

*Plenty of
Recipes*

Primary Edition

Gochiso

Ultimate Japanese Gourmet Magazine

The History of
Washoku
— Japanese Cuisine

Wagashi
— Japanese Sweets

Enjoy **Nigiri Sushi**
Sushi Bar Style Sushi

Ebi Tempura

Superb Tonkatsu (Pork Cutlets)

Copper River **Wild Benizake**

Gindara (Black Cod)

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Daikon (Japanese Radish)

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The Tale of **Tofu** ~Making Delicious Tofu~

World of Macrobiotics

Wagashi

Its History and Today



Sanshoku Dango

Varieties of wagashi you can find at Nijiya Market:

Dango:



Dangos are little balls made with rice with some fillings inside. Some are served by pieces while some are served together on skewers. Dangos come in many different flavors; they can be sweet with

In Japan, people enjoy many varieties of sweets. In fact, the Japanese love all things that are sweet, and during their long history, the Japanese have created, incorporated, and perfected diverse kinds of sweets. The traditional Japanese confectionery is called “wagashi,” or the “Japanese sweets.” Its unique history reminds us that wagashi is a result of the Japanese people taking in new ideas from foreign countries and turning them into their own.

It is said that the origin of wagashi is traced back to people putting nuts and fruits on tree leaves as ritual offerings. More than 5500 years ago, the Japanese enjoyed the sweet flavors of chestnuts and persimmons. It's amazing that these are still the national favorites. Then, in the seventh century, the ambassadors to the Tang dynasty, China, brought back new varieties of confectionery. They used rice or sweet rice, and were often fried with canola oil. Again they were mostly served as ritual offerings.

Around the same time, the green tea was imported to Japan as well. Incorporated into the Zen and Buddhist ways of life, the green tea became a staple of the Japanese culture. The role of wagashi was defined as an accompaniment to the green tea. In order to offset the tea's bitterness, wagashi was supposed to be very sweet, and since nature and simplicity were of the utmost importance to the tea culture, it was also supposed to be as natural and simple as possible. At the same time, wagashi was expected to artfully express the seasons, and the master craftsmen achieved this by using seasonal ingredients, or by imitating colors and shapes of such natural objects as leaves, fruits, or animals.

Later in the 16th century, many new varieties of sweets were introduced from Europe, especially from Spain and Portugal. Importantly, these sweets used

rich ingredients such as milk, butter and eggs, which had not been used in wagashi before. The western influences were welcomed and very popular until the early 17th century, when the Japanese shogunate shut out all foreign trades. For the next three hundred years, in the absence of direct foreign influences, wagashi enriched and strengthened it's the unique national character.

This is also the time when wagashi became available to the common people as wagashi used to be expensive, and was mostly enjoyed only by the noble and royal class. The plantation of sugar canes in the southern part of Japan was encouraged, and the increased availability of affordable sugar helped to popularize wagashi as well.

In the mid-19th century, Japan once again opened its doors to the outside world and welcomed new foreign influences. By this time, American sweets were introduced, and consequently many “yogashi”, or the “western sweets,” shops proliferated along side traditional wagashi shops. Even though the two world wars in the last century reduced or almost eliminated the supply of sweets, the Japanese in the modern world still enjoy the varieties of sweets they have discovered and imported over the course of history.



the sugar in the dough, or they can come with soy sauce based special sauce called “Mitarashi” poured on top. They can also come with a variety of toppings such as red bean paste or soy bean flour, called “Kinako.” One interesting variety of Dango toppings is “Zunda,” which is an Edamame soy beans paste. The origin of Dango is said to date back thousands of years ago, when acorns were ground to flour and made into little balls. Dangos became very popular in the 18th century and became a national staple.

Manju:



In the 14th century, a Zen Buddhist monk brought back Chinese buns with meat fillings, and they became the model for manjus. Since the Japanese Zen Buddhism prohibited meat consumption, manjus instead contain red bean pastes or other vegetarian instead of meat fillings. There are two main parts to a manju: the skin on the outside and the filling. Usually, the skin is made of wheat flour while the filling is made of Azuki, red beans. Over

time, many variations have been introduced to both the skin and the filling. Usually the manjus are either steamed or baked.

Yokan:



There are several varieties of Yokan, but it is mainly a kind of Azuki (red bean) jelly. The Azuki, red beans, are mixed with sugar and agar agar, a gelatinous substance derived from seaweed. It is usually shaped in a mold a cold temperature, and often boiled or steamed. The red bean paste can be very smooth or contain some whole beans for texture. It can also contain nuts or fruits, such as chestnuts. Some are also mixed with maccha, a kind of green tea powder. Another unique flavor is the salt flavor. It is best when served chilled, often as an accompaniment to green tea. Yokan was originated after Zen Buddhism was introduced from China around the late 12th century. As part of Zen philosophy, it was supposed to be served between the meals.

Castella:



It is said that the Portuguese originally brought the recipe to Nagasaki, Japan's westernmost city on the island of Kyushu, the center of international trades in the 16th century Japan. The name is said to derive from “Castella,” which was the name of the Spanish kingdom at the time. Its main ingredients are eggs, sugar, wheat flour, honey, starch syrup and milk. The mixture is poured into a wooden frame, put in the oven and baked for about one hour.

The result is a soft sponge like confectionary, with sweet and rich flavor. The top and the bottom of the sponge have dark brown soft crusts with the flavor and texture being very distinctive to Kastera. Although it originally came from Europe, it is now considered a part of “wagashi,” or the “Japanese sweets,” because it has evolved to possess some unique and distinctive Japanese characters.

Dorayaki:



Dorayaki is also a kind of wagashi that shows a strong influence of the western sweets. The two circle pancakes on the outside are mostly made with wheat flour, eggs, and sugars which are ingredients associated with the western sweets. Sandwiched by the pancakes on the inside, however, is the Azuki (red bean) paste, a staple of the traditional Japanese sweets. So Dorayaki is in fact a perfect marriage of the western and the Japanese confectionary staples. Dorayaki contains either chestnut pieces mixed with the red beans or the western style custard. Unlike Kastera, dorayaki is relatively new; it was created around the mid to late 19th century at the beginning of the modern Japan. The name combines two words “Dora” and “Yaki”. “Yaki” means “Baked.” There are many theories for the origin of the first word “Dora,” but one of the theories says that it derives from the name of a cymbal, a musical instrument, for the similarity in shape.



Matcha

Green Powdered Tea



Like the saying, “nichijousahanji,” which means everyday occurrence (and implies to rice and tea with its kanji characters), tea has been a most vital and irreplaceable part of our daily lives since ancient times. Tea is known as an aromatic beverage, generally prepared and enjoyed through the combination of tealeaves with hot water. Recently, however, the flavors of tea have also been savored and enjoyed through various foods. And matcha is no doubt the leading trendsetter of such new innovations. Matcha is a powdered green tea. Since olden times, it has most commonly been prepared and served in the form of tea ceremonies. However, today, matcha’s adaptability and variability prove limitless. Not only do you find it being used in traditional Japanese confectionaries, but western desserts such as cakes, and cookies are also increasingly being made matcha-flavored. Matcha salt has even been invented as a new condiment for tempura! Perhaps such trends are the result of our new recognition for tea, not only as a beverage, but also as

a flavor to be savored. So what kind of tea is matcha? Let’s first begin our journey into exploring the vast world of matcha with an introduction to the history and evolution of tea.

