it around with a rubber band. Be sure the cheesecloth drapes in to the container and isn't tightly fashioned straight across, because it needs to turn into a strainer.

After 30 mins, use a spoon to scoop any residue off the most effective of your milk mixture (usually a thin film forms through the cooling process). Once that's removed, slowly pour the milk into the container through the cheesecoth. Be sure not to pour all the bits which have collected in the bottom.

Optional: Devote a few drops of vanilla extract and/or sweetener to taste.

# Japanese Brown Rice

## Ingredients

---

1/3 cup quick-cooking brown rice (30 minute quick cooking)

1/4 lb button mushroom, sliced

1/4 lb fresh snow pea, trimmed

1/2 cup fat-free low-sodium chicken broth

1 tablespoon rice vinegar

2 tablespoons low sodium soy sauce

salt and pepper

## Directions

---

Bring a big saucepan with 2-3 3 quarts of water to a boil. Add rice and boil 25 minutes. Add mushrooms and snow peas and continue to boil 5 minutes. Drain. Mix chicken broth, vinegar, and soy sauce together and toss with rice and vegetables. Add salt and pepper to taste.

# Japanese Chicken-Scallion Rice Bowl

## Ingredients

---

1 cup short-grain brown rice or 1 1/2 cups instant brown rice

1 cup reduced-sodium chicken broth

1 tablespoon sugar, plus

1 1/2 teaspoons sugar

2 tablespoons reduced sodium soy sauce

1 tablespoon mirin

2 large egg whites

1 large egg

8 ounces boneless skinless chicken breasts, cut into 1/2 inches pices

6 scallions, trimmed and thinly sliced

## Directions

---

Place short-grain brown rice within an excellent sieve and rinse throughly under cold water to remove starch.

Combine the rice with both 2 1/2 cups cold water in a medium saucepan, bring to a boil, cover and reduce heat to low; cook until all the water is absorbed, 40 minutes, let rest, covered, for 10 minutes (Alternatively, prepare instant brown rice addorfing to package directions).

As the rice is resting, pour broth in to a heavey medium saucepan, along with sugar, soy sauce and bring to boil, reduce to heat to medium-low.

Stir egg whites and the entire egg in just a little bowl until just mixed.

Add chicken to the simmering broth; gently pour in the egg mixture, **WITHOUT STIRRING**, sprinkle scallions at the very top; when the egg starts to create; after around three minutes. stir it with chopsticks or a knife, The chicken will be cooked at this time.

Divide the rice among 4 deep soup bowls and top with the chicken mixture, enjoy.



# Japanese Country-Style Miso and Tofu (Hiya Shiru) Recipe

## Ingredients

---

2 tablespoons sesame seeds

1/2 cup dried asian-style whole sardines

2 1/2 tablespoons red miso paste

1/2 cup boiling water

1 (16-ounce) package silken tofu , cubed

4 eaches green onions , thinly sliced

1 pinch crushed red pepper flakes

## Directions

---

**The first step 1** In a dry heavy skillet over medium heat, stir the sesame seeds and dried sardines until they offer off their fragrance but don't burn, about 2 minutes. Place the sesame seeds and dried sardines in the duty bowl of just a little food processor, and pulse until ground to a fantastic powder.

**Second step 2** Place the dried sardine mixture in a big bowl, and stir in the miso to make a very thick paste. Add boiling water and mix to a smooth, creamy consistency, and gently stir in the cubed tofu, green onions, and red pepper flakes.

# Japanese Curry Recipe

## Ingredients

---

- 1 tablespoon vegetable oil , or more as needed
- 1 3/4 pounds beef chuck, cut into 2-inch cubes
- 3 eaches onions , quartered
- 1 tablespoon ketchup
- 1 1/2 teaspoons worcestershire sauce
- 1 pinch cayenne pepper, or to taste
- 1 cup water to cover
- 4 eaches carrots, cut into 2-inch pieces
- 1 cube chicken bouillon
- 3 medium potatoes , cut into 3-inch chunks
- 1 1/2 ounces (3.5 ) containers japanese curry roux, or more to taste

## Directions

---

The first step 1 Heat oil in a 6-quart pot over medium-high heat. Add beef and saute until brown, 5 to 7 minutes. Add onions and cook until must soften, around three minutes. Add ketchup and Worcestershire sauce. Stir to coat. Add cayenne pepper. Pour in water to cover mixture by a couple of 2 inches. Add carrots and bouillon.

