

Plenty of
Recipes

Primary Edition

Gochiso

Ultimate Japanese Gourmet Magazine

Japanese Meat Deli
Hot Pots Nabe



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JAPANESE MEAT DELI

Nijiya Market is constantly developing tasty, healthy prepared dishes and new lunchbox menus. We strive to create an environment where customers are always excited about shopping at our store.

We are introducing some of the new products developed originally by Nijiya, as well as popular products with which you're already familiar.

In English "deli" is short for delicatessen which is a place where one buys premade foods, especially cold cut meats and cheeses.

Our Japanese Meat Deli sells a variety of dishes popular among Japanese consumers. They're made with beef, pork, chicken and other types of meat that have been brought to Japan from various countries from the Meiji era onward. They're cooked using optimal techniques and recipes, and are processed further using traditional Japanese cooking techniques. "Japanese Meat Deli" is the generic term for Japanese people's favorite meat dishes, which have been integrated into the Japanese food culture. Today these dishes are popular items at home and restaurants, and they're even available at supermarkets. We have various meat dishes to choose from.

**Popular item at Nijiya!
Look for the "Kurobuta Pork" label!**

Smoked Kurobuta Pork Sausage

We use Berkshire Kurobuta pork from the United Kingdom. Although the cost is high due to the poor breeding efficiency and slow growth of hogs (it takes 8 months

from the birth of the Berkshire hog to the shipment of pork, compared to 6 months with regular hogs), this particular breed of Kurobuta pork has thin muscle fibers resulting in a fine meat texture and rich flavor. Generally, any meat becomes harder as the breeding period gets longer, and the taste gets stronger. With our Kurobuta pork, however, the rich taste and softness of the meat are well balanced.

The smoked Kurobuta pork sausages sold at Nijiya Market use Berkshire Kurobuta pork from Iowa. The meat is smoked at a small ham factory (Lorentz Meats) in Minnesota using natural casings from sheep. The sausages are already cooked, so all you need is to boil them in hot water for 2 to 3 minutes at a temperature of about 176°F. You can enjoy the crisp texture and delicious flavor of Kurobuta pork. A recommended cooking method is to put a small amount of oil in a frying pan and grille the sausages until they're slightly charred. To finish, add a little water, cover with a lid and simmer for 1 to 2 minutes. You'll have tasty sausages with super-crispy skin.

Soft Fried Chicken

The chicken meat carefully selected by Nijiya is fried using a special method to maintain its tenderness. Our fried chicken is one of the most popular products at Nijiya Market. Try it for yourself! A

representative recipe is featured here. You can also learn the secrets of delicious fried chicken and special recipes.

Delicious Fried Chicken at Home

<Ingredients> Serves 4

0.9 lbs. chicken thigh / 3 eggs

A (Marinade)

2 tablespoons soy sauce / 1/3 teaspoon

chicken soup stock powder / 1 teaspoon

vinegar / 1 teaspoon sugar

B (Batter)

Mix potato starch and rice flour at a ratio of 4 to 1.

<How to Cook>

1. Cut the chicken into equal sizes of 0.9 oz. per piece.

2. Marinate the chicken in A for about 1 hour.

3. Add 2 tablespoons of water and rub marinade into chicken.

4. Cover the chicken with beaten egg.

5. Cover the chicken with B.

6. Fry the chicken in oil.

Cooking secret

Add cornflakes, peanut (crushed into small pieces), or white or black sesame, to B as a taste variation.

Tips on Frying Chicken

1. Heat oil to 180°C and fry chicken for 1 minute 30 seconds.

2. Remove the chicken from the oil and let it sit for 4 minutes.

3. Fry the chicken for another 40 seconds.

The two-step frying process guarantees that your chicken is moist on the inside and crisp on the outside.

Seared Beef



Ingredients (serves 4)

0.9 lbs. beef fillet (slightly thicker than steak) / Pinch of salt / Vegetable oil (as appropriate)

How to Cook

1. Pierce 3 metal sticks into the beef in a fan pattern.
2. Rub vegetable oil over the meat, and sprinkle an ample amount of salt just before baking. (Don't sprinkle salt too early, because the meat will harden!)
3. Turn up heat and cook the beef on open flame to your liking.
4. When the surface of the beef turns golden, immediately transfer it into ice water so that the inside of the beef won't be cooked by remaining heat.
5. Enjoy the sliced beef with desired sources (garlic soy sauce, ponzu sauce, etc.) and condiments (garlic, ginger, green onion, etc.).

Cold Pork Shabu Shabu with Warm Vegetables and Sesame Sauce



Ingredients (serves 4)

0.8 lbs. beef (thinly sliced) / 1 onion / 2 tablespoons soy sauce / 2 tablespoons sugar / 2 tablespoons mirin / 1 tablespoon white wine / 1 tablespoon red wine / 1 tablespoon sake / 1 teaspoon salt / Vegetable oil (as appropriate) / 3/5 cup water

How to Cook

1. Cut beef into appropriate sizes. Cut onion into wedges.
2. Heat vegetable oil in a pan and sauté onion.
3. When the onion becomes transparent, add beef and sauté briefly, and then add water and other flavoring ingredients.
4. When the liquid comes to a boil, reduce heat and cook while removing scum until the meat absorbs the flavors.
5. Put rice into a bowl and transfer 4) onto the rice. Sprinkle red ginger and shichimi pepper (assorted chili pepper) as desired.

Ingredients (serves 4)

0.9 lbs. rib-eye shabu shabu pork / 3 eggplants / 8 okura / 1 potato / 2 carrots / 2 onions / 1/2 cup ponzu sauce / 2 teaspoons fish stock powder / 4 tablespoons sesame oil

How to Cook

1. Put the pork in hot water, immediately remove the meat and transfer into cold water. Drain.
2. Cut all the vegetables (except for the onion) into the desired shapes, boil the cut vegetables, and transfer onto a plate.
3. Thinly slice the onion and place it in water.
4. Mix ponzu sauce and fish stock powder well, and add drained onion slices.
5. Place pork over warm vegetables and pour the ingredients from step 4.
6. Pour heated sesame oil to finish.

Beef Bowl



Chinese-Style Barbecued Pork



Ingredients (serves 4)

0.9 lbs. pork thigh (block) / 1 tablespoon starch syrup
Marinade sauce:

1 piece garlic / 1/4 onion / 1/2 teaspoon white sesame / 2 tablespoons soy sauce / 3.5 oz. sugar / 1 tablespoon sake / 1 tablespoon shaoxing rice wine / 1 tablespoon salt / 1 tablespoon oyster sauce

How to Cook

1. Prepare the marinade sauce. Mince garlic and onion, roast and grind white sesame, and mix with all other ingredients.
2. Put pork into a zippable bag, etc., together with 1) and keep it overnight to let the meat absorb the flavors.
3. After the meat has absorbed all the flavors, bake it in a 200°C (approx. 390°F) oven for about 30 minutes. Put a bamboo stick into the pork. If clear juice comes out, the pork is done.
4. Dilute starch syrup in a small amount of warm water and brush it onto the pork. Put the pork back into the oven and bake just to dry the surface.

Ingredients (serves 4)

0.5 lb. sliced beef / 1 green onion

Flavoring ingredients:

3 tablespoons sake / 3 tablespoons mirin / 2 tablespoons sugar / 3 tablespoons soy sauce / 1 oz. ginger / 1 minced red chili pepper

How to Cook

1. Cut sliced beef to around 2 cm.
2. Slice green onion diagonally.
3. Peel and julienne ginger.
4. Sauté beef in a frying pan on strong heat. When the beef is roughly cooked, add the flavoring ingredients and bring to a boil. Braise the beef over low heat until the liquid is gone.
5. Add green onion to finish.

Braised Beef



SALMON

Salmon is undoubtedly the world's best-loved up-market fish. The term "salmon pink" came from the fish's beautiful color. Salmon also has a less fishy smell, a sleek curvy shape and a mellow taste with just the right amount of fat. There are hundreds of salmon recipes around the world, and not only us humans, but also animals like bears and foxes, love salmon. "Smoked salmon" has become a universal term. For Japanese people, salmon is an essential ingredient in many dishes like "rice with green tea and salmon," "salmon rice ball," "salmon lunchbox," "grilled salted salmon," "ishikari pot" and "sampei soup." Sujiko refers to young salmon roe directly pickled in salt, while ikura means individual pieces of grown eggs. The three greatest delicacies in the world might be caviar, truffle and foie gras. However, for the people of Japan ikura is an even greater delicacy. For people who love Japanese food, ikura, sujiko and sea urchin are the world's three greatest delicacies. Unsurprisingly, Japan is the world's largest consumer of ikura, sujiko and sea urchin.



Salmon as a Healthy Food

The popularity of salmon not only comes from the tastiness and high nutritional value of the fish but also from other favorable features of salmon. These include its ability to maintain its texture after freezing, the easy separation of bone and meat, and the retention of its beautiful pink color even after heating.

The fat content of salmon is approximately 20 percent. Although this is higher than many other species of fish, salmon also contains EPA and DHA, which help increase the LDL (good) cholesterol level to prevent blood coagulation as well as blood and blood vessel-related diseases and cardiovascular diseases.

Protein in salmon contains eight essential amino acids. The reddish color of salmon meat and roe is caused by a beta-carotene called astaxanthin. Astaxanthin has the effect of suppressing active oxygen that causes all kinds of

diseases and unwanted conditions.

Salmon is also a rich source of vitamins and minerals. It contains vitamin A, B2, B12, D, E, calcium, phosphorus, iron and zinc. In other words, salmon is a healthy food offering a balanced mix of essential nutrients.

Chum Salmon

Chum salmon is the type most commonly seen in Japan. Exports of Alaskan chum salmon to Japan have been increasing in recent years for use in making aramakizake. Chum salmon is the most common type of salmon.

Sockeye Salmon

Natural sockeye salmon is rarely found in Japan, because this particular salmon cannot breed unless there is a lake upstream for the fish to swim to. In Japan, sockeye salmon is called benizake, or "pink salmon", because the fish's color changes to a beautiful pink as it

swims upstream.

Coho Salmon

Catches of Alaskan coho salmon are much smaller than other types of salmon, which makes coho salmon a rare delicacy. Coho salmon has very red meat and a fair amount of fat. It really tastes like "salmon." This type of salmon is the one most recommended by Nijiya.

Chinook Salmon

Chinook salmon is marketed as "wild king salmon" in the U.S. This salmon has a very high fat content and is suitable for steak, smoked salmon and salmon barbecue. Chinook salmon raised in fish farms is also available in abundance. "Atlantic Salmon" (trademark) is a popular choice at sushi bars among young Japanese and even Americans because it means the salmon has been raised in fish farms under complete parasite control and is safe to eat.

Grilled Salmon with Butter



INGREDIENTS

2 pieces salmon fillet (lightly salted)
1 eringi mushroom
Approx. 1/4 each onion and green pepper
2 teaspoons butter
Some soy sauce, salt, pepper and white wine

HOW TO COOK

1. Put pepper over the salmon and cut eringi mushroom and vegetables into long, thin strips.
2. Melt butter in a heated frying pan and put the salmon with its skin side down.
3. Turn the salmon upside down, then add and cook vegetables.
4. Sprinkle a small amount of soy sauce. As the final touch, add a small amount of white wine and simmer.

Sweet and Sour Salmon



INGREDIENTS

0.5 lb. salmon / 1/2 onion / Sweet and sour sauce (2 tablespoons soy sauce, 2 tablespoons vinegar, 2 tablespoons sugar, 1 tablespoon lemon juice, 1/2 cup stock and some salt)

HOW TO COOK

1. Prepare the sweet and sour sauce.
2. Cut salmon into cubes. Cover the cubes with batter and fry them in oil.
3. While they're still hot, dip the cubes into the sweet and sour sauce together with thinly sliced onion and chili pepper.
4. When the salmon has cooled, it's ready to eat.

Salmon and Chinese Cabbage



INGREDIENTS

2 pieces salmon fillet (lightly salted) / Approx. 4 Chinese cabbage leaves (large) / Approx. 1/2 potato / Some stock, olive oil, sake, sugar and miso

HOW TO COOK

1. Cut salmon into cubes and boil them briefly.
2. Put olive oil in a pan and lightly sauté Chinese cabbage and potato.
3. Add stock and salmon and bring the mixture to a boil. Remove scum, and then add some sake, sugar and miso to taste bland and cook for 15 minutes.

20-minute Smoked Salmon



INGREDIENTS

Salmon (as appropriate) / 1 cup rice / 1 cup salt / 1 cup Japanese tea / Some salt and pepper

HOW TO COOK

1. Marinate salmon overnight to a saltiness of your liking. You can also make tasty smoked salmon with light salt.
2. Mix salt and one cup each of rice and Japanese tea, in a deep pot with a lid.
3. Using a cooking grille, etc., place salmon in the pot over the mixture by making sure the fish doesn't touch the mixture.
4. Heat the pot and when smoke starts to come out, put on the lid and wait for 20 minutes over low heat.

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Now you can enjoy the Japanese imperial cuisine right at home.

Niitakaya originated over 70 years ago in the Nihonbashi area of Tokyo, Japan. Ever since 1957, it has been Niitakaya's honor to serve the Imperial Family our "Bettarazuke."

Nearly 400 years ago, "Bettarazuke" first became popular in the Tokyo area and its popularity quickly spread throughout Japan. It is a pickled radish made with a starch syrup *(kouji) and fresh pickled vegetables (Asazuke) grown by farmers for their livelihood.

Our goal and success are based upon providing you with the highest quality of pickled vegetables. Now our traditional products are available not only in Japan, but also in Hong Kong and here in the U.S. The finest and freshest products are available to you, daily.

Niitakaya U.S.A. uses only the finest natural ingredients. Now, we are happy to introduce you to over 20 different types of Sushi Ginger products and more than 40 different Tsukemono (pickled vegetables).

*Kouji is an ingredient, made from steamed rice, fermented wheat, soybeans, etc.
The same fermentation process is used in making sake, soy sauce, miso and wine.