The History of Tea

Tea originated in China over 5000 years ago as a panacea. Back then, tea was a kind of herbal medicine consumed on a regular basis by people of the elite class. Tea was introduced to Japan during the beginning of the Heian period (794-1185). Ancient recordings indicate that the first tea seeds were brought back from the T’ang-Dynasty by priests named Saicho, and Kūkai. At that time, tea was extremely valuable and considered a luxury item that was only available to priests and nobles. The founding techniques to prepare tea were introduced to Japan during the Kamakura period. Generally, Japanese tea ceremonies (chanoyu) refer to the act of preparing tea for guests, and a variety of different tea ceremony activities, such as tea competition parties and tea kabuki,

permeated the warrior class. In contrast to such trends, Sen no Rikyu created a new method of serving tea, known as wabi-cha, which emphasized the importance of spiritual exchanges with the guest during the tea ceremony, and led to the full development of today’s chado, or “the way of tea”.

Cultivation of Tea

The most common green tea in Japan, sencha, is made from leaves that are exposed directly to sunlight. However, the highest grade Japanese green tea, gyokuro, is cultivated in a special way with leaves that are grown in the shade before harvest. In this type of cultivation, tea plantations are covered with straw racks to shield the tea plants from direct exposure to sunlight. This allows for tea leaves to accumulate plenty of nutrition, and increase more amino acids (theanine), which produces a distinct aroma, and a rich, delicious, and sweet flavor. This method of cultivation is also used in producing tencha. Tencha is made by removing the stems and veins from the dried tealeaves. Matcha is the fine powder made from grinding tencha tea leaves. In this way, matcha is cultivated in the same way as the highest-grade tea, gyokuro and is therefore known to be one of Japan’s high-grade teas.

During the time matcha was introduced to Japan, tencha tea leaves were ground in the same instrument used to mix a medicine known as “ten”, which is the reason for its given name. The method of grinding matcha using a stone mill began during the middle of the Kamakura period; however, even today, this method is still used at matcha factories around Japan. No matter how much modernization continues to advance, the fundamental techniques and tools used to make green tea will never change. This is how Japan’s priceless traditional flavor and quality of tea are kept preserved.



Beneficial Effects of Matcha

Matcha has the most distinctive flavor that's astringent and bitter, yet sweet. However, it is also rich in many nutrients including vitamin C, vitamin E, folic acid, and fiber, and is known for its many health benefits. Adequate vitamin intake is essential for the functions of our body. By simply incorporating tea into your daily diet, your body will be supplied and nourished with all of the necessary vitamins. Furthermore, vitamin E does not

dissolve in water, so its intake through matcha tea leaves are especially effective. The sweetening component in matcha, theanine, has also been shown to stimulate the nervous system and send signals to the brain to produce alpha waves and secrete dopamine. Therefore, it will help you feel calm and relaxed. In this way, matcha gently heals the mind, the body, and the soul, and continues to play a significant role as a part of the Japanese diet and culture.



Let's Taste the Flavors of Matcha

The following recipes are modern arrangements of traditional Japanese tastes. Indulge in the pleasures of cold Matcha sweets that are perfect for the summer season!



Smooth Matcha Pudding

Ingredients (makes 4 servings)

400ml (1.7 cups)
+ 150ml (0.63 cups) milk
2 egg yolks
1 whole egg
90g (3.17 oz) granulated sugar
10g (0.35 oz) matcha

Directions

1. Beat egg yolks and egg in a bowl. Add the granulated sugar and mix well. Set aside (keep the top covered with a wrap so it doesn't dry out)
2. Add milk into a single-handled pot and heat on medium-heat until the rims begin to fizzle.
3. Turn the heat off. Stir and dissolve the matcha into a small amount of the boiled milk. Then mix in the rest of the milk.
4. Pour the mixture from step 3 through a strainer. Add the remaining 150ml of milk.
5. Mix together 1. and 4. Pour it through a strainer again. (straining it twice is the key)
6. Pour the mixture into cups and tightly cover the tops with aluminum foil.
7. Before the mixture cools down, place the cups into a pot. The pot should be filled with water to about half the height of the cups. Steam for 10 minutes and then remove the aluminum foil. If the center looks settled, it's done.
8. First let it steam off and cool down in room temperature. Then refrigerate for 3 hours.



Matcha Ice-cream

Ingredients (make 6 servings)

200ml (0.85 cups) vegetable fat whipping cream
2 egg yolks
5 tbsp sugar
50ml (0.21 cups) water
1tbsp matcha
2 tbsp boiling water

Directions

1. Beat whipping cream until it forms stiff peaks.
2. Heat sugar and water in a pot, and simmer to dissolve.
3. Beat egg yolk in a bowl, slowly add mixture from step 2. and beat until it thickens. After dissolving the matcha in water, add it into the mixture.
4. Add mixture from step 1. to mixture from step 3, mix together well, and pour it into a container. Put it in the refrigerator. In the middle of refrigerating, mix it 2 to 3 more times. Then allow it to cool and harden.



Easy-to-make Matcha Kinako Shake

Ingredients (makes 4 servings)

1½ tsp matcha
4 tbsp kinako
1½ tbsp kibi sugar
400ml (1.7 cups) milk

Directions

Add all the ingredients into an airtight container such as a plastic bottle. Shake it to blend and mix well.



Matcha Soymilk Dessert

Ingredients (makes 4 servings)

1tbsp matcha
4tbsp boiling water
5g (0.8oz) powdered gelatin
3tbsp water
60g (2.17oz) granulated sugar
200ml (0.85 cups) soymilk
100ml (0.42 cups) milk
2tbsp whipped cream
1 small can boiled azuki beans
1tbsp kinako

Directions

1. Soak the powdered gelatin in water. Dissolve the matcha completely in boiling water. If it's difficult to dissolve, pour it once through a tea strainer.
2. Heat milk and granulated sugar in a pot, and simmer to dissolve. Once sugar dissolves, turn the heat off, add the dissolved green tea and mix together well. Next, add the soaked gelatin and dissolve with the remaining heat.
3. Add soymilk into the mixture and stir together. Place the bottom of the pot into ice water, and mix until it thickens. Pour into cups or trays, and let it cool in the refrigerator for at least 30 minutes.
4. Top it with boiled azuki beans, whipped cream, and kinako, before serving.

Kombu

The Secret to Japanese Cuisine

Dashi is a category of soup and cooking stocks considered to be fundamental and essential to Japanese cuisine. It is said that without dashi, Japanese dishes lack the authentic flavor. The underlying secret to creating the traditional flavors of Japan is the combination of katsuobushi (sliced dried bonito) and kombu (kelp).

Kombu has been a distinctive part of the Japanese diet ever since the Jomon period. Back then, most kombu was produced in Hokkaido, and called “Kobu” in the Ainu language. Its qualities of being delicious, light in weight, dry, and long lasting, allowed kombu to quickly circulate throughout Japan, even when transportation systems were still not as efficient. Today, it is a strange phenomenon that although Okinawa is farthest away from Hokkaido, it uses more kombu per household than any other prefecture.

Since ancient times, kombu has also been thought as a lucky charm; therefore, other than with cooking, it has been customarily used in Japan for celebrations, weddings, engagement gifts, childbirth prayers, and for a variety of other joyous occasions.

Kombu can be categorized into two types. The first type of kombu is called Saomae-kombu, and is harvested earlier than others. It is edible, and sold under the names, Hayani-kombu and Oden-kombu. It is soft and cooks quickly; therefore it is used most commonly to make dishes such as kobumaki, and tsukudani. However, it cannot be used to extract dashi.