Second step 2 Simmer, skimming fat off the very best of broth as needed, for 30 mins. Add potatoes. Stir in 1 package of curry roux and let dissolve; add remaining curry as needed to

achieve desired thickness. Continue simmering until beef and vegetables are tender, about 30 mins more.

# Japanese Fried Chicken (Chicken Karaage)

## Ingredients

---

12 ounces boneless, skinless chicken thighs

1 teaspoon salt

1/2 teaspoon ground white peppers

1 tablespoon sake

1 teaspoon grated garlic

1 teaspoon grated fresh ginger

1 teaspoon sesame oil

1/2 teaspoon usukuchi soy sauce\*

1 egg, beaten

3 teaspoons cornstarch

2 cups vegetable oil

1 lemon, cut into wedges

## Directions

---

Rinse the chicken, remove any excess fat and pat dry with paper towels. Sprinkle the chicken with 1/2 teaspoon of the salt and the pepper. Employing a sharp knife, score the chicken, especially in fibrous components of the meat. Make use of the point of the knife to poke small holes in the chicken, then cut the chicken in bite-size (1 1/2-inch) pieces.

In a mixing bowl combine the chicken, sake, garlic, ginger, sesame oil, soy sauce and all of those other 1/2 teaspoon salt. Mix well, rubbing the marinade into the chicken. Marinate for 2 hours in the refrigerator.

Add the egg slowly to the chicken while mixing using your hands. Add the cornstarch and lightly toss to coat the chicken. In a medium saucepan heat the vegetable oil over medium heat until a deep-frying thermometer reads 335 degrees F. Fry the chicken, a few pieces simultaneously, until golden brown, about 10 minutes (the inner temperature of the meat should be 165 degrees F). Eliminate any excess grease. Cool and reserve the oil for another use. Plate the chicken and garnish with lemon wedges to serve.

# Japanese Ginger Pork

## Ingredients

---

1 tablespoon grated fresh ginger root

2 tablespoons soy sauce

2 tablespoons sake

2 tablespoons mirin

1 pound thinly sliced pork loin

3 tablespoons vegetable oil

## Directions

---

**Step one** 1 In a big bowl, mix together the ginger, soy sauce, sake and mirin. Add the sliced pork, cover, and marinate for about 1 hour.

**Second step** 2 Heat the oil in a skillet or wok over temperature. Add the pork, and fry until brown. The pork will need to have a dark crispy turn to it. Will not cook on low or medium heat, as the juices won't cook fast enough to secure a crispy texture. Discard leftover marinade.

# Japanese Grilled Chicken, Fragrant Rice and Stir-Fry Veggies

## Ingredients

---

1 egg

1/2 teaspoon salt (2.5 ml)

1 tablespoon paprika (15 ml)

1/4 cup honey (60 ml)

2 tablespoons sesame oils (30 ml)

2 tablespoons soy sauce (30 ml)

1 tablespoon lime juice (15 ml)

12 to 16 boneless skinless chicken thighs (600 g)

1 zucchini

5 mushrooms

large red onion

red pepper

1 1/2 cups basmati or jasmin rice (325 ml)

3 cups water (750 ml)

1 teaspoon olive oils (5 ml)

1/2 teaspoon mrs. dash original seasoning (5

ml)

### **Directions**

---

1. In the morning... Stir together egg, salt, paprika, honey, sesame oil, soy sauce and lime juice in a 9 x 13 inch pan.
2. Add chicken, cover with plastic wrap and occur refrigerator.
3. Cut zucchini, mushrooms, red onion and red pepper into chunks and occur fridge.
4. Before dinner... Microwave rice and water on high for 10 minutes and medium for 10 minutes. Let stand.
5. Heat barbeque to medium.
6. Place marinated chicken thighs on grill, pouring the quantity of marinade around each.
7. Cook each side for 7 to 10 minutes or until juices run clear.
8. Heat oil in fry pan.
9. Add veggies, spice and reduce heat, tossing occasionally until cr



## Index

---

Right-click here and choose Update Field from the popup menu to update this index.