Bettara-zuke



Asa-zuke Mix



Asa-zuke Hakusai



Zeitaku Kyuri



Shichisai-zuke



Teppo-zuke



Nara-zuke

KEZURIBUSHI

(Secret of Japanese Cuisine – Japanese Stock)



Shavings of Dried Fish

One essential ingredient of any Japanese dish is stock. Making stock seems easy, but it's actually more difficult than cooking the most elaborate dish. Today, convenient, ready-made stock products are available in stores and there are many varieties to choose from. Think about the stock you use each day to cook Japanese dishes. It looks nothing special, but there's a lot more to the seemingly simple stock.

Essentially, stock is a type of seasoning. It's a liquid that adds flavor elements such as sweetness, sourness, bitterness and saltiness to dishes. Also, stocks made from shavings of dried fish, konbu and dried small sardines enhances your dishes with the flavorful substances they contain. Stock contains a lot of amino acids and nucleic acids, which are gustatory sweet substances, and it provides high nutritional value.

A key feature of Japanese cooking is that it uses stock, which is made by boiling the shavings of dried fish, konbu, dried small sardines, etc., to extract the flavorful substances from the broth. Stock can be made from many types of materials, but here we focus on shavings of dried bonito.

Dried fish, which is solid as a rock, is shaved into ultra-thin slices. Shavings of dried fish, which are cut into thin strips, are served on the dinner table for sprinkling on cooked dishes, while wider or thicker shavings are used to make stock. The shavings of dried fish sold in stores are normally vacuum-packed, so they maintain quality until the bag is opened. When we talk about the shavings of dried fish, dried bonito is the first that comes to mind. However, you can also use a variety of materials such as dried mackerel and dried tuna to make tasty stock. Each fish has its own flavor, so you can prepare stock using a

different fish according to the specific recipe to give more depth to the taste of the dish.

What Are the Flavorful Substances in Dried Fish Shavings?

The key flavorful substances are nucleic acids called inosine 5'-monophosphoric (IMP) acid and adenosine monophosphate (AMP) adenylic acid, as well as a glutamic acid called monosodium glutamate (MSG). These substances interact with one another to create appetizing flavors. Adding to the yummy taste are free amino acids, aromatic and smoky flavors unique to dried fish, and distinctive aroma created by the molding process.

Fat, glycogen and other substances also add subtle nuances to the overall taste of stock. Depending on the type of fish used, shavings convey different flavors unique to the particular fish.

Because they contain many gustatory and aromatic substances, shavings of dried fish deliver fragrant aroma and mellowness and richness of taste in a perfect balance. This can't be obtained with any single chemical seasoning. Add konbu and other stock containing glutamic acid, and the synergistic effects will enhance the savory character even more.

Dried Bonito – A Natural Seasoning Used in Japan Since Ancient Times

When we think of traditional Japanese foods, miso, soy sauce and dried bonito immediately come to mind. The bonito is found in abundance in the coastal waters around the Japanese archipelago, and has been an important staple of the Japanese people since the Jomon era. However, because bonito was caught in the warm season of spring through summer, the fish spoiled quickly. To preserve the fish, people began drying it. As you know, dried bonito is really hard and looks like a piece of wood. The ancient Japanese called bonito, katauo, or "hard fish." The origin of the name is also explained in "A Record of Ancient Matters," a famous chronicle of Japan's ancient history. Over time the pronunciation

has changed to "katsuo," as the Japanese call bonito today.

Bonito is dried in many ways. It can be sun-dried, baked and dried, or boiled and dried. Subsequently, Japanese people have developed the "smoking" technique that has become a today's mainstream method for dried bonito production, and the molding method using principles of biotechnology. It is simply amazing that, in days when there was no method of refrigeration, ancient Japanese made use of these processing methods to preserve bonito and consequently created unique flavors not achievable with fresh fish.

Dried bonito is undoubtedly one traditional Japanese food that was discovered by the Japanese, who refined it over succeeding generations. It is still widely used in everyday life. Dried bonito is a natural, worry-free seasoning that contains no antioxidants, preservatives or coloring agents.

How to Make Stock

To make stock using dried bonito, boil water, throw in the shavings of dried bonito and turn off the heat. Wait for all the shavings to sink, and filter them out.

The key is to determine the right amount of dried bonito. To make rich bonito stock like what professional chefs use, add shavings corresponding to 10% of water by volume. For example, use 100 grams (3.5 oz.) of shavings per 1 liter (1/4 gallon) of water.

Remember your favorite cooking programs where the chef puts in heaps of dried fish shavings to make stock. Don't worry about what the cookbooks say or the direction for use on the package of dried bonito flakes. Experiment as your imagination dictates.

Now, add fresh soy sauce to the stock you've just made, and you have great "soba broth." It will be the best soba broth in the world. With your original stock, you can cook Japanese consommé soup even better than a professional chefs.

For udon broth, mix shavings of dried mackerel or sardine. For hot pots, miso soup and stewed dishes, a mixed stock made with konbu, dried small sardines, etc., is recommended.

(Source: Marutomo Co., Ltd.)



Japanese Hot pots *NABE*

Hot pots warm you up from the inside making you happy in the process. Read on to learn about delicious various hot-pot recipes you can eat every day.

Electric Pot

An electric pot lets you cook various dishes easily right at the dinner table. Temperature control is very easy, and you can cook almost anything. An electric pot is ideal for certain hot-pot dishes that can't be cooked in a clay pot, such as sukiyaki. Particularly, the electric pot used in the recipes featured here can be detached from the base and placed over an open flame. So, you can pre-cook the ingredients on a gas stove, and then put the pot back into the base to be served at the table. This not only saves time but also cuts down on your electricity consumption. Once you start using an electric pot, you'll find it's really convenient. Soon you won't be able to live without one!

Clay Pot

A clay pot allows mild heat to be applied over the entire face, so when ingredients are put in the temperature doesn't drop suddenly but a constant temperature is maintained instead. Simply put, with a clay pot the temperature doesn't rise quickly but

it doesn't drop suddenly, either. As a result a clay pot is perfect for hot-pot dishes. A clay pot also creates a unique visual effect that enhances the flavors of the dish.

Preparing Stock

Stock is the life of any hot-pot dish. When there's tasty soup, there's always good stock. An all-purpose stock that can magically transform any hot-pot dish into a delicious creation is prepared by soaking 20 grams of konbu and 20 grams of dried small sardines in 1 liter of water overnight. Prepare this stock in a large quantity, and keep the leftover stock in your refrigerator. You can use it for any dish, and the mineral-rich stock doubles as a healthy drink. To prepare dried bonito stock, bring the above all-purpose stock to a boil, add 50 grams of dried bonito flakes and remove from heat. Wait 10 minutes, then strain the stock through a tea towel.

Shiitake Mushrooms

Never wash fresh shiitake mushrooms in water. To clean shiitake mushrooms, gently

rub them with a tea towel. Dried shiitake mushrooms should be soaked in water overnight in a refrigerator. Dried shiitake mushrooms contain several times more nutrients and have correspondingly more flavor than fresh ones do.

Cooking Congee at the End

Before putting white rice into the pot, wash it with water in a bamboo basket. This way the soup won't become sticky after the rice is added. If you use brown rice, you needn't wash it because brown rice is less sticky. Add eggs and trifoliate, and voila! You have delicious congee. You can also add udon, ramen noodles or rice cakes.

"Hot Pot Manager"

When you have many people over for a hot pot, it is important that ingredients are put in and picked up with the perfect timing. To make the hot-pot gathering a more enjoyable experience, assign a cooking leader as the "Hot Pot Manager" to control the timing.



Miso Hot Pot

Ingredients (serves 4)

- 14 oz. shelled oysters
- 1 grilled tofu
- 3.5 oz. burdock
- 1 spinach (bunch)
- 1 green onion
- 2 oz. carrot
- 2-4/5 cups bonito stock
- <Miso mix>
- 5.5 oz. white miso
- 5.5 oz. red miso
- 2 tablespoons mirin
- 2 tablespoons sake
- 1 tablespoon sugar

The fragrant aroma of miso is the key.

How to Cook

- [1] Gently clean oysters in saltwater.
- [2] Cut the carrot neatly and boil it. Boil the spinach without cutting.
- [3] Whittle burdock and soak in water mixed with a small amount of vinegar (measurement is not given). Cut all the other ingredients into appropriate sizes.
- [4] Mix the miso ingredients and put the mixture around the rim of the clay pot over a vertical width of 3 cm high.
- [5] Put all ingredients other than oysters into the pot, fill stock to approximately 1 cm below the miso wall, and put the pot on the fire.
- [6] When the pot starts to boil, add oysters and eat them while slowly diluting the mixed miso into the stock.

Hint: Don't cook oysters too long. Once oysters are cooked, eat them quickly before they become hard.



Pork Shabu Shabu

Ingredients (serves 4)

- 11 oz. sliced shabu shabu pork
- <Pork balls>
- 11 oz. ground pork
- 1/4 onion
- 1 teaspoon miso
- 1 teaspoon potato starch
- 1 teaspoon salt
- 1 tablespoon sake
- 1 teaspoon sugar
- 1 medium firm tofu
- 1 green onion
- 1 pack of enoki mushrooms
- 1 mizuna (bunch)
- 2-4/5 cups bonito stock
- <Ponzu sauce>
- 2/5 cup soy sauce
- 1/5 cup sudachi juice
- <Condiments>
- Spring onion, shredded daikon with red chili, etc.

One just can't get enough of this healthy, light hot pot with pork balls!

How to Cook

- [1] Mix ground pork with chopped onion, miso, potato starch, salt, sake and sugar.
- [2] Cut all other ingredients into appropriate sizes and transfer onto a plate.
- [3] Put bonito stock and tofu into a pot, and bring to a boil. Gradually add other ingredients into the boiling stock.

Hint: Shabu shabu meat is more thinly sliced than sukiyaki meat, so it cooks almost instantly. If you're using SPF pork, the meat can be eaten semi-raw. To make pork balls, shape ground pork mixture into small balls using a spoon and place them in the pot.

Sukiyaki

Rich sauce adds to the flavors of beef.

Ingredients (serves 4)

- 1 lb 5 oz. sliced sukiyaki beef
- 2 grilled tofu
- 2 green onions
- 8 fresh shiitake mushrooms
- 1 pack of konnyaku noodles
- 2 garland chrysanthemum (bunches)
- 1 piece beef tallow (can be replaced by lard or vegetable oil)
- 4 eggs (as desired; used as a dipping sauce)

<Flavoring ingredients>

- 2/5 cup each all-purpose stock, sake, mirin and soy sauce
- 2 tablespoons sugar

Hint: For sukiyaki, slightly little thicker slices of beef with a generous amount of fat are better. Dried wheat gluten is also recommended.

How to Cook

- [1] Boil the konnyaku noodles and cut them roughly. Slice green onion diagonally. Cut the grilled tofu into eight pieces and cut the shiitake mushrooms neatly. Cut the garland chrysanthemum to around 5 cm. Put all the ingredients on a plate.
- [2] Prepare the sukiyaki stock. Put the flavoring ingredients into a separate pot and cook over medium heat. Stop the fire when the sugar has melted completely.
- [3] Heat the sukiyaki pot, melt the beef tallow and sauté the green onion. When the green onion starts to release its aroma, sauté the beef.
- [4] Pour just enough sukiyaki stock to cover the beef, then add the other ingredients. You can start eating the ingredients as they're cooked. Add sukiyaki stock as it depletes, and add plain stock if the sukiyaki stock boils down too much.

Oden

Ingredients (serves 6 to 8)

- 4 potatoes (small)
- 4 boiled eggs
- 1/2 daikon
- 8 pieces tied konbu
- 1 konnyaku
- 8 ganmodoki (small)
- 1 medium firm tofu
- 2 chikuwa
- 4 tsumire
- 4 satsuma age

Oden is called "Kanto Daki" in Kansai area.

<Additional tasty ingredients>

- 2 chikuwabu
 - 2 hampen
 - 3.5 oz. beef tendon (or stew beef)
- Cut beef into bite pieces and boil. Change water (appropriate amount), add sake (appropriate amount), and cook until the beef becomes tender.

<Flavoring ingredients>

- 1 liter bonito stock
- 2 teaspoons salt
- 2/5 cup sake
- 2 tablespoons light soy sauce
- 1 tablespoon soft brown sugar

How to Cook

- [1] Put bonito stock into a clay pot, and soak the tied konbu for several minutes.
- [2] Peel potatoes. Cut daikon into disks and boil.
- [3] Cut konnyaku into triangles. Put konnyaku, ganmodoki, satsuma age, and fried bean curd on a bamboo basket, and pour hot water.
- [4] Put the clay pot on fire, and put beef tendon on sticks, daikon, potatoes and konnyaku, in that order, to cook the ingredients.
- [5] When the ingredients are roughly cooked, add salt, sake, soy sauce and soft brown sugar, then add the tofu, ganmodoki and boiled eggs.
- [6] When the pot starts to boil, reduce heat and cook for about an hour while removing the scum.
- [7] Put chikuwa, tsumire, satsuma age, chikuwabu, hampen, pouches with rice cake and mizuna rolled in fried bean curd, and bring the pot to a boil again. Reduce the heat and simmer until the ingredients absorb the flavorful stock. Eat while hot.

Hint: Don't cook processed fish meat ingredients too long. Cook over low heat to keep the stock from clouding.

Duck Pot

Congee with stock rich in the flavor of duck is an added delight!

Ingredients (serves 4)

- 11 oz. duck breast
- 1/4 Chinese cabbage
- 1 green onion
- 4 shiitake mushrooms
- 1 pack of enoki mushrooms
- 1 grilled tofu
- 1/2 bag kuzukiri
- 1 mizuna (bunch)
- 2-2/5 cups bonito stock
- 3 tablespoons sake
- 3 tablespoons mirin
- 4 tablespoons light soy sauce

<Condiments>

Sesame, shichimi pepper (assorted chili pepper), kanzuri, etc.

How to Cook

- [1] Place the duck skin-side-down and thinly whittle the meat. Cut all the other ingredients into appropriate sizes and transfer onto a plate.
- [2] Put stock, sake, mirin and soy sauce into a pot and bring to a boil. Add the ingredients, starting with the hard vegetables.
- [3] Add duck as the last ingredient and wait until the pot boils again. Eat the ingredients as they're cooked.