The other type of kombu is dashi-kombu, which is available in countless versions. Hidaka-kombu, Rausu-kombu, and Rishiri-kombu, are a few that have been named after the local areas of their production, and they are distinguished for having unique, local qualities. Others are named according to food company makers,

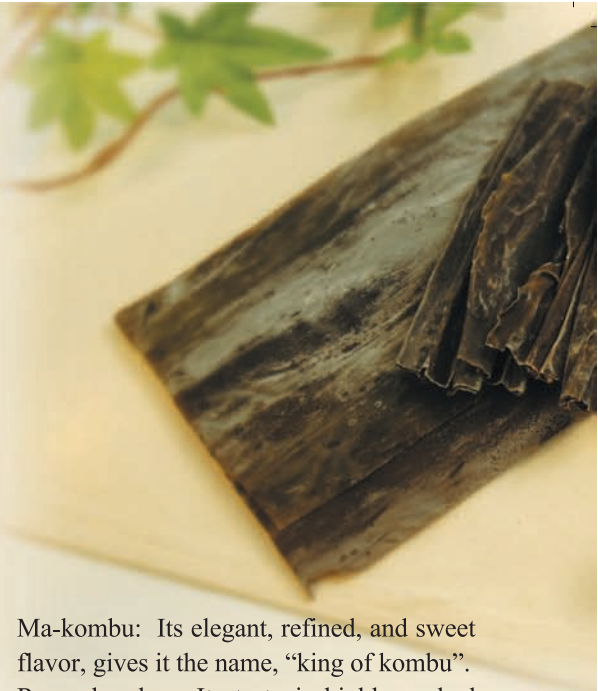
or for their tastes and characteristics. After the dashi is extracted, dashi-kombu is usually processed and made edible.

Thicker dashi-kombu can be thinly shredded to make Tororo-kombu, or Oboro-kombu, which are used in osuimono (Japanese-style soup), and rice balls. After the process of shredding, the remaining thin kombu is called Tera-kombu. This kombu is extra delicious, and usually vinegar to top high-class pressed mackerel sushi (battera-sushi).

The secret to the delicious flavor of kombu lies in the synergy between glutamic acid, which is known to be one of the 3 great umami components in Japanese-style cuisine, and the abundant vitamins and minerals contained in seaweed. What essentially characterizes Japanese “odashi” is that it is delicious to eat, utilized as a lucky charm for a variety of joyful events, and furthermore, recognized for having incredible beautification effects, and is therefore used in bathing products and cosmetics. Such fabulous qualities also make kombu a useful ingredient in medicinal products to help maintain health, prolong beauty, and supplement a balanced diet.

The key to picking-out kombu

The best way to pick kombu is to find one that’s dry, thick, glossy, and aromatic, with a greenish-brown, olive coloring. Another point to keep in mind is that there are subtle differences in the taste of kombu according to the location of its production, as well as the season of harvest.



Ma-kombu: Its elegant, refined, and sweet flavor, gives it the name, “king of kombu”.

Rausu-kombu: Its taste is highly ranked and is considered on par with Ma-kombu.

Rishiri-kombu: It has a harder, firmer texture, but its taste is very flavorful and even referred to as ruru sashi, or ruru kina (abundant dashi) in the Ainu language.

Hidaka-kombu: It is the most common and familiar taste, produced in large quantities, and offered at reasonable prices.

Making the Ultimate Dashi from Kombu

Water is most suitable for soaking kombu; 1ℓ (4.23cups) of water should be added to every 100g (3.5oz) of kombu. Let it soak overnight, and that’s all! Just like that, you’ve made dashi as good as any professionals! However, make sure to always measure the exact quantity of kombu, (never try to guess or approximate) because kombu’s varying thicknesses can be deceiving. A strongly flavored kombu-dashi broth is recommended for dishes such as soumen, udon, and white fish pot.

Tips on how to extract dashi from kombu

First, you’ll see that the surface of dashi-kombu is covered with white powder. These are crystals of mannite, which is a type of sweetener, and a part of kombu’s umami. If you’re worried about sand, try rubbing the surface using a damp cloth.





Another option is to wipe it using a cloth dampened with sake instead of water. Place the kombu into a pot with water. Turn the heat on. To extract dashi, it is key to turn the heat on after placing the kombu in the water. When tiny bubbles begin to form at the bottom of the pot—right before it's about to boil—take the kombu out. [When temperatures rise to above 70°C

(158 °F), the alginic acid, which is the fiber component in kombu, suddenly begins to melt. Melted alginic acid will cause the dashi to become slimy, and have a bad taste. Therefore, it's important that the kombu be taken out before the water begins to boil.]

When the water boils, add katsuobushi. Then turn the heat off, scoop off and discard the built-up scum, and remove the katsuobushi without stirring. This will make the all-time favorite Ichiban-dashi for sumashi (clear soup broth). The kombu used to extract this dashi, still has about 20% glutamic acid remaining. Place this kombu into a pot with water, and this time let it simmer slowly. Just before it starts to boil, add the katsuobushi. Then strain the dashi through a paper towel. This will make the perfect rich and flavorful Niban-dashi for miso soup.

• To make 5 to 6 servings of dashi, use 1

liter of water with 10~20g (0.35~0.7oz) of kombu. If the kombu is wide, 20g of kombu is about 20cm (7.87in) long; if it's thin (such as with Rishiri-kombu), it will be about 45cm (17.72in) long.

Kombu Preservation Methods

Avoid high humidity and preserve it in a dry place. It's convenient to use if you cut them into pieces about 15cm (6in) long, and store them in a bottle or bin.

Various ways to Utilize Kombu after the Dashi has been extracted

One of the popular ways to utilize kombu is to make tsukudani. You can also cut them up into slices and eat them right away! If you like, season it with soy sauce or dressing. Another way is to deep-fry cut-up pieces until they're nice and crisp; season it with salt, and it'll be a great appetizer with sake; season it with powdered sugar, and it'll be a delicious snack.

Edamame Rice



Ingredients (makes 4 servings)

2 cups rice	2 cups water
2 umeboshi (dried plum)	1 sheet kombu
40g (1.41oz) chirimenjako (dried young sardines)	2 tsp vinegar
150g (5.29oz) edamame (green soybeans)	Pinch of salt

Directions

1. Wash rice, pour it into a straining basket, and set aside for 30 minutes.
2. Boil the edamame, and peel off the thin skin. Remove the seed from the umeboshi and slice into small pieces.
3. Mix together the kombu dashi broth with vinegar and season with salt.
4. Add the water, chirimenjako, umeboshi, and dashi broth into the rice cooker and cook.
5. Once it's done cooking, add the edamame, mix it together, and serve it in a bowl.

Innovative Uses for Kombu

- * Store different types of miso in the same Tupperware using slices of kombu as partitions, and the miso's taste will be enhanced.
- * Fried kombu, finely cut, and then ground up into a powder, can be kept stored in the refrigerator for convenient use as instant dashi or seasoning.

Original Sashimi Soysauce made with Premium Ma-kombu and Katsuobushi

This soysauce is best for maguro-no-zuke (marinated tuna) or katsuo-no-tataki (seared bonito). Mix the soysauce with dashi broth to make delicious osuimono. Yudofu (boiled tofu), hiyayakko (cold tofu), natto (fermented soybeans), and ramen, are other great pairings. Dilute the soysauce with citrus fruit (lemon, orange daidai, etc.) to make a delicious ponzu sauce. Use it to enjoy a wide range of possibilities!



Ingredients for dashi broth

15g (0.53oz) katsuo dried bonito flakes
75ml (0.32cups) sake
75ml (0.32cups) water

Directions

1. Heat the water and sake in a pot. After it begins to boil, turn the heat low and let the alcohol boil away.
2. Keep the heat on low, while adding the katsuobushi. Allow it to heat for about a minute, and then turn the heat off. When the katsuobushi sinks to the bottom of the pot, strain it. For 600ml of soy sauce, only 100ml of dashi broth is needed. Therefore, store the remainder for other purposes such as diluting store-bought tsuyu for noodles.
3. Mix together the Marudaizu soy sauce, dashi broth, and kombu in a bin or bottle. Put it in the refrigerator, let it sit overnight, and a delicious sashimi soy sauce will be ready by next morning!

Tofu

The tale of tofu — Making delicious tofu



Tofu can be considered the most vital ingredient to characterize Japanese dining.

The Japanese people have been eating tofu since the Nara period (710-794 CE), and until this day the fundamental method of making tofu— extracting soymilk from soy and adding nigari (magnesium chloride) to harden—is still the same.

For the Japanese community living in America, it was not easy to find delicious tofu until just a few years ago.

However, with the rising popularity for Japanese food, as well as the reputation for being healthy and effective for dieting, today, fresh tofu is finally available even in American supermarkets. Tofu has been an important part of the Japanese diet for many years. It is a true blessing to be able to enjoy the same traditional tastes of tofu, even while an ocean away from Japan.

The tofu factory here in America is installed with the latest technology. Everyday tofu is manufactured under

strict hygiene management in order to provide customers with safe, delicious tofu. Why don't we take a look at the factory's step-by-step process to learn the ins-and-outs of how tofu is made?

Process of Tofu Making



1

It all begins with a big truck that hauls in a massive amount of soybeans from Non-GMO (genetically modified organism) farms within the US. Soybeans used for organic tofu are, of course, made organically and guaranteed safe.



2

After the dirt and residue are removed, soybeans are soaked in water for 12 hours. This makes the soybeans 2.2 times bigger and heavier.



3

After adding water, the softened soybeans are ground up.



4

Soybeans are then heated, condensed, and separated between soymilk and okara (bean curd). All okara is collected to be sent back to the farms, and recycled as food for livestock.



5

Coagulants such as nigari (magnesium chloride) and sumashiko (calcium chloride) are used to coagulate the soymilk. The firmness of the tofu can be adjusted with the amount of nigari (magnesium chloride) and sumashiko (calcium chloride).



6

The curd-like tofu is crushed and poured into box templates. (The crushing method will also determine its firmness) The box templates are pressed to remove all liquids.



7

The tofu is cut to designated sizes.



8

It is then placed into containers and sealed.



9

The packaged tofu is sterilized and pasteurized in a boil-cool pasteurizing machine. This continuously heats the tofu, followed by immediately cooling it.



10

Until shipping, it is boxed and stored in a refrigerator with temperatures set to 1~4°C (34~39°F)

Q1. How long is the tofu good for?

Answer: House Tofu lasts for 65 days, provided that it is kept refrigerated at adequate temperatures. Generally, tofu from smaller neighborhood tofu shops will last 3 to 4 days.

Q2. Does the tofu sold in America contain a special kind of additive?

Answer: Chemical additives such as preservatives and food colorings are never used.

Q3. Why does the tofu sold in America have later expiration dates?

Answer: Tofu is rich in nutrients and very moist, which makes the perfect environment for bacterial growth. Other than heat sterilization, strict quality control is practiced during each manufacturing procedure, and sanitary conditions are kept at high standards throughout the entire process. By doing this, the product's fresh flavor is preserved for a long period of time and the expiration date can be lengthened.

Q4. What methods are used for sterilization?

Answer: First, after the soy is crushed, it is heated to over 100°C (212°F), which kills the majority of bacteria. Next, after it is packaged, pasteurization is performed. In order to kill the heat-resistant bacteria that cannot grow under low temperatures, we've installed a boil-cool pasteurizing machine. (This continuously heats the Tofu, followed by immediately cooling it.) In this way, any growth of bacteria after sterilization is suppressed.

Q5. Under what circumstance does the flavor of tofu degrade?

Answer: If the temperatures rise during storage, it is possible for heat-resistant bacteria to begin growing. Generally, these types of bacteria are not dangerous. However, because it can cause an increase in acidity and a sour taste, the tofu should be thrown out.

Q6. What is the best method for its preservation?

Answer: After buying tofu at a store, make sure that its temperature does not rise. Keep it in a cooler bag or ice chest, or next to frozen foods. Do not leave it in the car for too long as temperatures are likely to rise. Try to put it in the refrigerator as soon as possible. (Tofu cannot be kept frozen)

Q7. What are some points to make note of when handling tofu?

Answer: You should use all the tofu after it is opened. However, leftovers can be stored with water in a container covered with a lid or wrap to prevent the tofu from drying out. Keep it refrigerated. It is recommended that you finish it as soon as possible.

Tofu is a processed food, but very delicate in the same way as fresh foods. As long as preservation methods (temperatures) are properly followed, its taste will stay fresh and delicious until its expiration date.

Tofu comes in a variety of different firmnesses to match different dishes and styles of cooking. Let's incorporate more tofu into our daily diet and start living healthier lives!!

Tofu Hot Pot



Ingredients (makes 4 servings)

1 package tofu (medium firm)	<A>
1 package block konnyaku	120ml (1/2 cup) water
1 package (4 pieces) age (fried bean curd)	120ml (1/2 cup) soy sauce
½ lb beef sirloin (thinly sliced)	120ml (1/2 cup) sake
2 green onions	6 tsp sugar
cayenne pepper powder (to season)	

Directions

1. Cut tofu into 4, and beef into 5 x 5 cm (2 x 2 inch) squares. Thinly slice konnyaku (roughly 7mm (0.3 inch) wide) and boil. Use the age as is. Slice the green onion diagonally (roughly 5mm (0.2 inch) wide).
2. Mix ingredients <A> into a pot, add all other ingredients besides the green onion, and heat
3. Boil over high heat until juice boils down and ingredients look cooked. In the middle, flip over the ingredients to help it retain flavor.
4. Leave aside a small amount of green onion for decoration. Put the rest in the pot, and once it comes to a boil, turn the heat off. Sprinkle cayenne pepper powder to your preference before eating.

Ganmo (fried tofu fritter), Kanikama (imitation crab meat), and Avocado Spring rolls garnished with Chili sauce



Ingredients (makes 4 servings)

4 sheets raw spring roll skin	
<Filling>	
4 sheets lettuce	4 tbsp Thai-style Chili sauce (product sold)
1 pack ganmodoki	mitsuba (Japanese wild parsley) or Chinese parsley,
8 sticks kanikamaboko	green shiso, cucumber etc. (to your preference)
½ avocado	

Directions

1. Dip the raw spring roll skin in water, place it between a plastic wrap, and leave it aside for 5 minutes
2. Boil the ganmodoki in hot water. Each should be cut into 4 in the shape of a cross.
3. Peel the avocado's skin and cut vertically into 8 slices.
4. Place the lettuce on top of the raw spring roll skin, and top it with ¼ portions of ganmodoki, kanikama, and avocado. Gather the sides and front of the spring roll skin to roll into a bundle. Place the ends of the wrap facing down, leave it aside for 2 to 3 minutes to let it settle.
5. Cut each wrap into 3, serve onto a dish with side vegetables, and garnish with Thai-style Chili sauce.