Hint: Overboiling duck will make the meat hard. Eat the duck quickly as soon as it's cooked.

Crab Pot

Ingredients (serves 4)

- 1 lb. 12 oz. crab (king crab, snow crab or other crab of your choice)
- 1 grilled tofu
- 6 Chinese cabbage leaves (large)
- 1 garland chrysanthemum (bunch)
- 1 green onion
- 8 fresh shiitake mushrooms
- 1 pack of eringi mushrooms

A luxury dish!

- 5 tablespoons miso
- 2 tablespoons mirin
- 3 tablespoons soy sauce
- 1/5 cup sake
- 2-3/5 cups all-purpose stock

How to Cook

- [1] Diagonally cut crab into smaller pieces so that they can be put into the pot, and make cuts in the shell.
- [2] Make crosscuts into fresh shiitake mushrooms after removing the stems and cut all the other ingredients into appropriate sizes.
- [3] Transfer the ingredients onto a plate. Mix miso, mirin, soy sauce, sake and all-purpose stock in a pot and bring to a boil. Add the ingredients, starting with the vegetables.
- [4] Add crab at the very end. Start eating the ingredients as they're cooked.

Hint: Crabmeat will harden and lose its flavor if it's cooked too long. To finish off, make congee with the stock full of crab juice.

Japanese Unique Seaweed **HIJIKI**

Surrounded by the sea on all sides and therefore blessed with one of the world's most vibrant fisheries, Japan has developed unique customs and food culture over its long history.

Seafood plays an integral part of Japanese cooking, and especially fresh fish, shellfish and seaweed are essential ingredients.

Particularly, Japan holds its own against other countries in terms of the custom of eating various types of seaweed, including *konbu*, *nori*, *wakame* and *mozuku*, as well as in the cooking techniques using these varieties of seaweed. Without doubt, Japan is the world's largest consumer of seaweed.

Hijiki Outside Japan

Seaweed was for a long time seen as a strange food material among foreign visitors to the mysterious country of Japan. However, the sushi boom over the past several years introduced seafood to foreigners, and as they come to appreciate the deliciousness and health benefits of Japanese food, their notion toward seaweed is changing. In fact, gourmets who have become aware of seaweed for its flavor and high nutritional value are now calling them "sea plants." Seaweed has indeed become a highly regarded food around the world. It is used not only in Japanese dishes but also in many new recipes that are constantly being developed.

The seaweed to which foreigners get most addicted, once they learn the recipes, is *hijiki*.

Hijiki can be used with all types of cooking ingredients, since it doesn't have a

distinctive smell or taste. Moreover, it's a rich source of protein, has favorable texture, good flavor, lasts a long time and is easy to cook. These features make hijiki popular among many consumers. People of all different food cultures and racial backgrounds are particularly fond of hijiki cooked with oil. People fall in love with hijiki for many different reasons, but everyone feels good and satisfied after eating hijiki because it contains a lot of nutrients that are difficult to obtain from other food sources.

Hijiki in Japan

Hijiki is a seaweed found along the coast of the Sea of Japan, the southern coast of Hokkaido, the Pacific coast, the Seto Inland Sea and the northwestern coast of Kyushu. It grows on relatively warm rocks near the low tide lines in the adjacent waters.

The plant has a stem 3 mm to 4 mm thick, from which small branches and leaves extend in an irregular fashion. Hijiki reaches a length of 50 cm to 1 m in spring and summer.

When harvested, hijiki is boiled for about 30 minutes in hot water, and miraculously the brown seaweed turns pitch black. The boiled hijiki is then dried in the sun or through use of a machine to make the dried hijiki normally found in stores. Dried hijiki shoots and leaves are called *mehijiki*, while hijiki stems are called *nagahijiki*.

Hijiki has been used in Japan for many years. In fact, "Ise Monogatari (story)," written in the Heian era in the 10th century mentions a gift of hijiki, and seaweed

cookbooks written during that period contain hijiki recipes.

Today, hijiki is found in almost every Japanese cookbook.

Because the black, short seaweed looks like a deer tail, it eventually came to be called hijiki, which means "deer-tail vegetable." Hijiki is without question a Japanese food, but it is called *hiziki* around the world. It even has a scientific name: *Hizikia fusiformes*.

Excellent Food

From a nutritional standpoint, seaweed is rich in dietary fiber and has few calories from fat, etc. The slimy liquids released from seaweed actually consist of quality protein. Having alkalinity, seaweed is a rich source of calcium, iron, potassium and various other minerals. For these reasons, seaweed is a perfect dietary partner for those who want to lose weight, and it prevents numerous diseases associated with modern, adult lifestyle habits against which we otherwise have little defense.

According to research data, hijiki is an excellent food because it contains 14 times more calcium than milk, 15 times more iron than spinach and 31 times more dietary fiber than lettuce,

Because it doesn't have a distinctive smell or taste, hijiki can be used in almost any dish of any type. So, why not add some of these interesting ideas and create your own hijiki recipes?

Most Popular! Hijiki with Fried Bean Curd



Ingredients (serves 2 or 3)

1 oz. hijiki
2 pieces fried bean curd
0.8 oz. carrot
2 tablespoons vegetable oil
2 tablespoons sugar
2 tablespoons soy sauce
2 tablespoons *mirin*
(sweet rice cooking wine)
<Stock>
1-3/5 cups water
Approx. 10 cm square, 1
piece dried konbu
0.8 oz. dried bonito flakes
(Divide into 2 portions of 0.4
oz. each.)

How to Cook

- [1] Prepare stock. Put water and konbu into a pot and cook slowly over low heat. When the liquid starts to boil, take out the konbu.
* To fully extract the flavors of konbu, soak it in water for at least 30 minutes before cooking.
- [2] Once the liquid has come to a boil, reduce the heat and add 0.4 oz. of dried bonito flakes. Wait for all the flakes to sink, and then put in the remaining dried bonito flakes. When all flakes have sunk, remove from heat and strain.
- [3] Soak hijiki in water until soft, then drain. Julienne the carrot. Pour hot water over fried bean curd to remove the oil and chop it into thin slices.
- [4] Heat oil in a pan and sauté the hijiki. Pour in stock prepared in [2], and cook for about 10 minutes over medium heat.
- [5] Add the flavoring ingredients, fried bean curd, carrot and continue to cook.

Hint: Do not mix vigorously once the flavoring ingredients are added.

Hijiki Salad



Ingredients (serves 2)

0.3 oz. hijiki (dried)
1/4 lettuce
2 imitation crab sticks
0.8 oz. corn
2 sliced cheese
2 tablespoons mayonnaise
1/2 teaspoon miso
Soy sauce, sugar, stock
(as appropriate)

How to Cook

- [1] Soak the hijiki in water until soft. Put soy sauce, sugar and stock into a pan and cook the hijiki until it absorbs all the flavors. Drain the liquid and let cool.
- [2] Tear lettuce into appropriate sizes and break up the imitation crab sticks. Also, cut the cheese into appropriate sizes.
- [3] Mix the mayonnaise and miso well, then add all the ingredients and mix.

Hijiki Pasta



Ingredients (serves 4)

0.3 oz. hijiki (dried)
0.7 lbs. pasta
4 g x 1 chicken stock cube
Approx. 30 cm burdock
1 piece garlic
1-1/2 tablespoons olive oil
250 cc whole tomato
(1 can)
1-1/2 tablespoons soy sauce
2 slices bacon
Flour (as appropriate)
Mizuna (as appropriate)
1/2 onion
Grated cheese
(as appropriate)

How to Cook

- [1] Whittle burdock and boil it. Soak the dried hijiki in water until soft.
- [2] Thinly slice onion and cut the bacon into 1 cm pieces.
- [3] Put olive oil and garlic halves (without core) into a frying pan and cook over medium heat. When the garlic start becomes fragrant, add and sauté bacon and onion.
- [4] Add a can of whole tomato by breaking tomatoes, add drained burdock and hijiki, and bring the mixture to a boil. Reduce heat, add chicken stock cube and soy sauce, and cook until the liquid becomes a reduction.
- [5] Boil the pasta.
- [6] Transfer the pasta and [4] onto plates, and sprinkle with 3-cm slices of mizuna and cheese.



Hijiki Rice



Ingredients (serves 4)

3 cups rice
15 cm dried konbu
2-3/5 cups water
1/2 tablespoon sake
1/2 teaspoon salt

<Rice Mixture>

0.8 oz. mehihiki
2.5 oz. shredded pork
2 tablespoons sugar
2 tablespoons sake
3 tablespoons soy sauce

<Garnish>

Thinly sliced omelet, red ginger, etc.



"Nagahijiki" (left)
and "mehihiki"

How to Cook

- [1] Wash rice approx. 1 hour before cooking. Cook the rice with water, cut-up konbu, sake and salt. When rice is cooked, take out the konbu and simmer.
- [2] Sauté pork with oil, and add mehihiki that has been soaked in water until soft. Add sugar, sake and soy sauce and cook until all the liquid has evaporated.
- [3] Mix [1] with [2], transfer the rice onto a plate, and garnish with thinly sliced omelet, red ginger, etc.

Hijiki Soba



Ingredients (serves 4)

1.5 packs of eringi mushrooms
1/2 carrot
1/2 leek
0.2 oz. mehihiki
3 packs of cooked soba
2 tablespoons sake
2 tablespoons soy sauce
Salt and pepper to taste
1 dried bonito flakes sachet
1 tablespoon roasted white sesame
2 teaspoons canola oil
2 tablespoons sesame oil

<A>

2 eggs
Salt to taste

How to Cook

- [1] Cut the eringi mushrooms into 3 cm strips, then cut vertically into four pieces. Julienne the carrot and cut the leek to 3 to 4 cm. Soak mehihiki in water until soft, and drain.
- [2] Heat vegetable oil in a frying pan, pour well-mixed ingredients in <A>, and turn off the heat. Cook the eggs with the remaining heat while stirring, and then transfer the cooked eggs onto a plate.
- [3] Heat sesame oil in a frying pan and sauté the carrot, eringi mushrooms and mehihiki. Add the cooked soba and leek, season to taste with sake, soy sauce, salt and pepper. Add [2], dried bonito flakes and white sesame, then mix.

NATTO

The story of Natto

It is said that Japanese people began eating natto (fermented soybeans) at the end of the Jomon era. After rice is harvested, each straw of the rice plant has around 10 million spores of bacillus natto attached to it. People gathered the straw into bundles to create a container called a *tsuto*. To make natto they would place boiled soybeans into this container and kept them until the beans became sticky.

“Bacillus natto” (a scientific name) is a type of hay bacillus, so it is present on hay. However, this specific bacillus is also found in soil, straw stubs and even in the air.

There are various stories about how natto was discovered and where its name came from, depending on where it is produced and the location where it is consumed. Every story sounds plausible in one aspect but is hard to believe in another, so no single story has been confirmed.

We used to have two popular forms of natto: shio natto made with aspergillus, and sticky natto made with bacillus natto. Today, “natto made with bacillus natto” is the mainstream because, as we commonly believe for natto, “the stickier, the better.” In a sense, aspergillus natto has become a luxury food.

Among all the products made from fermented soybeans in Japan, the top products by consumption volume are soy sauce, miso, tofu and natto, in that order. Approximately 70% of all Japanese eat natto, of which about 10% are avid natto lovers who are, in a way, addicted to natto.

Just like okura, yam, seaweed, abalone and eel, natto is a representative form of

“sticky” food. Japanese people believe the sticky substance released from natto is not only flavorsome but also provides health benefits such as a boost in energy. This sticky substance actually consists of a mixture of sugar and protein, generally called “mucin.”

The mucous membranes of human skin are covered with mucin. Our eyes and internal organs are also protected by mucin. Particularly, the stomach is covered with a thick coat of mucin that protects the stomach walls from gastric juices and foreign bodies. Blood vessels are also covered with mucin to help promote blood circulation. Mucin also has beautifying effects. The Japanese people, who have been eating natto for thousands of years, owe their health to this sticky substance.

On the other hand, natto is still underappreciated in the U.S. Compared to soy sauce and tofu, which have enjoyed a boom in the country, the unpopularity of natto is minimal. Currently in the U.S., natto is consumed almost exclusively by Japanese, Japanese Americans and Americans who used to live in Japan. Americans may like the taste and flavor of natto, but since they rarely eat “sticky” foods in their daily diet it may take some courage for them to try natto.

Rosanjin Kitaoji, one of Japan’s most prominent gourmets, wrote about how to eat natto in his book, “Stir natto, and when the beans start to churn out cobwebs, stir more, like 400 times and even 500 times. When the cobwebs are broken and the stickiness is gone, add mustard and soy sauce and eat the natto.” Kitaoji is saying

that if stirred enough, the polyglutamic acid that constitutes the sticky substance mucin gets broken up and the glutamic acid, a flavorful ingredient, is exposed to the surface of natto. In other words, the flavors of natto are not in its stickiness. The insightful advice from Kitaoji may help Americans begin to appreciate natto .

Nutritional Value and Effects of Natto

Judging from what we normally eat, Japanese people clearly consume a lot of sticky food, or mucin. Okinawa, a prefecture known for the longevity of its residents, has by far the highest consumption of sticky foods such as natto and konbu. This suggests that mucin is directly related to longer life.

Also, it is a well-known fact that natto is easily digested. This is because the growth of bacillus natto helps release digestive enzymes.

Compared to soybeans, natto is rich in B vitamins. It also contains nattokinase, an enzyme only found in natto.

Nattokinase produced from bacillus natto has the effects of preventing blood coagulation and helps regulate our bowel movements. Additionally, natto is a rich source of lysozyme and suppresses the unwanted activities of bacteria and viruses. As long as we eat natto, which is a source of good plant-based protein, we don’t have to eat meat. Furthermore, natto contains a lot of dietary fiber, so eating natto helps resolve constipation. Let’s eat natto every day, and enjoy a healthy life!





FRIED NATTO

Ingredients (serves 4)

Vegetable oil (as appropriate) / 2 packs of natto / Some salt, soy sauce or ponzu sauce as you like

How to Cook

1. Fry natto in 180°C (356°F) oil while breaking the beans into individual pieces, until the surface becomes crisp and golden brown.
 2. Drain excess oil and eat natto with salt, soy sauce or ponzu sauce to taste.
- * Combine with fried carrot, pumpkin, sweet potato, etc.