Shinmai

Fall's Newly Harvested Rice



Autumn, the season for shinmai

Since ancient times, Japan has been known as “The Land of Abundant Rice”. As the autumn season approaches and rice begins to form their heads, the people of Japan celebrate to express their joy and gratitude for a year of successful harvest. Field crops such as rice, in other words agriculture, lies at the foundation of Japanese society; therefore, a grand harvest festival known as niinamesai is annually conducted as a way of expressing thanks. Ritually, the season's first freshly harvested rice is offered to the deities. Today, niinamesai is conducted on November 23rd at Ise jingu (Grand Shrine at Ise). In the past, it was a custom for people to accept the first, most delicious bite of the year's shinmai, only after the offerings had been made to the deities. This custom is still used in certain farming areas of Japan. All year long, the people of Japan look forward to this very special day.

“White and shiny, warm and fluffy, a sweet aroma that fills the entire house, and a flavor that can't be compared to anything else”—these are the seductions of freshly cooked rice. Grilled fish, tsukemono (Japanese pickles), miso soup, and a bowl of rice; rice is what carries the essence of a traditional Japanese meal; therefore, side dishes are made to complement the taste of rice.

Known as the blessing of autumn and the harvest of autumn, rice is at its best during the autumn season. You can tell the very special taste with the newly harvested shinmai rice. It actually contains 3% more water, and is therefore more plump and moist.

Although rice is a preserved food, with time, its moisture evaporates and oxidation begins to take place; therefore, it degrades slowly. By improving conditions of preservation, the process of decay can be suppressed, thereby preserving the delicious flavors of rice for a longer period of time.

Even here in California which has the largest Japanese rice production in the US, the shinmai season is in autumn. Shinmai is sold on the market starting around mid-September through December, slightly earlier in Japan because of its climate.

What is organic rice?

Rice, the most important ingredient to the Japanese diet, is now gaining worldwide attention for its availability as an organic food. Known to be especially flavorful and good for your health, organic rice is becoming increasingly popular and widespread in both Japan and the US.

What characterizes organic rice is that it is made without any inorganic agricultural chemicals such as chemical fertilizers, pesticides, chemical disinfectants, herbicides, and artificial hormones. Therefore, both the surface and the interior of organic rice are 100% natural, known as all organic. Organic refers to anything derived from the natural world; particularly, substances made and used as energy by vegetables and animals, including human beings. The ongoing cycle of the consumption and creation of organic matter existed far before the creation of mankind, which leads us into topics far too grand and existential. However, recently people have been reverting back to lifestyles that are more in sync with the natural cycle of life, and the reasons are deeply related to matters concerning our health and wellbeing.

Through worldwide research on the effects of inorganic substances on the human body, day by day, new facts are being revealed on which substances may be harmful at what dosage. Therefore, new regulations are being set and alternative methods are being investigated to counter these harmful consequences. However, the consequences of inorganic substances would not even be a problem if we continue eat organic foods that are guaranteed safe and natural. These are a

few reasons why organic foods may be the right choice for a healthy and worry-free life.

Nijiya Organic Rice

“No usage of inorganic agricultural chemicals”—this may sound simple at first, but it proves to be very difficult in reality. Fortunately, Nijiya's plantations have succeeded in making organic rice by the installation of new, quite unusual methods of cultivation. One of these methods is to alternately allow the soil to rest during crop rotation, which has been avoided in the past for being unprofitable.

Growing the same crop repeatedly in the same place eventually depletes the soil of various nutrients. Therefore, chemical fertilizers are usually used to compensate these effects. However, in order to protect the abundant organic matter in the land used to cultivate organic rice, although increased costs cannot be avoided, every year, certain fields are given breaks with selected weeds that will replenish its nutrients. Furthermore, the land is supplied with the water that is cleaner than the water from reservoirs, and the wild birds are also gathered to eat the weeds which help to break down organic matter. In this way, clean water, weeds, and birds, give the land new life. This method was developed through years of research, and made possible with the use of the newest facilities and devices. What we previously thought to be impractical and uneconomical was revised, reconsidered, enacted and finally reached a conclusion that was most successful production of organic rice.

Organic Brown Rice

Along with organic rice, brown rice has also been gaining attention and popularity recently. Brown rice is the state of rice before it is polished and turned into white rice. With any grain or fruit, it is said that its nutrients are mainly found right beneath

its shell or skin. Because with brown rice, the bran and germ layer have not been removed, it is characterized for having a much higher content of vitamins and dietary minerals than white rice. It is also rich in vitamin B's and fiber, and is known to help with constipation, and popular amongst people on diet. It is highly recommended to choose brown rice that is organic, because it is likely for agricultural chemicals to remain on the surfaces of brown rice through common procedures of cultivation. With organic brown rice, you can enjoy the grain's entirety without worrying about its safety.

How to Prepare Organic Brown Rice

The process of preparing delicious brown rice has its twists and turns. If it's cooked in a rice cooker the same way as white rice, the grains will turn out too hard to eat. This is because the thick shell does not easily absorb water, and water cannot permeate through the center of the grain. Therefore, when preparing brown rice, you must use 1.5 times more water than usual, and cook it using a pressure cooker. This method will allow water to seep through to the centers of the grain, and make the rice soft and delicious. For those who still have trouble eating brown rice, try out the different selections of partially polished organic brown rice, available as 70% polished rice, 50% polished rice, and 30% polished rice. Adjust the amount of water accordingly by remembering that the more polished the rice is, the more water it absorbs.

Leading an Organic Lifestyle

Through newly harvested organic rice, and organic brown rice, energies of nature can be reaped to its full potential. They are also the best tasting! Give them a try and experience the benefits for yourself! You'll be pleasantly surprised to discover how amazing they really taste. Starting with organic rice, we highly recommend for you to slowly begin trying other organic foods and ingredients as well. Recently, the selections of organic seasonings have also increased, and their tastes continue to improve. Organic is gentle on our bodies, and gentle on the environment. Let's choose to implement the organic lifestyle!



NIJIYA: Organic Koshihikari, Organic Akitakomachi, Organic Njiya-mai

The 3 Key Steps to Cooking Delicious Rice

- 1. Wash** Quickly rinse and wash the rice with water 2 to 3 times. Washing it too slowly will cause an odor of rice-bran. Once the rice absorbs water, the grains also become fragile and easily broken. Therefore, wash it swiftly and gently by scrubbing together the grains.
- 2. Water** Add about 1.2 times more water than the amount of rice (decrease 3% with new harvest rice, and increase 3% with older, summer-time rice). Soak for at least 1 hour. (2.5 hours is considered the ideal amount of time for the rice to absorb enough water). If you refrigerate the soaked rice to about 6°C(43°F) before cooking, the rice will become nice and crisp.
- 3. Steam** After the rice is cooked, place it into an ohitsu (round, wooden container for cooked rice). Allowing the rice to come in contact with air will further enhance its sweet flavoring.

Useful Tips~ Organic brown rice made quick and simple

One easy method for cooking organic brown rice is to use a pressure cooker. A pressure cooker is a sealed vessel that does not permit air or liquids to escape below a pre-set pressure. Because the boiling point of water increases as the pressure increases, the pressure built up inside the cooker allows the liquid in the pot to rise to a higher temperature before boiling. Therefore brown rice can be cooked faster

Innovative IDEAS!

The best place to preserve rice is in a dark storage room with stable levels of humidity and temperature. Hot and humid locations should be strictly avoided. One method is to wrap the rice, seal it tightly, and store it in the refrigerator's vegetable drawer. This will prevent the moisture from evaporating and suppress the process of oxidation. Another method is to keep it in a big plastic bottle and store it in the cellar.

with less water and less energy.

Try it, and you'll be delighted to find how quickly and easily you can make delicious organic brown rice. If you want to eat brown rice everyday, a pressure cooker is a must to have!

How to cook the even more hearty 5-grain rice

Follow the ratio 10 organic brown rice, to 2 azuki beans, 2 mochi brown rice, 1 hatomugi (job's tears), and 1 awa (Italian millet) or hie (barnyard millet). Wash and rinse the mixture with water. Then add water (1.5 times the amount of the entire mixture), place it into an electric pressure cooker, and set the timer to 20 minutes. In about an hour later, as soon as you hear the steaming noises and the pressure decreases, it's done.

The nutrients lacking in rice have been supplemented; therefore it's delicious, yet effective for beautification, dieting, and increasing your strength and endurance!

Nasu

Why is fall eggplant so delicious?

Eggplant is generally considered to be a summer vegetable. This is partly because it becomes more widely available in summer, but also because it has the ability to lower the body temperature when eaten. If you eat eggplants during the hot summer season, it can help prevent the loss of stamina. However, did you know that eggplant is actually at its best during fall season? There is an old phrase that goes, “Don’t let your daughter-in-law eat fall eggplants,” which will be explained later on. But first, let’s find out more about eggplants.

Eggplant, a tropical plant, is said to have originated in eastern India. A long time ago the plant was brought into southeastern Asia, but there is no record to indicate exactly when that was. In Japan, eggplant is believed to have a 1,200-year history and used to be called “nasubi.”

Today there are numerous eggplant varieties throughout the world. In Japan alone, there are various names or shapes of eggplants that are of local origins. For example, “*Kamonasu*” is the famous, smaller-sized, round eggplant originated in Kyoto.

Have you seen any other vegetable with a color as beautiful as that of an eggplant? There is even a color called “*nasu-kon* (eggplant blue),” which is based on the eggplant’s distinctive purple color.

The purple color of eggplant is provided by a pigment called nasunin, a type of anthocyanin. Nasunin and chlorogenic acid, both of which are mainly found in the peel, contain abundant polyphenol, a substance that has strong antioxidant effects.

When we cook vegetables, the heat often depletes their nutrients. However, the nutritional components of the eggplant are known to be heat-resistant. So, eggplant is great for deep-frying, simmering in sauce or baking. Plus, it’s a versatile food that’s excellent for either Japanese or Western cooking. The fall eggplant is particularly delicious, with its firm skin and heavy, dense flesh.

The water content of an eggplant easily evaporates, so once you buy eggplants they should be stored in plastic wrap at room temperature or in the vegetable compartment in the refrigerator at no lower than 41°F. The eggplant should not be overly chilled or it will lose much of its tenderness and flavor.

The eggplant turns brown when it’s cut due to an enzyme it contains. So, after you cut an eggplant cook the pieces immediately or soak them in water to prevent discoloration. When you stir-fry or deep-fry eggplants, there is no need to soak the cut pieces in water. To cook eggplants, it’s better to stir-fry or deep-fry them in oil first before seasoning. By doing so, their skin becomes shinier, the color of their flesh remains unchanged, and their natural flavors are enhanced. So, this is why eggplants are always sautéed in oil first, even when they are used in a simmered vegetable dish.

Concerning the old saying, “Don’t let your daughter-in-law eat fall eggplants,” there are several theories about it.

The first theory is that this phrase belonged to an evil mother-in-law who thought “fall



eggplants are too tasty to give to her daughter-in-law.” But then, there is another theory that is completely opposite. Since the eggplant can lower the body temperature, a kind-hearted mother-in-law was concerned that eggplants might harm the uterus of her daughter-in-law. Also, there is a different theory based on a superstition about conceiving a child. Because there are not many seeds in the fall eggplant, it wasn’t given to the daughter-in-law so that she wouldn’t have trouble conceiving a child. As you can see, there are so many theories about the phrase. We don’t know which one is the most likely theory, and so we’ll leave it up to you to choose which one to believe in.

“Organic Eggplant”

In the fall season, we’ll bring you fall eggplants freshly harvested at Nijiya Farm. It takes about a month for our organic eggplant to grow to a size large enough to be harvested. Compared to those grown by conventional farming, this growth rate seems quite slow. However, Nijiya’s organic eggplants have dense flesh and thick skin. They’re packed with natural eggplant flavors and are truly delicious. In addition to the tender skin and flesh, Nijiya Farm’s “Organic Eggplant” has more nutrients than regular eggplants do. With its delightful flavor, our organic eggplants can give you a satisfying experience that regular eggplants can’t offer.



Eggplant miso

This is easy and simple, and yet it's surprisingly delicious as well. It can be served as an appetizer or as an accompaniment to rice.



Ingredients

Fall eggplant
Aka-miso (red miso)
Sugar
Vegetable oil

How to cook

- [1] Cut the eggplant into random pieces.
- [2] Pour enough vegetable oil in a wok and sauté the eggplant pieces well.
- [3] Once the eggplant pieces have been mostly heated through, add an adequate amount of sugar and stir.
- [4] Add a desired amount of aka-miso and stir-fry again.

Grilled eggplant —version 1



- [1] Cut a large eggplant in half lengthwise.
- [2] Drizzle a tablespoon of olive oil over them and bake in the oven at 375 °F for 15~20 minutes until inside is cooked well.
- [3] Serve with grated fresh ginger and soy sauce over the baked eggplant, and eat with a spoon.
- [4] Eat with grated fresh ginger and soy sauce.

Simmered eggplant, a fall-style

With plenty of fresh mushrooms, this dish offers the scrumptious aroma and flavor of fall.



Ingredients (serves 4)

4 fall eggplants
1 pack of *shimeji* mushrooms (cut off the bottom portion and break it apart)
2 bags of *enoki* mushrooms (cut off the hard stems and break the mushrooms apart)
Finely sliced green onions (as appropriate)
[A]
3-3/5 cups *dashi* stock
3 tablespoons soy sauce
3 tablespoons sugar

How to cook

- [1] Cut off the hulls of the eggplants. Cut each eggplant in half lengthwise. Make several shallow cuts diagonally on the skin of each piece.
- [2] Prepare a large bowl filled with water and add an adequate amount of salt (not included in the ingredients). Soak the eggplants from [1] in the salted water and leave them for a while to prevent discoloration. Squeeze to drain the water.
- [3] Place [A] and the eggplants from [2] into a saucepan. Add *shimeji* and *enoki* mushrooms. Cover with a lid and simmer.
- [4] Transfer onto a serving bowl. Garnish with green onions.

Grilled eggplant —version 2



- [1] Choose a large eggplant. Bake it whole in the oven at 400°F until the skin starts to burn slightly (about 20~25 minutes).
- [2] Immediately soak in cold water and peel away the skin, leaving the hull.
- [3] Cut the flesh into bite-size pieces and transfer them to a plate.