MABO NATTO TOFU

Ingredients (serves 4)

1 medium firm tofu / 1 pack of natto / 5.5 oz. ground pork / 2 oz. leek / 1/4 onion / 1 green pepper (small) / 1 eggplant (medium)

<Flavoring ingredients>

3 tablespoons oyster sauce / 1 tablespoon chili bean paste / 3 tablespoons sugar / 2 tablespoons soy sauce / 1 teaspoon ginger / Potato starch diluted in water (as appropriate)

Preparation

1. Drain tofu and break it into large pieces by hand.
2. Cut leek and other vegetables into appropriate sizes.
3. Mince ginger with the skin on.
4. Cut natto into small pieces.
5. Pre-mix oyster sauce, chili bean paste, sugar, soy sauce and other flavoring ingredients.

How to Cook

1. Sauté all the ingredients (other than natto) in oil.
2. Add natto, pour mixed flavoring ingredients, and stir well.
3. Add potato starch diluted in water to hold all the ingredients together.

* Always add natto as the last ingredient. For extra flavor, add a dash of sesame oil as the final touch.

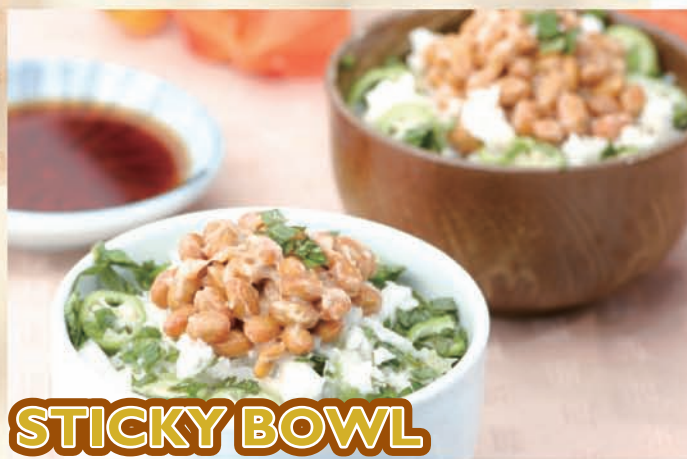
Recommended Natto Recipes

Many natto lovers are found in the northern and southern parts of Japan. Although natto was traditionally unpopular in the Kansai area, where residents hated its distinctive smell, the advance in biotechnology has made it possible to culture pure strains of bacillus natto to create natto having less odor. Thanks to the less smelly versions, natto is now a popular food that's enjoyed by Japanese throughout the country.

Natto is delicious but it has a distinctive smell and stickiness. Even the simplest way to eat natto---putting it on rice and sprinkling with condiments and soy sauce---never becomes boring.

When cooking natto, select ingredients that go well with this ingredient. You can also find recipes that increase the stickiness of natto for those "stickiness" lovers, or ingredients that reduce the distinctive smell and stickiness for those who are unfamiliar with it. It's fun just thinking about the various ways to cook natto.

Okura and yam are ideal food choices in summer when the stomach gets tired due to heat, because their sticky substances contain digestive enzymes and are also full of nutrients. For example, okura contains _ carotene, vitamin C, minerals and other nutrients that boost the body's resistance. Natto contains vitamin B1 that helps relieve fatigue, and it's a rich source of iron and calcium. Eat natto with green perilla leaves, since their refreshing fragrance will whet your appetite. Try these recipes. The slick texture of natto will surely make you want to eat more!



STICKY BOWL

Ingredients (serves 2)

3 to 5 okura / 1 pack of natto / 10 cm long yam / 5 to 10 green perilla leaves / Soy sauce (as appropriate) / 2 bowls rice

How to Cook

1. Cut okura into small pieces, shred yam or cut it into thin, short strips, and mince green perilla leaves. Crush natto into small pieces using the knife.
2. Put rice into a bowl, sprinkle minced green perilla leaf, and put yam, okura and natto.
3. Sprinkle soy sauce to taste.

OSHIRUKO

(Red Bean Soup with Rice Cakes)

Excellent dessert

Oshiruko, or *zenzai*, is one of the desserts we crave during a cold winter. By the way, do you know what the difference is between *oshiruko* and *zenzai*? Actually, they both vary depending on the region and can be defined in many different ways. Therefore, when people who are reading this article hear about *oshiruko* or *zenzai* as mentioned here, what they'll picture in their minds may differ according to the part of Japan they call home.

Generally, in the Kanto region a soup

dish containing "bean paste" made of red beans is referred to as *shiruko*, whereas in the Kansai region a dish that doesn't have any granularity (strained red bean paste) is called *shiruko* and a dish that's granular (crushed red bean paste) is called *zenzai*. Since *zenzai* is known as a rice-cake dish served with red bean paste in the Kanto region, you can see how different the definitions can be. Also in Kanto, this becomes even more



complicated, as there are other distinctions such as *gozen shiruko* and *inaka shiruko*.

OSHIRUKO

Ingredients (serves 4):

4/5 cup (roughly 5 oz.)

Nijiya's organic azuki beans (red beans)

3/5 cup (roughly 2.5 to 4 oz.) sugar

Pinch of salt

Adequate amount of round or square rice cakes



How to Cook

1. Removing scum

Wash the red beans thoroughly while changing the water two or three times.

Place the beans in a pot. Add 3 cups of water and cook over high heat.

Once it is brought to a boil, pause for a minute and drain the beans in a colander to remove the scum (this process is referred to as *yude kobosu*.)

2. Simmering beans

Put the red beans back in the pot and add just enough water to cover (5 to 6 cups). Cook over medium heat and bring to a boil. Then, lower the heat so that the beans are no longer jumping up and down in the boiling water. Cover with a paper lid (drop lid) and simmer until the beans become tender (as a guideline, about 40 minutes after the water is brought to a boil). This process can be easier with the use of heat-retaining cookware or a pressure cooker. You can also make this by transferring the ingredients to an electric water heater/warmer. Refer to the instruction manual for whichever equipment you decide to use, since the cooking time varies with the equipment.

3. Seasoning beans once they become tender

Once the beans feel tender and have a soft center when you pinch and press them lightly with your fingertips, add sugar and salt and continue to simmer while stirring occasionally.

4. Broiling rice cakes

When the soup begins to thicken, add the perfectly browned rice cakes in the soup to complete the dish.

OSHIRUKO'S SUPPORTING CAST

Mochi (rice cakes)

Rice cake is the most essential ingredient. There is a wide range of recipes, from those that instruct you to broil square rice cakes first and add them to the soup, to others that would have you cook round rice cakes without broiling them first.

Shiratama (rice-flour dumplings)

The recipe is simple.

- 1 Put 5 oz. of rice flour into a bowl. While adding 130 cc of water a little bit at a time, knead the dough until it is the consistency of your earlobe.
- 2 Shape into round balls approximately 2 cm in diameter, and cook them in boiling water for about 3 minutes.
- 3 Once the shiratama balls float to the surface, continue cooking for another minute or so. Scoop out the balls and cool them in cold water.



Sobagaki (buckwheat flour kneaded with hot water)

Knead buckwheat flour with hot water to make sobagaki balls, and put them in *oshiruko*.

Kuri Kanroni (candied chestnuts)

Use a jarred or canned *kuri kanroni* (candied chestnuts) to make this dish. It's easy!

Kabocha (kabocha squash)

Cut kabocha into bite-size pieces and cook them for about 15 minutes.

Legend has it that you won't catch a cold if you eat *oshiruko* made with kabocha on the winter solstice.

Satsumaimo (sweet potatoes)

Steam the potatoes and cut into large cubes for use in this dish.



Tsukemono (pickles)

As a side item, serve sweet *oshiruko* with a few pieces of well-pickled vegetables or pickled radish to complement the flavor.

FUN RECIPE

This is a fun and unusual recipe. Try it with your family for a year-end or New Year's celebration.

Yokan Oshiruko

- 1 To make *oshiruko*, pour 2 cups of water per 5 oz. of *yokan* (sweet confection made of red bean paste and agar) into the pot, and cook over heat until the *yokan* melts.
- 2 Broil rice cakes and put them into a bowl. Add *oshiruko* soup to the bowl to complete the dish.



Nijiya offers a variety of ingredients for *oshiruko*, along with ready-to-enjoy instant *oshiruko* products.



Sweet Hot Drink

AMAZAKE

In Japan, *amazake* (hot sweet sake) is sometimes served during the New Year's visit to a shrine or the Girls' Festival in March. Many of us remember drinking a cup of hot amazake on a cold day around a bonfire, and feeling energy welling up inside. Surprisingly, however, amazake is a seasonal word for summer. During the Edo era there were merchants who hawked amazake as a nutritional supplement during summer to people who were prone to exhaustion or lost appetite due to the intense heat.

Amazake contains 20% or more of glucose and is a rich source of the vitamins so essential to a healthy life. When *Aspergillus oryzae* grows, vitamin B₁, B₂, B₆, pantothenic acid, inositol, biotin and many other forms of naturally absorbed vitamins are produced and stored in the malted rice, and these vitamins are eluted into the amazake. *Aspergillus oryzae* also produces many varieties of enzymes such as proteolytic enzymes (protease) and lipolytic enzymes (lipase) and is therefore called the "treasure chest of enzymes."



One type is made from malt, and the other type is made from diluted sake lees.

Many of you may believe that amazake is made from sake lees, but actually the true recipe uses malt. Amazake made from sake lees does not become sweet unless sugar is added, but the sweetness of amazake made from malted rice is not derived from added sugar. It comes from reducing the sugars (such as maltose and glucose) produced through the saccharification of starch in rice or glutinous rice by amylase, an enzyme contained in malted rice.

The dietary fiber and oligosaccharide contained in the malt regulate the functions of the intestines to prevent or improve various unwanted conditions caused by irregular bowel movements such as constipation and rough skin. Additionally, they help rid the body of harmful substances.

By the way, did you know there are two types of amazake?

Amazake Products Recommended by Nijiya

This authentic amazake is made only from malted rice and rice. No preservatives or additives such as sugar are added. This is a traditional recipe, so it contains no alcohol. You don't have to worry about your children drinking it!



Nijiya's Amazake

Nijiya's special amazake is produced from organic ingredients. The malt in amazake is still alive, so Nijiya keeps this product in a freezer to maintain quality. The amazake, once defrosted, should be consumed within a week.



Kunigiku Amazake

This is an all-natural amazake made from 100% malted rice. It has the authentic taste created by a sake brewery. Please note that once the bottle is opened the amazake will quickly deteriorate. So, be sure to keep the bottle in a refrigerator and consume it within a week to 10 days. If you keep amazake too long, it will turn sour. You can still drink it, but it won't taste good.

[Kurogome Amazake]

Kurogome (black rice), which is categorized as *kodaimai* (ancient rice), has been known since the old days as a grain that is beneficial to beauty and health. Enjoy the perfect sweetness and flavor produced through a combination of malt and *kurogome*.

[Hatsuga Genmai Amazake]

This amazake contains additional 10% of *hatsuga genmai* (germinated brown rice), which makes it a healthier drink. You can actually "chew" this tasty amazake!

IWASHI



Sardine

Iwashi is caught around the world and is relatively easy to find throughout the seasons. Sardine, as it's also called, is divided into three types: *Sardinops melanostictus* (*maiwashi*), anchovy (*katakuchi iwashi*) and *Etrumeus teres* (*urume iwashi*). *Maiwashi* belongs to the herring family and is supplied in the largest quantity among the three types of sardine. In fact, most of the sardines sold in the U.S. are *Maiwashi*. *Maiwashi* is small enough to cook, and has an ample amount of fat to make the meat tasty. Additionally, it's a rich source of nutrients and is very affordable. In all respects, *Maiwashi* is the king of sardines.

Japanese people have been eating sardines since ancient times. Along with the many shellfish and bones of sea bream and bonito discovered in shell mounds from the Jomon era, sardine bones have been found, suggesting that sardine was already an important part of the diet in those days. It wasn't too long ago that sardine was called *neko matagi* (passed over by cat) because so much sardine was caught that even cats would get tired of it. However, sardine catches have declined with each passing year and prices have risen. The Chinese character for sardine consists of two component characters, including one meaning "fish" and the other meaning "weak." Obviously, the ancient Chinese

knew this fish would die quickly or lose its freshness fast. The Japanese name for sardine, *iwashi*, came from *yowashi* (weak), but the pronunciation changed to "iwashi" over time. Thanks to the advancements in transportation technology, we can find fresh sardines in stores today. However, it is still recommended that if possible you cook your sardines on the day of purchase. When picking fresh sardines at a supermarket, the things you should pay attention to are clear eyes and bluish, glowing skin.

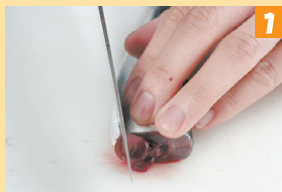
It is said that in California the sardine season is spring through summer. However, people are catching sardines somewhere at any given time throughout the year, although the amount of fat in the fish varies. With sardines, what's important is not to get too hung up on the so-called "season" but to select what's fresh. Buy fresh sardines and enjoy them in great sashimi and pickled recipes.



People have long believed that sardines would help cure diseases and relieve fatigue. This common wisdom is demonstrated by the high nutritional value of the fish. Indeed, the sardine is an excellent source of nutrients! Although its fat content is higher than many other types of fish, its fat consists mainly of a polyunsaturated fatty acid called eicosapentaenoic acid (EPA), which has the effect of reducing bad cholesterol and preventing blood clots that can cause arteriosclerosis. In fact, eating sardines helps clear your blood stream. The sardine also contains a lot of docosahexaenoic acid (DHA), a substance known to enhance the brain activity to improve learning ability and also prevent aging. Sardines are also a rich source of vitamin D, which increases calcium absorption and helps prevent osteoporosis.

How to Prepare Sardines (Finger Technique)

- 1 Thoroughly remove the scales and chop off the head.
- 2 Move the knife in parallel with the fish to cut off a thin strip from the belly.
- 3 Clean the fish in cold water.
- 4 Put your thumbnail above the middle bone, and gradually slide your thumb toward the tail to open the fish.
- 5 Cut the middle bone at the base of the tail, and pull the bone toward the head to remove.
- 6 Put the fingertip between the meat and the skin, and slowly slide the finger to separate the skin.