Satsuma-imo

Fall is the season to enjoy fresh satsuma-imo (sweet potatoes)

A variety of names

The satsuma-imo, or the sweet potato, is believed to have originated in South America. After being introduced to Japan, the satsuma-imo spread primarily from the domain of Satsuma (currently Kagoshima), which is how the satsuma-imo got its name. In the Kyushu region the satsuma-imo is mostly called kara-imo, meaning “potatoes from Tang.” In some areas it is called to-imo or tou-imo, which are different readings of the kanji (Chinese character) for kara-imo. The satsuma-imo is also called as kansho, ryukyu-imo, umu and koukou-imo. In the world of Japanese cuisine it is called maruju, which comes from the kamon (family crest) of the Shimazu clan of the Satsuma domain: a cross (ju) inside a circle (maru). However, in North America the satsuma-imo is called a sweet potato. Occasionally, it’s confused

with the yam, but the yam actually belongs to a different family of plant species.

Satsuma-imo Day

There is a famous phrase regarding the satsuma-imo produced in Kawagoe: “Ku-ri yo-ri umai jusan-ri.” (Ku-ri refers to a distance as well as a sweet chestnut in a phonetical metaphor. So, the saying means it’s more delicious than a chestnut.) This is a pun on the fact that, back in the Edo period, the distance between Nihonbashi in Edo and Fudanotsuji in Kawagoe was 13 ri (jusan-ri). Thus, in 1987, based on this phrase, a group called “Kawagoe Imo Tomo no Kai” in Kawagoe City designated October 13 (October is a harvest month for satsuma-imo) as “Satsuma-imo Day.”

Many varieties and various uses

Currently, Japan has more than 2,000 varieties of the satsuma-imo. The stems and leaves of some varieties can be

used in salads, and some varieties are grown exclusively as decorative plants due to their attractive leaves and flowers. Some of the unique products made from satsuma-imo include juice, natural colorants, kansho sugar and shochu (Japanese distilled spirit), etc. Also, satsuma-imo starch is used in a noodle dish called Rokubei and in Korean reimen-noodles.

Yakiimo (Baked sweet potatoes)

Speaking of satsuma-imo, people have to talk about yakiimo (baked sweet potatoes). Among the varieties grown in Japan, the ones most suitable for yakiimo are also favored in the market. The most popular type is the kintoki variety, which includes the well-known brand “Naruto Kintoki.” Its fluffy, moist texture and pronounced sweet flavor are considered best suited for making yakiimo. The second-most popular variety is “Beni-azuma.” This easy-to-grow type once dominated the satsuma-imo market in Japan, but today it still can’t beat the kintoki variety.

The satsuma-imo and its nutritional value

The satsuma-imo contains both soluble and insoluble dietary fiber as well as a substance called jalapin, which is known to aid in digestion. It also offers vitamin C, vitamin B1, vitamin E, iron, potassium, calcium and magnesium, etc. The type with yellow flesh is abundant in carotene and the one with purple flesh, which is popular today, contains anthocyanin. Vitamin C is resistant to heat because it’s protected by the starch.



Tonjiru with satsuma-imo

1. Cut the ingredients into appropriate sizes. Soak satsuma-imo and burdock in water to remove the scum. Cook the pork briefly in boiling water to remove the excess fat and scum, as well as the konnyaku. After that, drain and set them aside.
2. Place all the ingredients (except the pork and green onion) in a pot. Add enough water to just cover the ingredients. Add 1 tablespoon of miso, then simmer.
3. Once it starts to boil, remove the scum. After all the vegetables become tender, add the pork and green onion. Bring it to a boil.
4. Taste and adjust the flavor with miso. Remove the pot from the heat just before it starts to boil again.

<Ingredients> (serves 4)

1/2 medium satsuma-imo
3.5 oz. pork (thinly sliced)
1/2 green onion
1.75 oz. daikon radish
1/2 carrot
1/2 burdock root
1/2 block of konnyaku
1/2 block of tofu
Miso (as appropriate)

Satsuma-imo kinpira

<Ingredients> (serves 1 to 2)

1.75 oz. Satsuma-imo
 1/2 bell pepper
 1 small piece fresh ginger root
 1 tablespoon sesame oil
 Pinch of salt
 1 tablespoon sake
 1/5 cup water
 1/2 teaspoon hot sesame oil
 1 teaspoon white sesame seeds

1. Cut the satsuma-imo and bell pepper into thin, rectangular pieces. Slice the ginger root into very thin strips.
2. Heat sesame oil in a frying pan and sauté the ginger until the aroma begins to rise. Add satsuma-imo and salt. Sauté until the satsuma-imo is coated with oil. Add sake and water, and continue to sauté.
3. While the satsuma-imo is still crunchy, add bell pepper and hot sesame oil. Sprinkle with sesame seed and serve.



Chinese-style okowa (sticky rice) with satsuma-imo

<Ingredients> (serves 2 to 3)

3/4 cup uruchi-mai (ordinary rice)
 3/4 cup glutinous rice
 3.5 oz. satsuma-imo
 1.75 oz. chicken thighs, skin removed
 1/2 carrot
 3 dried shiitake mushrooms (soaked in water to soften)
 1 tablespoon dried shrimp (soaked in a small amount of warm water to soften)
 3 tablespoons sesame oil
 1-1/2 cups water (including the water used to soften the shiitake and shrimp)

<Flavoring ingredients>

2 teaspoons soy sauce
 2 teaspoons sugar
 2 tablespoons sake

Wash the rice and soak it in water for about 3 hours. Drain in a strainer.

1. Dice the satsuma-imo and chicken into cubes roughly 0.5 inch square. Cut shiitake mushrooms into cubes about 0.2 inch square. Slice the carrot into thin strips. Combine the flavoring ingredients.
2. Heat sesame oil in a frying pan. Add the chicken and satsuma-imo and sauté. Once the chicken is no longer pink, add the shiitake and carrot. Continue to sauté until all the ingredients are tender. Add the drained shrimp and prepared rice.
3. Add the flavoring sauce to [2]. Sauté over medium heat until no liquid remains.
4. Add 1-1/2 cups of water to cook the rice.

Satsuma-imo Mont Blanc (cream cakes)

<Ingredients> (8 pieces)

<Cupcakes>

2 large eggs
 3.15 oz. sugar
 2.5 oz. unsalted butter (room temperature)
 1/2 teaspoon baking powder
 3.5 oz. all-purpose flour
 1/6 cup milk
 A small amount of vanilla extract

<The satsuma-imo cream ingredients>

7 oz. satsuma-imo
 About 1/2 cup heavy cream
 3 tablespoons sugar
 1 teaspoon rum
 A small amount of vanilla extract

<Chantilly Cream>

About 1/2 cup heavy cream
 1 tablespoon sugar
 A small amount of vanilla extract

A. Make cupcakes

1. Set the oven at 350°F. Sift the flour and baking powder.
2. Place the butter and sugar in a bowl and whisk until the mixture turns almost white. Add the eggs, one at a time.
3. Stir the milk and vanilla into the mixture. Add the sifted dry mixture, 1/3 at a time, mixing until fully incorporated.
4. Line a muffin pan with aluminum foil or paper baking cups. Pour the batter into the cups using two spoons. Bake in the oven for 18 to 20 minutes

B. Make the satsuma-imo cream

5. Peel the satsuma-imo and cut into thin slices. Place the satsuma-imo slices in a pot. Add enough water to cover the slices, and boil until tender.
6. Drain. Puree or strain the boiled satsuma-imo until smooth.
7. Stir in the sugar. Add heavy cream a little at a time while mixing, until it reaches the desired consistency for piping.

C. Make the Chantilly cream

Combine the heavy cream, sugar and vanilla extract in a chilled bowl; beat until soft peaks form.