Pickled Sardines

A healthy dish that showcases the true value of the sardine. It's very easy to prepare!

Ingredients (serves 4)

6 sardines
1/2 onion (Nijiya's organic onion is recommended.)
6 tablespoons rice vinegar

How to Cook

1. Prepare fresh maiwashi as if to make sashimi, and cut the fish into appropriate sizes.
2. Slice the onion very thinly and transfer the slices onto a plate. Arrange the sardine neatly over the onion.
3. Pour rice vinegar just before eating.
If you don't like too much sourness, sprinkle a small amount of unrefined sake vinegar on top.

Namerou (Raw Sardine Ball)

This is a delicious, refined fishermen's dish that's great with sake or a bowl of rice!

Ingredients (serves 4)

4 sardines (prepared for sashimi)
1 teaspoon miso
1 piece ginger
1 spring onion

How to Cook

1. Finely chop the ginger and spring onion, and then mix with miso.
2. Put sardine on the chopping board and put (1) over it.
3. Crush sardine using the back of the knife, shape the meat into balls, and transfer the balls onto a plate.



Grilled Sardine

Juicy grilled sardine makes you want to reach for the second bowl of rice!

Ingredients (serves 4)

4 sardines / 3 tablespoons potato starch / 2 tablespoons vegetable oil
(A) 4 tablespoons soy sauce / 2 tablespoons mirin / 2 tablespoons cooking wine / 3 tablespoons sugar / Japanese pepper (as appropriate)

How to Cook

1. Prepare sardine using the finger technique (refer to "How to Prepare Sardine") and coat it with potato starch.
2. Heat oil in a frying pan, place the sardine with its skin side up, and grill for 2 to 3 minutes over medium heat. Turn the sardine over and grill until the fish is completely cooked. Transfer the sardine onto a plate.
3. To make the sauce, mix (A) in the frying pan and heat. When the mixture starts to boil, put the sardine back into the pan and glaze the fish with the sauce.
4. Transfer the sardine onto a plate and sprinkle Japanese pepper.



Iwashi Hamburger Steak

Here's a dish your kids will love!

Ingredients (serves 4)

2 sardines / 1 onion
(A) 1 tablespoon potato starch / 1 egg
(B) 1 tablespoon cooking wine / 3 tablespoons mirin / 3 tablespoons soy sauce / 2 tablespoons sugar / 1 tablespoon grated ginger / Daikon sprouts (as appropriate) / Grated Japanese radish (as appropriate)

How to Cook

1. Crush the sliced sardine with the back of the knife into fine lumps.
2. Sauté chopped onion in oil, and let it cool.
3. Put sardine and onion into a bowl, add (A), and mix. Shape the mixture into oval patties.
4. Heat oil in a frying pan and grill the hamburgers until both sides become golden.
5. Mix (B) in a pan and heat to make the sauce. Add grated ginger just before the sauce is ready.
6. Transfer the hamburger steaks onto a plate, pour the source, and add grated Japanese radish and daikon sprouts as a garnish.



THE STORY ABOUT FU 麦麩

(Japanese dried wheat gluten)

“A marvelous Japanese ingredient”

FASCINATING FACTS ABOUT FU —

Fu is not a bread, nor is it a cracker. It isn't a snack food, nor is it a staple food. Although it is made from wheat flour, you don't see *fu* in the flour-consuming nations of Europe or North America. *Fu* is a uniquely Japanese specialty. Just like *koyadofu* (freeze-dried tofu), *miso* (fermented soybean paste), *katsuo-bushi* (dried fish flakes), *niboshi jako* (dried tiny fish), *sushi* and *soba* (buckwheat noodles), there is nothing like it anywhere else in the world. *Fu* is spongy, soft to the bite, and doesn't have much flavor or weight. In fact, it was nearly forgotten, even in Japan. However, in recent years *fu* has drawn attention again because, being made from flour gluten, it's an excellent protein food containing zero fat and an abundance of wheat nutrients. *Fu* is great to include in the diet since it helps manage one's weight and health. It also becomes delicious when prepared as a dish, which is easy to do. For these reasons *fu* has made a big comeback, which has revitalized long-established *fu* stores throughout Japan. Moreover, because *fu* doesn't have much flavor, it blends well with other ingredients. Many delicious *fu* recipes have been created for ultimate Japanese cuisine like *kaiseki-ryori* and *shojin-ryori*. Now *fu* is becoming more popular than ever!

HISTORY OF FU —

The history of *fu* dates back to the Muromachi period, when it was eaten by

monks and imperial courtiers. Legend says that Sen no Rikyu, who had established the Japanese tea ceremony during the Azuchi-Momoyama period, served roasted *nama-fu* (raw wheat gluten) seasoned with *miso* (soybean paste) and sugar for a tea ceremony, which had then become popular as “*fu no yaki* (roasted *fu*).” In the Edo period *fu* was popularized for its delicious flavor and high nutritional value. It became an indispensable ingredient as a good source of protein since protein-rich foods were scarce at that time. *Fu* was loaded onto *kitamae-bune* (cargo ships), the major means of distribution at the time, and soon its use spread nationwide. Not just in Kyoto, but everywhere from Hokkaido in the north to Okinawa in the south, you can find local specialty *fu* products and *fu* dishes. Even in the remote countryside, there are many long-established *fu* stores that have been in existence for a hundred or even two hundred years.

A VARIETY OF FU —

Fu is solidified wheat gluten (protein). To begin with, wheat flour is divided into hard flour and soft flour. The outer layer of the wheat kernel is rich in gluten and is milled into hard flour, which becomes sticky when kneaded. The inner portion of the wheat kernel, which doesn't contain much gluten, is milled into soft flour. Soft flour doesn't become sticky when kneaded, and therefore it is suitable for use in *tempura*, cakes,

okonomi-yaki (Japanese-style pancakes) and other foods. To make *fu*, you first knead the hard flour with water which forms a dough, then allow it to rest. After this you wash out the starch, what's left of the dough is wheat-protein gluten, the primary ingredient in *fu*. Add glutinous rice to this and steam or boil it, and you will have *nama-fu* (raw-*fu*). Some of the types of *nama-fu* are *yomogi-fu*, *awa-fu*, *goma-fu* and *saiku-fu*. One method of preparation to add flour to the gluten, knead it well and roast it until a toasty aroma is released. Once this has dried you will have *yaki-fu* (roasted-*fu*). The varieties of *yaki-fu* include *komachi-fu*, *anpei-fu*, *matsutake-fu* and *temari-fu*. When the dough is wrapped around a pole and roasted, it is called *kuruma-fu*. Incidentally, the type of *fu* most readily available in America is *yaki-fu*. *Fu* exhibits many regional characteristics and has countless types and names. When made by a skilled *fu* maker with quality ingredients and water, *fu*'s wonderful flavor is brought out. The following types of *fu* have these local characteristics: wheel-shaped *kuruma-fu* in the Hokuriku and Tohoku regions; *koppepan* bread-shaped *anpei-fu* in Yamaguchi Prefecture; *hanbei-fu* served by a long-established *fu* restaurant in Kyoto; *age-fu*; *fu-gashi*; the Okinawa specialty *fu* exclusively for stir-frying; *matsutake* mushroom-flavored *matsutake-fu*; and *sukiyaki-fu* exclusively for use in *sukiyaki*.



ENHANCE THE FLAVOR OF YOUR EVERYDAY DISHES! —

Compared to bread crumbs, the holes in the surface of fu are smaller, which means that fu has a higher rate of water absorption and greater moisture retention. In fact, fu's water-retention ability is 1.5 times higher than that of bread crumbs. Also, fu has a smooth texture because the gluten particles are small. By exploiting these characteristics, fu can be used for a variety of dishes. Fu is routinely used in *sumashi-jiru* (clear soup) and miso soup, but you can also substitute bread crumbs with fu to make hamburgers. Fu will help keep meat juicy and give it a smoother texture. Add fu to

iwashi-tsumire (minced fish) and *dashimaki tamago* (Japanese rolled omelet), and these foods will become even more delicious by absorbing plenty of dashi stock. You can even use fu in cakes, pudding, *okonomi-yaki* (Japanese-style pancakes) and *tako-yaki* (octopus balls) making them unbelievably delectable and juicy.

EAT FU TO STAY HEALTHY —

Fu might not appear very nutritious, but in fact it has many health-benefiting properties. Because fu is a good protein, it's an ideal food for enhancing your beauty and helping to control your weight. Additionally, you can expect even more beneficial results

by combining fu with other foods. When combined with eggs, for example, it helps in the elimination of neutral fat and cholesterol present in the blood. If eaten with carbohydrates such as rice or noodles, wheat albumin mitigates the rapid rise of blood sugar and helps burn carbohydrates, thus preventing obesity and the onset of diabetes. Combining fu with cooking oil helps prevent infectious diseases. Combining fu with fish or meat containing vitamin B helps prevent the loss of DHA and EPA, which keeps our skin beautiful. We encourage you to rediscover the power and delicious flavor of this traditional Japanese ingredient, and to learn more about it. Let's use nutritious fu more often!

Dashimaki Tamago (Japanese rolled omelet)

Your omelet becomes smoother in texture, juicier, healthier and doubled in size!

Ingredients (serves 2):

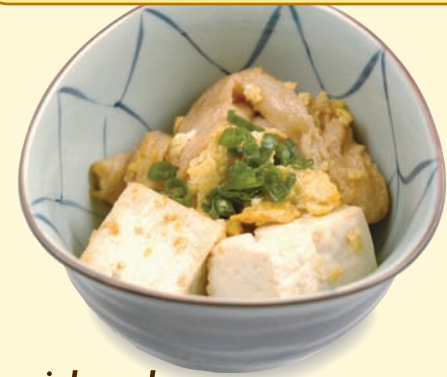
3 eggs
0.3 oz. yaki-fu
100 ml dashi soup stock (We use "Nijiya Tsuyu Tennen," a soup base, diluted with 5 times the amount of water.)

Directions:

1. In a plastic bag, crush the yaki-fu to a powder. Combine it with beaten eggs and dashi stock.
2. Cook the egg mixture in a rectangular omelet pan in the same way you cook a regular rolled omelet.



Fu Chanple (Stir-fried fu)



A quick-and-easy Okinawa-style recipe

Ingredients (serves 2):

1.5 oz. Kuruma-fu
1 egg
1/4 block momen-dofu (cotton-strained, firm tofu)
200 ml dashi soup stock (We use "Nijiya Tsuyu Tennen," a soup base, diluted with 5 times the amount of water)
Miso
Cooking oil
Chopped green onions (for garnish)

Directions:

1. Heat the dashi stock in a pot. Soak the fu in the soup until it is soft. Let it cool, and gently squeeze out the excess water.
2. Heat the oil in a pan. Cut the tofu and fu into pieces of adequate size, and stir-fry in the pan.
3. Season to taste with miso, then pour in beaten egg. Cook until the egg is somewhat solid.
4. Garnish with green onions if desired.

A wide variety of fu products are available at Nijiya Market. Fu is ideal for *sukiyaki*, *osuimono* (clear broth) and miso soup along with many other recipes. Try the healthy fu recipes from *Gochiso* magazine!

Kuruma-fu no Nimono (simmered kuruma-fu dish)

Add Seasonal Vegetables for Your Own Delicious Masterpiece!

Ingredients (serves 2):

1 oz. kuruma-fu
200 ml dashi soup stock (We use "Nijiya Tsuyu Tennen," a soup base, diluted with 5 times the amount of water)
Add seasonal vegetables of your choice, such as carrots, *sayaendo* (peas in the pod), *satoimo* (Japanese taro), etc.
Konnyaku (a jelly-like food made from konnyaku potatoes)
Kaiware daikon (Japanese radish sprouts) for garnish
Mitsuba (Japanese wild parsley) for garnish

Directions:

1. Soak the kuruma-fu in water until it becomes soft.
2. Simmer the dashi stock and add the vegetables. Add whitefish or chicken if desired.
3. Squeeze the excess water from the fu, and cut it into pieces of adequate size. Add to the simmering vegetables.
4. Turn off the heat. Scoop into a serving bowl, then garnish with *kaiware daikon* and *mitsuba*.





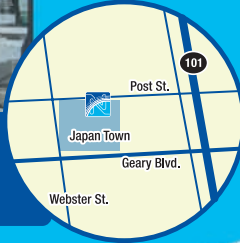
NIJIYA

Fresh produce and healthy goods

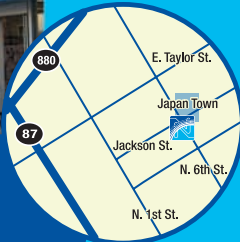
NIJIYA MARKET specialize in growing fresh fish (sashimi quality), organic produce, fruits and more. Our kitchen is always prepared with other prepared items.



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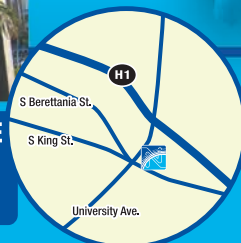
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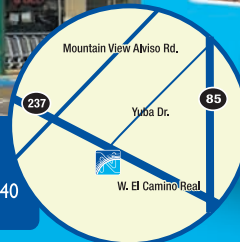
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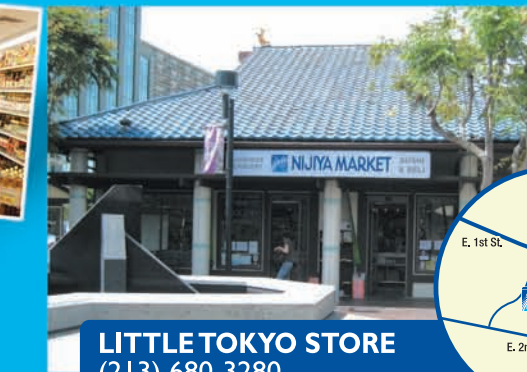
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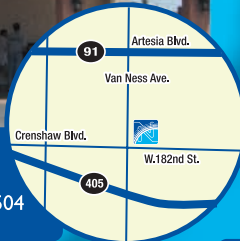
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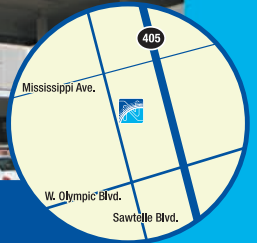
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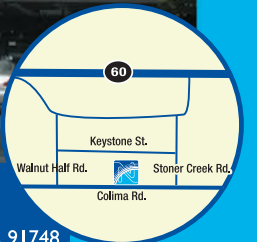
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KOYA-DOFU

An amazing, nostalgic flavor



HOMEMADE KOYA-DOFU
A surprisingly easy recipe!
Try it at home!

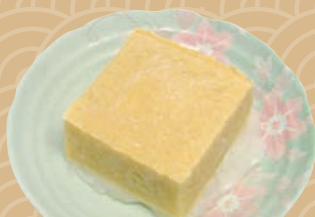


Things you need: Nijiya Organic-tofu (momen-dofu [firm cotton-strained tofu]), 1 container to put tofu in

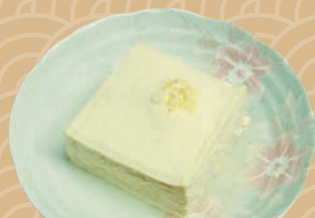
Directions:



1 Place the tofu in the container and let the excess water drain away for 10 minutes. Put the tofu in the container and then place it in the freezer.



2 Once the color turns yellowish and the tofu is completely frozen, take it out of the freezer.



3 Defrost, then gently squeeze to remove the excess water. Cut and season as desired. (To defrost, you can either thaw it at room temperature or use a microwave.)

Nobody knows who came up with *koya-dofu* first, though it's certainly a traditional Japanese flavor that dates back to ancient times. Koya-dofu is made simply from soybeans, and has long been enjoyed throughout Japan under the names "Shimi-dofu" or "Koyasan-dofu." It looks just like a hard sponge, and it doesn't even appear to be edible or fresh. Koya-dofu could have been destined to simply die out, but now it is appreciated for its distinctively high nutritional value. Koya-dofu is an excellent, storable healthy food that Japan can boast to the world. Its nostalgic taste is now becoming increasingly popular and is soon to emerge as a dynamic influence on modern cooking.

WHAT IS KOYA-DOFU?

Koya-dofu is made by freezing the slightly firmer *momen-dofu* (cotton-strained tofu). Let it mature until it reaches a sponge-like consistency then remove the excess water. Once dried, you have koya-dofu. In the making of koya-dofu, soybean nutrients, protein and fat are extracted and concentrated. This explains why koya-dofu is rich in a variety of nutrients. The efficacy of koya-dofu has been demonstrated in various studies and has drawn considerable attention. Some of its many benefits are: Effectiveness in suppressing cholesterol levels, mitigating dioxin accumulation its elimination from the body and facilitating its excretion, preventing the hardening of the arteries, which can cause various diseases, and helping excrete harmful elements from the body. Thus, koya-dofu has beneficial effects on lifestyle-related diseases, menopause, osteoporosis and obesity. Koya-dofu can help protect our health and delight us with its healthy, nostalgic flavor. Why not incorporate more koya-dofu into your menu and ensure your family's health?

THE NUTRITIONAL VALUE OF KOYA-DOFU

Koya-dofu is a reliable friend in supporting the growth of your children, and will help them build strong bodies. The

protein in koya-dofu makes up the fundamental structures of somatic cells and helps build strong muscles. It's calcium helps build strong bones and ensure a stable emotional state. The lecithin content of koya-dofu supports our brain functions such as memory, concentration and learning ability.

When You Are Pregnant or Nursing

Koya-dofu is rich in iron, which is an essential element for women. Especially if a woman is pregnant or nursing, iron is the most important nutrient she needs to replenish. If a mother's iron intake isn't sufficient, she can suffer the effects of anemia. Iron deficiency in infants can cause delayed development. So, if you're a nursing mother we especially recommend eating koya-dofu. It's a nourishing food that supplies babies and mothers alike with important nutrients such as protein, iron and calcium, and it facilitates the excretion of dioxins accumulated in the body.

Enhance Your Beauty and Health

Because Koya-dofu is a low-calorie protein food, it doesn't cause weight gain and therefore it is an ideal diet food. It also contains plenty of iron and vitamin E, so it's effective in making your skin feel firmer and younger and can prevent iron-deficiency anemia, fatigue and low

motivation. Koya-dofu is also high in lecithin, calcium and isoflavone. Lecithin can provide positive effects for women who want to lose weight, while calcium and isoflavone can help prevent the emaciation and bone loss caused by extreme dieting. To help you lose weight in a

healthy way, koya-dofu is a perfect food.

Anti-aging Effects

Koya-dofu contains vitamin E, which has beneficial effects not only in the preventing of skin aging and wrinkling but can also aging in the prevention of

premature aging of the body. Another benefit is that linoleic acid and altered proteins caused by the freezing help suppress cholesterol levels. The lecithin is essential for overall brain activity and is therefore thought to be effective in preventing senile dementia.

Try these quick-and-easy koya-dofu recipes and many variations:

Koya-dofu no Fukume-ni

(Simmered Koya-dofu)



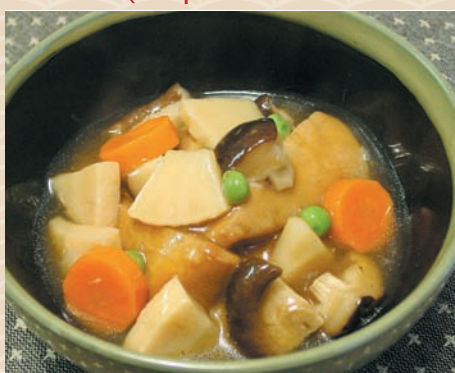
Ingredients (serves 4):
 3 oz. koya-dofu (about 6 blocks)
 1/4 carrot
 8 *kinusaya* pea pods
 - For seasoned broth:
 400ml dashi soup stock
 4 tablespoons sugar
 2-1/2 teaspoons soy sauce
 2-1/2 teaspoons *mirin* (sweet rice cooking wine)
 Pinch of salt

Directions:

1. Heat water in a saucepan and make a seasoned broth.
2. Add dry koya-dofu (no soaking required) to the broth and simmer over medium heat.
3. Continue to simmer over medium heat for about 10 minutes or until most of the water has evaporated.
(When your koya-dofu already comes with dashi soup base, follow the directions provided on the package.)

Koya-dofu no Age-ni

(Deep-Fried and Simmered Koya-dofu)



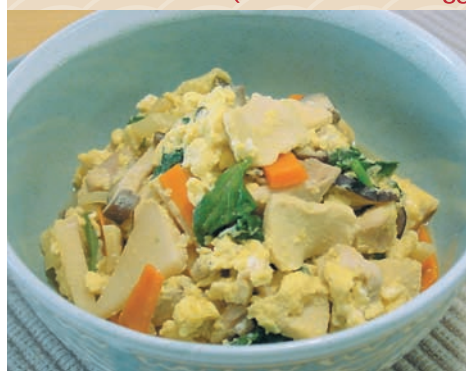
Ingredients (serves 2):
 1 oz. koya-dofu (about 2 blocks)
 2 dried *shiitake* mushrooms
 1/2 carrot
 1/4 *takenoko mizuni* (blanched bamboo shoots)
 12 green peas
 2 tablespoons sugar
 2 tablespoons soy sauce
 400ml dashi soup stock
 An adequate amount of *katakuri-ko* (potato starch) and cooking oil for deep-frying

Directions:

1. Soak dried koya-dofu in warm water until softened. Gently squeeze the excess water from it, then cut each block into 4 triangles of equal size. Dredge in *katakuri-ko* and deep-fry in oil.
2. Cut the carrot into chunks. Soak the dried *shiitake* mushrooms in water until softened, then cut into quarters. Cut the bamboo shoots into thin ginkgo-leaf shapes. Simmer the prepared vegetables in the stock.
3. Season the cooked vegetables. Add koya-dofu and allow it to absorb the flavor in the soup.

Koya-dofu and Vegetable Tamago-toji

(simmered with egg)



Ingredients (serves 2):
 0.5 oz. koya-dofu (about 1 block)
 200ml dashi soup stock
 1/4 onion, 1/4 carrot
 1 dried *shiitake* mushroom
 1/8 cup *takenoko mizuni* (blanched bamboo shoots)
 1/2 chicken pieces
 1/4 bundle of spinach
 1 tablespoon sugar
 1 tablespoon soy sauce
 1 teaspoon sake
 2 egg, lightly beaten

Directions:

1. Soak dried koya-dofu in warm water until softened. Drain in a colander, then slice. Cut the chicken into small pieces. Cut the onion into wedges. Cut the carrot and the bamboo shoots into thin rectangular pieces. Soak the dried mushroom in water until softened, then slice. Cut the spinach into pieces 1 inch to 1.5 inches long.
2. Heat dashi stock in an iron pot, then add the prepared ingredients in the following order: chicken, onion, carrot, *shiitake* mushrooms and bamboo shoots. Simmer until the vegetables are soft.
3. Add koya-dofu and the seasonings. Simmer.
4. Add spinach pieces and stir in the beaten egg.

Koya-dofu no Goma-ae

(Koya-dofu with Sesame Dressing)



Ingredients (serves 2):
 0.5 oz. koya-dofu (about 1 block)
 2 sticks imitation crabmeat
 1/2 pack *shimeji* mushrooms
 1/4 pack *konnyaku* (a jelly-like food made from konnyaku potatoes)
 Sake, Soy sauce
 - Goma-dare (sesame dressing):
 4 tablespoons white sesame seeds
 1 tablespoon soy sauce
 1 tablespoon sugar
 1 tablespoon *mirin* (sweet cooking rice wine)

Directions:

1. Soak koya-dofu in warm water until softened. Drain in a colander, then cut into thin rectangular pieces.
2. Remove the stems of the mushrooms and break into small clusters. Braise with a small amount of sake and soy sauce.
3. Cook the *konnyaku* in boiling water and rinse under cold, running water. Cut the *konnyaku* in half horizontally, then slice into thin rectangular pieces. Wash the imitation crabmeat in boiling water and shred it into small pieces.
4. Mix the dressing ingredients together. Toss with the koya-dofu, mushrooms, imitation crabmeat and *konnyaku*.

THE STORY OF NORI

**ABUNDANCE IN VITAMINS AND MINERALS.
EAT "THE SEA VEGETABLE" EVERYDAY FOR YOUR HEALTH!**

The Japanese food scene in the United States has been changing dramatically these days. In fact, it was not long ago that "nori" was disliked by many non-Japanese because of its appearance (a black paper like sheet!) and somewhat fishy flavor. But as sushi has gained popularity, its companion "nori" has also naturally become popular, although it is still called "sea weed".

Now in some places, it is promoted as "sea vegetable" and is almost becoming an English word along with "sushi", "tofu" and "sake". Sushi rolls using "nori" is now available almost at any major super market deli.

Nori also seems to have attracted people with its "Nutrition Facts". Non-fat, and low in calories, it is an alkaline food that contains plenty of dietary fiber, good protein, chlorophyll and various vitamins and minerals. It also has betaine and taurine which helps reduce cholesterol. What other foods can you find healthier than this?

Nori has been indispensable food for Japanese for a long time.

It is said that Japanese people were already eating "nori" in the 7th century. They began cultivating it some time in the Edo period (1603-1867). The main nori farm in that era was Edo Bay (present Tokyo Bay). The nori raised there was called "Asakusa Nori" because it was collected at the mouth of Asakusa River. Both production and sales of

Asakusa Nori was completely controlled by the regime.

As the production increased, the farming area expanded. As Tokyo became modernized, the farming area spread farther out of Tokyo. Currently Ariake Bay in Kyushu is said to produce the highest quality nori.

At present, 10 billion nori sheets are produced and consumed a year in Japan. Nori is one of the essentials in Japanese food. From simple rice and nori breakfast to sushi to soba noodles, it is no exaggeration that Japanese can not live without it. Therefore, both demand and supply have kept increasing each year even though the Japanese diet has become westernized.

Japan is not the biggest producer of nori in the world. China is. However because Japan restricts the importation of nori to protect domestic producers, the major part of China's production goes to the States. As a result, American nori lovers enjoy high quality nori at significantly lower prices compared to the Japanese.

Now how can we determine the quality of nori?

Good nori should be even, aromatic, shiny and almost black deep green in color. But you may find a wide range of prices among similar looking nori sheets on the shelf. For example, the same size 10 sheet package on the bottom is \$1 per pack and the top is \$6 "produced in Japan" pack.

Nori's grade and price are determined by the production site, species, harvested season, texture, aroma, gloss, shape, flatness, coloring through the light, coloring after roasting, crispness and dissolving sensation in the mouth. The most expensive nori is Ariake produced. The cheapest is produced in China. The difference between these two is apparent; however, it is not easy to tell the difference between a \$2 and \$3 nori.

To learn how to choose good quality nori, there is nothing that takes the place of experience. Let's start with less expensive nori. Once you learn to distinguish the difference, try higher grades. While you are testing, you will gain good calcium, various vitamins and minerals, all of which may help ease stress and calm your nerves.

Nori is largely categorized into two types. "Crispy" and "Tasty and tough." The "Crispy" nori has a soft texture and grows in quiet waters such as Ariake Bay. This popular nori is crispy, as described, and aromatic, good for dishes that should be eaten soon after served, like rolls at the sushi bar, hand rolls or simply with plain warm rice.

The "tasty and tough" nori is thicker, darker and tougher because it grows in a rather rough sea like Seto Sea. Since its real taste emerges after it softens, it should be used for something you eat later, such as the sushi rolls or rice balls for lunch. Don't use the "tasty and tough" nori in place of the

“crispy” nori, otherwise you will very likely end up wrestling to bite off a tasteless hand roll.

Although these two types are so different, there is no particular description or warning on the package. You have to figure it out by yourself. So if you are not sure, buy a few different brands and taste them to compare. You will find the difference quite easily.

The other key to maximize the taste of nori is to eat as quickly as possible after opening the package. Thanks to the modern technology of desiccant and packaging, the nori in a package hardly deteriorates as it used to. Nori is no

longer a tea seasonable food, but is available year round. It is fresh at the time of the harvest, and will stay fresh for a long time. However, once it is exposed to the air and especially to moisture, oxidation quickly takes place. The original flavor and taste will be lost and never be restored. Use your open Nori right away. Do not lament over old leftovers. If you really want to save some leftover nori, double pack it



in air tight plastic bags and store it in the freezer.

Quick and Easy Recipes with Nori

ROASTED NORI SOUP



INGREDIENTS (SERVING 4): 2~3 sheets nori, 1/2 onion, 2 strips bacon, 3 TB corn kernels, 5C water, 2T chicken soup granule or consomme granule, sesame oil, salt, pepper and soy sauce to taste, green onion for garnish

1. Thinly slice the onion and bacon.
2. Boil the water in a sauce pan and resolve the soup granule. Add onion and bacon and cook for a while. Add corn kernels and finely torn nori pieces.
3. Adjust the taste with salt, pepper, and soy sauce. Add a small amount of sesame oil for flavor and garnish it with finely chopped green onion.

LETTUCE AND NORI SALAD



INGREDIENTS (SERVING 4): 2~3 sheets of yakinori, 1 head of lettuce, and sesame oil and soy sauce for taste.

1. Rinse the lettuce. Dry well and tear it into bite size pieces.
2. Put the lettuce in a salad bowl and sprinkle the torn nori pieces over.
3. Pour sesame oil over then soy sauce. (It is critical to pour sesame oil first, otherwise it will be too salty.)
4. Before serving add a small amount of vegetable oil and toss it well.

POTATO AND NORI TEMPURA



INGREDIENTS (SERVING 4): 2 sheets of yakinori, 4~5 large potatoes, salt, oil for frying

1. Peel and grade the potatoes. Squeeze the water out of the potatoes. (A coffee filter works well for this process)
2. Cut the nori sheet into 6 rectangular shapes.
3. Spread the graded potato onto the nori sheets. About 1/8" thickness.
4. Deep fry the potato and nori sheets for crispy golden brown. Serve warm with salt.

SPINACH AND NORI BUTTER SAUTE



INGREDIENTS (SERVING 2): 3~4 nori sheets (torn into pieces), 1 bunch spinach, butter for sauteing, soy sauce, salt and pepper for taste

1. Clean the spinach (organic is recommended). Cut out the root and cut into bite -size, about 1" long.
2. In a sauté pan, melt enough butter and saute the spinach quickly with high heat.
3. Add torn nori pieces at one time and cook a little more. Add small amount of say sauce from the side of the pan and adjust the taste with salt and pepper.

Sea Food in Season TUNA



Tuna Crispy Salad

■ INGREDIENTS (serving 4)

5.2oz (150g) tuna sashimi block, 1 celery stalk, 1/2 Carrot, 1/2 Tokyo negi (green onion), 1 pack kaware sprouts, crushed peanuts for garnishing

DRESSING:

3 TB soy sauce, 2 TB sake, 2TB sesame oil, 3 TB vegetable oil, 2 TB lemon juice, 1 TB grated ginger

1. Wrap the tuna sashimi block in a piece of gauze and place in a strainer. Pour boiling water over the tuna. As soon as the color of surface changes, cool the tuna in ice water.
2. Julienne celery and carrot in about 1 1/2" length. Julienne only white part of Tokyo negi (large green onion) hair thin and leave it in cold water for crispness.
3. Cut won ton skin into about 1/3" strips and deep fry them to golden.
4. Slice the tuna and place them onto a plate. Heap the well dried vegetables top on the tuna.
5. Garnish with fried won ton skins and crashed peanuts. Drizzle the dressing before serving.

Japanese food has gained popularity in not only the States but almost all over the world. Eating raw fish is quite a unique custom. Even so sushi and sashimi have been successfully adopted in many countries. The more these raw fish dishes become popular, the more people also have become aware that raw fish is a healthy and luxurious choice of food.

Among the raw fish, "tuna" is undoubtedly the No. 1 choice in both Japan and the States. In its consumption, no other country can beat Japan. Overwhelming 55% of the world's tuna lands in Japan. The US comes next. The US not only consumes but catches tuna and exports to the world's largest market, Japan. At the same time, the US imports fresh tuna by air from other countries, too.

The quality of tuna is different from

species to species. But handling skills after being caught and shipping technologies play a big role in quality, too. When tuna is caught, it must be gutted and refrigerated as quickly as possible. Then it is packed in a box with ice for air shipping. Tuna's characteristic red flesh is so delicate that its bright color would go dull in a minute if the storing temperature exceeds 5°C or if it is exposed to the air. Therefore, no matter how big it is, tuna has to be shipped in whole if intended to be used raw.

Tunas are huge fish. We never see a whole tuna lying in a glass case at a store. Tuna is sold as beef is sold in portion. These portions also have names like, "akami", "chutoro", or "nakauchi" like beef, "sirloin", "fillet", "rib", depending on the part of body. Each part has a different taste, a different use and of course,

a different price.

Tunas live in the open seas such as Pacific, Atlantic and Indian Oceans. They reach the adult size in three years and keep growing larger. Their beautiful streamline makes them fast and strong swimmers. It is said that tunas can swim over 100 km per hour and could cross a vast ocean. Like other fish, tunas intake the oxygen through the gills. Once they stop swimming the oxygen can not come into their system. Thus tunas must keep swimming day and night their entire life.

The followings are characteristics of three main types of tuna:

"Black Tuna" (Hon Maguro)

These are the king of the tunas. The largest, fattiest and finest ones are probably seen only at some high end Japanese



Tuna Zuke Don

■ INGREDIENTS (serving 4)

1C rice, 1TB sake, 1 piece (about 5cm long) dashi konbu, 7oz (200g) tuna sashimi block, 1 large sheet of yakinori (see weed), ginger sliced needle thin for garnish, wasabi (optional)

Vinegar mixture: 1/2C rice vinegar, 3TB sugar, 2T salt

Marinade: 3TB soy sauce, 1TB dashi (fish broth)

1. Wash rice and soak it in water for 30min. Add sake and konbu to the rice and cook normally. Leave it with the lid on for 10 min after cooked, then transfer the rice to the mixing bowl.
2. Boil the vinegar mixture quickly and cooled. Pour it over rice and mix. Be careful not to knead the rice.
3. Pour boiling water over tuna. As soon as the color changes, cool it in ice water.
4. Marinade the tuna block for 2~3 hours. Turn it a couple times in the marinade.
5. Mix thinly cut yakinori with rice and put it into four individual bowls. Slice tuna about 1/8" width and place them onto the rice. Drizzle remained marinade mixture and garnish with thinly sliced ginger.

restaurants. Fishing grounds for these fish are the North Atlantic, Pacific and Indian Oceans and Mediterranean Sea. Because of their size (over 880 lbs) and quality, even some portions could cost a fortune. Undoubtedly it is a Japanese delicacy. But black tunas found at the world famous Tokyo Tsukiji Fish Market are often imported from the States. That means the black tuna offered in the States must be as good as the one offered at high end restaurants in Japan.

Speaking of price, the most expensive tuna is called "shibi" or "blue fin tuna" in English due to its blue fins. It is 2 year old, 16" to 39" long juvenile tuna that is caught mostly near Japan. Its taste is often described as "melting".

"Big Eye Tuna" (Mebach Maguro)

The name tells you how they look.

They have big eyes. 78" long and 330 lbs, they are considered as a smaller version of black tuna. These beautiful red flesh, pleasant texture and firmness make perfect sushi and sashimi. Even though it is more expensive and the taste of the fatty part, ("toro") of a big eye tuna is not as appealing as that of black tuna, its appearance surely wins it over. South Pacific countries and Ecuador are the main exporters to Japan.

"Yellow Fin Tuna" (Kihada Maguro)

"Yellow Fin Tuna" got its name because its fins turn golden yellow when it gets excited. This is the most distributed tuna in the States. Although it does not have a fatty "toro" part, it does have a wonderfully light and "unforgettable" taste. You can enjoy the taste of raw yellow fin tuna in the States, which is not available in Japan, with a reasonable price

■ INGREDIENTS (serving 2)

5.2oz (150g) tuna sashimi block, Tokyo negi for garnish, 2~4 leaves of basil for garnish

Red wine reduction sauce: 1C red wine, 1/2 onion finely chopped, 1 clove garlic finely chopped, paprika, salt, pepper to taste, olive oil

1. Slice only white part of Tokyo negi as thin as hair and leave it in ice water for crispness.
2. Make sauce. Cook onion and garlic in olive oil till the onion becomes translucent. Add red wine and cook to reduce the volume to 1/4 of original volume. Add salt, pepper and paprika for taste.
3. Cut the tuna for steak, about 1/2" thickness. Saute the tuna in the pan with a little bit of olive oil. Adjust the doneness.
4. Garnish the steak with basils and Tokyo negi. Serve with the red wine sauce.



Tuna Steak

thanks to the large volume caught in the vast fishing grounds of Hawaii, Miami, Gulf of Mexico, Pacific coast and off shore of Baja California.

Now we know what types of tuna are available. But how can we choose good tuna? First, think which you prefer, rich or light taste. Naturally, tuna in cold water or caught in winter is fattier. On the contrary, tuna in warmer water is low in fat, offers a lighter taste and bright red colored flesh.

Next, simply pick one that looks good. Choose dense and rich looking tuna. Color may be important, although it has nothing to do with the taste. Bright red tuna may be more suitable for sashimi for the color is more appetizing. After all, regardless which you choose, please eat it on the day of purchase.

SOY SAUCE

The taste of soy sauce is one of the most familiar to the Japanese. Originating in ancient China, soy sauce was further developed in Japan and is now used in hotels, restaurants and households all around the world. It is spreading throughout the globe as an all-purpose seasoning, so it's a source of pride for Japan. Today, many kinds of soy sauces are available, and their flavors vary depending on which manufacturing method and ingredients are used. Here we introduce various types of soy sauces and their effective usages, along with the history of soy sauce.



HISTORY

ORIGIN OF SOY SAUCE

Soy sauce is a liquid seasoning developed in Japan. However, its roots go back to Hishio, in China. Soy sauce originated as an ancient technique for food preservation that used salt. It was discovered that when food was preserved in salt, it would ferment and mature over time, and that it would become more savory. Various forms of Hishio were introduced into Japan in the early sixth century A.D., such as kusabishio (from herbs), uobishio (from fish) and kokubishio (from grain). Among these basic forms, kokubishio was further refined in Japan. Back then, however, kokubishio was made only from soybeans, whereas today's soy sauce is made from a combination of soybeans and wheat.

GLOBALIZATION OF SOY SAUCE

The globalization of soy sauce can be traced back to the Edo period. During that time, Japanese soy sauce was exported from Nagasaki, which was the only port open to foreign trade. Most soy sauce was shipped to China, Southeast Asia, India and Sri Lanka, but some made it to the Netherlands in northern Europe, where soy sauce was highly prized as a precious seasoning of the Far East.

Japanese soy sauce was greatly valued, and legend even has it that Japanese soy sauce was used as a secret ingredient in the royal cuisine served at the table of King Louis XIV of France.

Over the centuries, Japanese soy sauce has become popular in more than 100 countries worldwide. The reason soy

sauce is so strongly associated with the lives of the Japanese, and the reason it has prevailed throughout the world, must lie in its delicious flavor.

TYPES

HOW TO MAKE SOY SAUCE

There are several manufacturing methods for soy sauce, including soy sauce made by regular "fermenting method", soy sauce made by "mixed and semi-fermenting method" and soy sauce made by "mixed method." Eighty percent of Japanese soy sauce is "soy sauce made by regular fermenting method". While the soy sauce made by mixed and semi-fermenting method and the soy sauce made by mixed methods use ingredients that are broken down and fermented through chemical means, the soy sauce made by regular fermenting method uses microorganisms such as koji mold (*Aspergillus oryzae*) and yeast to create a natural fermentation over a long period of time.

The main ingredients of soy sauce are soybeans, defatted soybeans, wheat and salt. Defatted soybeans have had their oil content removed. Soy sauce is produced through the slow, natural fermentation of koji-mold culture with salt water added. The koji-mold culture is made by mixing the koji mold into the heated ingredients (soybeans and wheat), whereupon the mixture is incubated for a few days. The length of brewing varies depending on the intended type of soy sauce. It can range from several weeks to six months, but some types take even longer.

TYPES OF SOY SAUCES

The Japanese Agricultural Standards (JAS) divide Japanese soy sauce into the following five categories: koikuchi (dark soy sauce), usukuchi (light-colored soy sauce), tamari (less wheat), saishikomi (twice-fermented soy sauce) and shiro (clear soy sauce).

[Koikuchi (Regular soy sauce)]

Koikuchi is the most popular soy sauce in Japan, accounting for a major share of the country's domestic soy sauce production. It is made from nearly equal quantities of soybeans and wheat, and has been perfected mainly in the Kanto region since the Edo period. It is characterized by its fine balance of aroma, color and taste, and can be used not just alone as a table condiment but also as a cook's seasoning for simmered dishes, broiled dishes, soup stock, basting sauce, etc.

[Usukuchi (Light colored soy sauce)]

The word usukuchi (light) indicates its color, not its salt content. In fact, it has slightly higher salt content than koikuchi does.

Usukuchi can be used to highlight the natural flavor and appearance of ingredients in the preparation of fish dishes, vegetable dishes, etc. It's characterized by a light color and an aroma that is relatively less intense. Usukuchi isn't suitable for use alone as a dipping sauce or a table condiment, but it's excellent for use in simmered vegetable dishes, clear soups and udon noodle soups.

[Tamari]

Unlike koikuchi, which is made with roughly equal amounts of soybeans and wheat, tamari is made primarily from soybeans. It's popular in the Chubu region, especially in Aichi Prefecture. Along with the typical use as a sashimi dipping sauce, tamari is also used as coating sauce when baking arare and senbei rice crackers, because it turns a beautiful reddish color when heated.

[Saishikomi (Refermented soy sauce)]

The word saishikomi (meaning "twice fermented") is derived from a production process in which the soy sauce is actually fermented twice.

Generally, this type has a dark color, a thick texture and a rich flavor. But because saishikomi is expensive, it's used mostly as a table condiment, particularly as a dipping sauce for sashimi and sushi. In the production process of regular soy sauce, salt water is added to koji-mold culture. However, in the case of saishikomi, soy sauce is used instead of salt water.

[Shiro (Extra light-colored soy sauce)]

In contrast to tamari, shiro primarily uses roasted wheat and only a small amount of steamed soybeans. Its color is even lighter than usukuchi, and its flavor and richness are more subdued. Shiro is used to highlight the appearance of foods, and is used as an addition to soup stock for udon noodles and others.

You can also find the following types of soy sauces in the marketplace:

[Marudaizu (whole soybeans)]

The soy sauce labeled marudaizu isn't made with defatted soybeans but with whole soybeans, including their oil content. While soy sauce made with defatted soybeans has a sharp, vivid flavor, Marudaizu has a deep, mellow flavor.

[Yuuki (organic soy sauce)]

Yuuki soy sauce uses organic agricul-

tural products (soybeans and wheat) as its primary ingredients and is produced through a process that's completely separate from the one using non-organic products.

[Gen-en (sodium-reduced)]

Gen-en soy sauce contains less than 50 percent the sodium of regular soy sauce. In the U.S., this type of soy sauce is designated "Lite" or as "low sodium."

HOW TO CHOOSE THE RIGHT SOY SAUCE

With its harmony of color, taste and aroma, soy sauce brings out the deeper, more complex flavor of food. So, it greatly affects your cooking results, depending on how you use it. When using soy sauce in cooking, it's essential that you choose properly between koikuchi and usukuchi. It's important to select the soy sauce that will enhance the natural flavors of your cooking ingredients.

Koikuchi

Because of its fine balance of color,

taste and aroma, koikuchi is a versatile seasoning that can go with just about any ingredient or dish. It lends itself particularly well to teriyaki, nitsuke (simmered dishes) and fish dishes using red fish (bonito, yellowtail, etc.) and blue fish (mackerel, etc.).

Usukuchi

Usukuchi is characterized by its light color and subdued aroma, and is used to enhance the natural colors of ingredients in cooking.

Usukuchi is particularly recommended for simmered vegetable dishes. It helps retain the color of white root vegetables (taro, lotus root, etc.) and green vegetables. Additionally, usukuchi is an excellent choice if you need to season dishes without adding any color to them, as is the case with chawan-mushi (egg custard) and clear soup.

For more information, please visit the Kikkoman website: <http://www.kikkoman.com/>

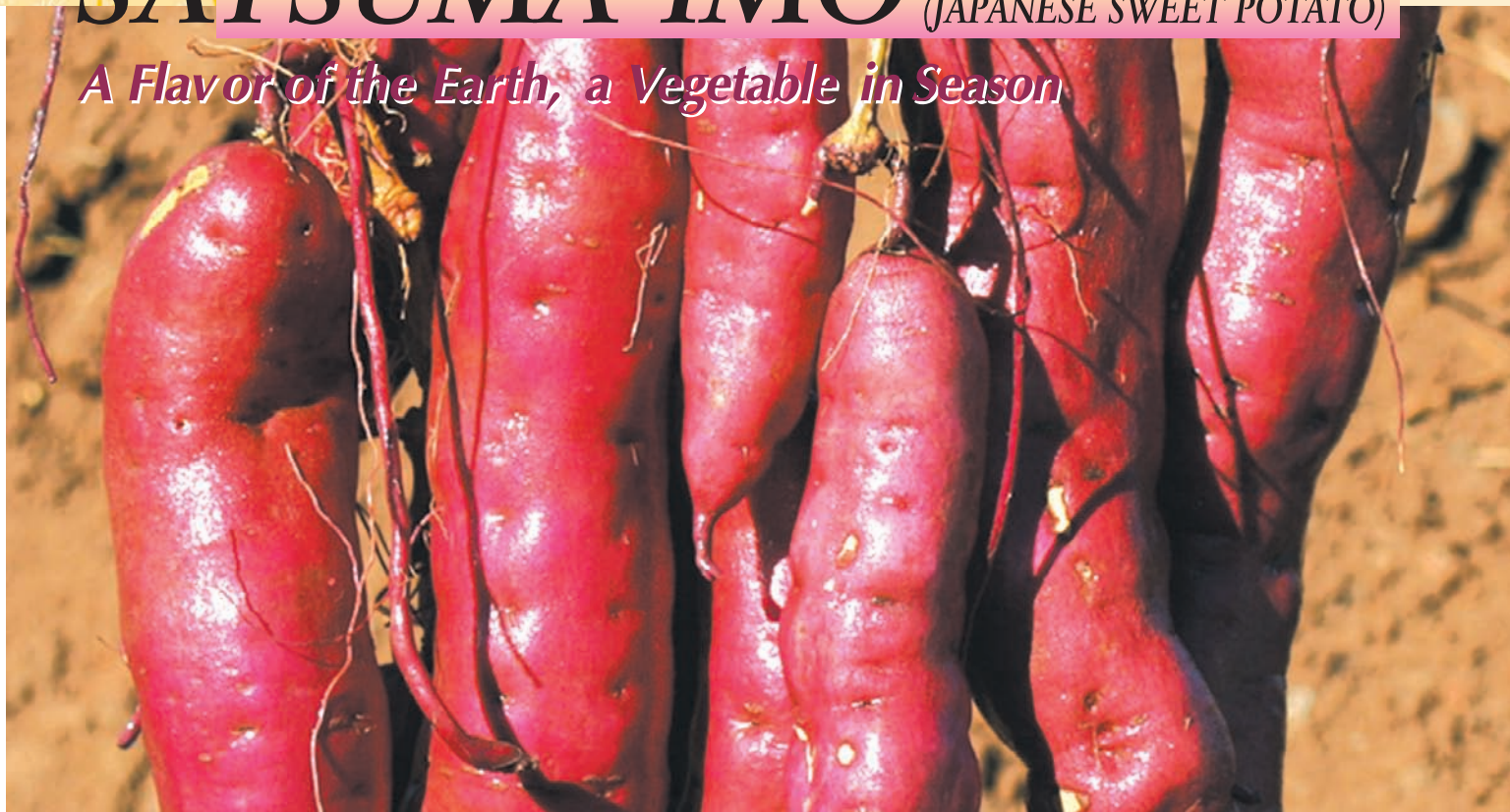
HOW TO ENHANCE THE FLAVOR OF FOOD USING SOY SAUCE

Soy sauce has an amazing ability to enhance the flavor of food and make it more delicious, and can increase the variety of the dishes you prepare. In addition to Japanese food, soy sauce can be used for a variety of dishes as a hidden flavor. It can provide various effects, such as by enhancing the natural flavor of food and incorporating the tastes of different ingredients. Here are some of the ideas you can try in your daily cooking. No doubt you'll be able to find delicious new combinations.

- 1. A final touch for stir-fried dishes**
(The flavor will be enriched, making the dish more savory and delicious.)
- 2. A secret ingredient for curries and stews**
(Adding one teaspoon of soy sauce as a final touch will bring out a richer, deeper flavor.)
- 3. A fine combination with Italian dishes**
(A delicious salad dressing can be made just by combining proper amounts of balsamic vinegar, olive oil and soy sauce.)
- 4. A perfect match with dairy products**
(In addition to butter, soy sauce is also a great complement to sour cream and cream cheese.)
- 5. Great for dipping sauce**
(Adding a small amount of soy sauce to salsa and guacamole will enhance the natural flavor of the ingredients.)

SATSUMA-IMO (JAPANESE SWEET POTATO)

A Flavor of the Earth, a Vegetable in Season



Roots

The Satsuma-imo, or Japanese sweet potato, originated in the region of Mexico and Guatemala and was a common crop earlier than 3000 B.C. It was brought to Europe in the fifteenth century by Christopher Columbus, and was introduced from Spain into China at the end of the sixteenth century. After that, the Satsuma-imo was brought from China through the Ryukyu Islands, Tanegashima and Satsuma, at the southern tip of Japan. In the mid-Edo period, Konyo Aoki, a scholar of Western studies, began cultivating the plant in the Kanto region, and soon it was a widespread crop. The Japanese name “Satsuma-imo” is derived from the fact that the Satsuma (Kagoshima) region was the one in which this vegetable was raised. It is well known that the Satsuma-imo helped many people survive during a time when food was scarce in Japan. Later, many new varieties were created to satisfy the tastes of the Japanese. In Japan, Satsuma-imo goes by other names too. It’s called “kara-imo” or “ryukyu-imo” in the Satsuma (Kagoshima) region and “nmu”

or “kara-imo” in the Ryukyu (Okinawa) region. In the six centuries after Columbus brought Satsuma-imo to Europe, it had traveled around the globe, being named after the regions where it was cultivated. Thus it was transformed into the delicious Satsuma-imo we enjoy today.

Nutritional Value

The Satsuma-imo, which is abundant in starch and sugar, is also rich in calcium, vitamin C, kalium and dietary fiber. Its vitamin C content is comparable to grapefruit, and is also resistant to heat. The type with yellow flesh contains carotene. When the Satsuma-imo is cut, a slimy white substance appears on the surface. This is called jalapin, a resin component that aids in digestion. Jalapin works together with dietary fiber, which explains why eating Satsuma-imo can relieve constipation. When cooked at 70° to 80°C for several hours, Satsuma-imo’s natural sweetness and sugar content are increased through enzymatic action, making it even more delicious.

Season

Since the Satsuma-imo is available all year, it’s hard to tell when Satsuma-imo is in season. In the U.S., the greatest production of Japanese sweet potatoes centers on Livingston, California. The first crops arrive on the market in early August, but full-fledged harvest starts in September, when the product is at its best. The harvesting period lasts until March or so, after which the Satsuma-imo you see on the market are generally taken from cold storage.

A highly popular Satsuma-imo called “Beniazuma” and “Benikomachi” has a bright red skin and light yellow flesh. “Nakamurasaki,” which has a brownish yellow skin and purple flesh, has a more refined flavor and pronounced sweetness. Thanks to its abundant carotene, it’s one of today’s most popular varieties. It’s ideal for use in dishes like Kinton (sweet mashed Japanese sweet potato), Imoan (mashed Japanese sweet potato), and Imo Yokan (a block-shaped cake made of Japanese sweet potato).



Takikomi Rice with Satsuma-imo

■ INGREDIENTS (SERVES 4):

1 1/2 cups rice
 1/2 cup glutinous rice (Japanese mochigome)
 1 small Satsuma-imo
 2 packs fresh mushrooms (any variety)
 1 small piece fresh ginger root [A]
 2 tablespoons sake
 1 teaspoon salt
 1 teaspoon light-colored soy sauce
 Black sesame seeds for garnish

■ DIRECTIONS:

1. Rinse the rice and glutinous rice together till the water runs clear. Put in a rice cooker and add the specified amount of water, then reduce the amount of water by 2 tablespoons (the

amount of seasoning [A]).

2. Cut the sweet potato lengthwise into quarters, and slice each quarter crosswise into 0.25-inch thickness (0.7 cm). Immerse in salted water (as salty as seawater) for about 10 minutes (but not more than 15 minutes).
 3. Cut the mushrooms into bite-size pieces. Peel the ginger root and slice into julienne strips, cutting with the grain.
 4. Stir [A] into the rice 1; place Satsuma-imo, mushrooms, and ginger root on top, and cook immediately.
 5. Once the rice is done, let it rest several minutes in the rice cooker. Scoop in a serving bowl and sprinkle with black sesame seeds.

Satsuma-imo Korokke (Japanese Sweet potato Croquettes)

■ INGREDIENTS (SERVES 4):

3.5 oz. (100g) ground raw chicken
 2 Satsuma-imo
 1/2 chopped onion
 1 egg
 1 cup dry bread crumbs
 1/2 cup flour
 Cooking oil for deep-frying
 Salt and pepper to taste

■ DIRECTIONS:

1. Peel the sweet potatoes and cut into 1-inch thick (3 cm) slices. Soak in water.
 Place the sweet potatoes in a saucepan filled with cold water

and cook till tender. Test with a wooden toothpick, which should come out clean. Drain and mash.
 2. Finely chop the onion and cook in a skillet. Add ground chicken and cook till it's no longer pink. Season to taste with salt and pepper.
 3. Combine the sweet potatoes, onion and chicken in a bowl; remove and shape into rectangular rounds. Coat with breadcrumbs and fry in oil at 360(F (180(C) till crispy and golden.



Healthy Daigaku-imo (Candied Japanese Sweet potatoes)

■ INGREDIENTS (SERVES 4):

1 large Satsuma-imo
 Cooking oil for deep-frying
 Black sesame seeds for garnish [A]
 1/2 cup sugar
 1/4 cup water
 1 teaspoon soy sauce
 1/2 teaspoon sesame seed oil

■ DIRECTIONS:

1. Cut the sweet potato into 2-inch thick (5 to 6 cm) slices. Peel the skin deeply, and set the skin aside. Cut the sweet potato lengthwise into six to

eight equal parts of half-moon shape. Slice the skin into strips of equal length and immerse together with the sweet potato in salted water (as salty as seawater). Pat dry.
 2. Heat oil. Place the sweet potato in oil while the temperature is still low. Gradually increase the temperature and continue frying till crispy.
 3. For sauce, in a saucepan heat [A] till thickened and bubbly. Remove from heat, drizzle over hot Satsuma-imo, and toss to coat.
 4. Sprinkle with black sesame seeds and stir gently before serving.

Fresh produce and healthy groceries

In addition to Nijiya's original items, which are produced with particular emphasis on flavor, quality and safety, we offer a wide variety of delicious foods for you to enjoy. We look forward to meeting you at our stores!



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ROLLING HILLS STORE
2533B Pacific Coast Hwy., Torrance, CA 90505
Phone: 310-534-3000

SAWTELLE STORE
2130 Sawtelle Blvd., #105, West L.A., CA 90025
Phone: 310-575-3300

TORRANCE STORE
2121 West 182nd St., Torrance, CA 90504
Phone: 310-366-7200

PUENTE HILLS STORE
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Phone: 626-913-9991



LITTLE TOKYO STORE
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