D. Finishing

Pipe the whipped cream onto the top of each cupcake, and then pipe the satsuma-imo cream to fully cover the whipped cream. If you don't have pastry bags or tubes, put the cream in a thick plastic bag and snip off a small portion of a corner.



Daikon

Winter Vegetable – Japanese Radish

There are many theories as to where daikon originated, including the Mediterranean region and the highlands of western China. Although none of these theories is conclusive, the Mediterranean region is widely believed to be the daikon's place of origin. Today, the daikon can largely be categorized into three types; European, Chinese and Japanese. One historical record states that daikon was eaten more than 4,000 years ago in ancient Egypt by the workers who built the pyramids, and it also shows the cost of daikon which were given to the slaves during the construction of the pyramids. So, there is a long history behind this nutritional vegetable. Daikon came to China from the Mediterranean region and was then introduced to Japan via the Silk Road, together with rice cultivation. It is said that daikon had already been grown in Japan prior to recorded history. The time daikon was introduced from China is believed to be either the Yayoi period or the Nara period.

Main constituents of daikon

The leaves of the daikon plant have far more vitamin C than its root. They're also

rich in vitamin A (carotene) and contain other nutrients such as vitamin B1, B 2, calcium, sodium, phosphorus and iron. Daikon also contains many nutrients such as digestive enzymes, vitamin C, dietary fiber, carotene, vitamin B1, vitamin B2,

vitamin E, calcium, phosphorus, iron, potassium, beta-carotene, diastase, oxidase, isothiocyanate and so forth. It's simply amazing how many nutrients the daikon has!

Cooking methods

Daikon is a versatile food. You can simmer it, deep-fry it or simply use it as a garnish for sashimi. However, to retain most of its nutrients, *daikon oroshi* (grated daikon) is the best way to eat daikon.

Here, I'd like to share with you a unique way to eat daikon oroshi.

I love spaghetti, but the flavors of store-bought spaghetti sauces are too strong for me. So, I always make my own spaghetti sauce using tomatoes, etc. One day, I wanted to eat daikon oroshi but realized I didn't have any rice. So, I boiled some spaghetti. Next, I poured natto and plenty of daikon oroshi made with "Nijiya's organic daikon" over the spaghetti with a little bit of soy sauce. To add more liquid to the sauce, I poured some soymilk over it. The spaghetti was amazingly delicious! Also, whenever I eat this, I feel pretty good. So, I'm absolutely hooked on it. If you're ready to explore new flavors, try out this unique spaghetti.



Buri Daikon (simmered yellowtail and daikon)



A taste of home! It's a popular Japanese dish.

Ingredients (serves 4)

1 medium daikon
14 oz. *ara* (head and other leftover bits) of *buri* or *hamachi* (yellowtail)
3-2/5 cups *konbu* stock
1 small piece fresh ginger root
2/5 cup sake
<Flavoring liquid ingredients>
3 tablespoons sugar
3 tablespoons *mirin*
1/4 cup soy sauce

How to cook

- [1] Cut the *ara* into bite-size pieces. Quickly soak them in boiling water and then immediately cool in cold water. Remove scales.
- [2] Slice daikon into pieces of 1 inch thick. Peel and cut a shallow cross into the top side of each piece. Boil the daikon until it's roughly cooked. Peel the ginger and cut it into thin strips. (Don't discard the skin but keep it for the meantime.)
- [3] Place the ginger skin and add *konbu* stock (or *konbu*), water, sake and *ara* in a pot and simmer. Remove scum and take out the *konbu* (if used). Add daikon and all the ingredients for the flavoring liquid. Over medium heat, simmer, covered until the liquid is reduced by half.
- [4] Transfer onto a serving dish. Garnish with the ginger strips.

Ingredients (serves 4)

1/2 daikon
2 half chicken breasts
3 to 4 green onions
Pinch of salt
Katakuri starch (as appropriate)
1-3/5 cup *konbu* stock
1 tablespoon sugar
2 tablespoons sake
2 tablespoons soy sauce
Frying oil (as appropriate)

How to cook

- [1] Grate daikon to make daikon oroshi. Cut the chicken into bite-size pieces. Slice the green onions diagonally.
- [2] Sprinkle the chicken with salt, and then dredge it in katakuri starch. Deep-fry in oil at 356°F.
- [3] Simmer stock in a saucepan. Add the sugar, sake and soy sauce. Once the liquid has come to a boil, add the fried chickens from [2]. When it starts to boil again, add drained daikon oroshi and turn off the heat.
- [4] Transfer onto a serving dish. Garnish with the green onions.

Simmered chicken with daikon oroshi



Plenty of daikon oroshi over deep-fried chicken. It's so delicious and surprisingly light-tasting that you'll feel that you can just keep eating it.

Miso Daikon Nabe (hot pot)



Japanese-style nabe with beef base. The soup has a light, yet rich flavor. It could be addicting!

Ingredients (serves 4)

14 oz. sliced shabu-shabu pork
21 oz. daikon
2.8 oz. fresh shiitake mushrooms
3.5 oz. carrots
2.8 oz. miso paste

[A]

2 beef stock cubes
4 cups water

[B]

2 tablespoons sake
2 tablespoons *mirin*
1 tablespoon soy sauce

How to cook

- [1] Slice daikon into pieces of 1 inch thick. Large pieces can be cut in half. Cut the shiitake mushrooms into decorative shapes.
- [2] Cut the carrot into thin, half-moon slices.
- [3] Place [A] and carrot into a clay pot and cook. Once the liquid starts to boil, add pork and scoop out the scum.
- [4] Place half of the miso, [B], and the vegetables from [1] into the pot. Simmer for 30 minutes. Add the remaining miso, the daikon and the mushrooms and simmer for a while longer.

Macrobiotics

Recipe for the feelings — You can get started right away

What is Macrobiotics?

Recently, macrobiotics has become a word commonly heard even in Japan. A macrobiotic meal consists mainly of seasonal vegetables, brown rice, grains, beans, and seaweeds. Ingredients and cooking techniques are all natural, and simple.

Such methods of cooking which bring out and utilize the natural flavor of each ingredient make macrobiotic meals very similar to the traditional meals of ancient Japan.

There are two principles to a Macrobiotic meal: "Ichibutsu Zentai" and "Shindofuji". The concept of Ichibutsu Zentai, or Whole Foods, is to eat the whole food, not just its parts or derivatives. Anything with life maintains balance as a whole, and there are never any wastes or unneeded elements. Therefore vegetables should be eaten from top to bottom including the skin and roots. Grains such as brown rice, have richer source of energy and nutrition than the polished white rice. Shindofuji literally means the body is one with the earth, and refers to the concept "local production for local consumption". By eating seasonal and local products, your body will grow to suit your environment and your health can be better maintained.

In addition to the concept of living in sync with the cycles of nature, it is also important to keep in mind that we are given life from the life of what we eat. We should appreciate the life of the foods we eat, cultivated and harvested with time, effort, and care. Such heartfelt spirits are also an important part of the macrobiotic lifestyle.

Lentil Croquette

one serving (2 pieces) 366 calories



Ingredients (makes 4 servings)

140g (5 oz) lentils
320ml (1.35 cups) water
1/3 onion (finely chopped)
1/4 carrot (finely chopped)
1 clove of garlic (finely chopped)
3/4 tsp salt
pepper(to season)
1/2 tsp cilantro
1/2 tsp cumin powder
12g (0.42 oz) flour
vegetable (rapeseed) oil

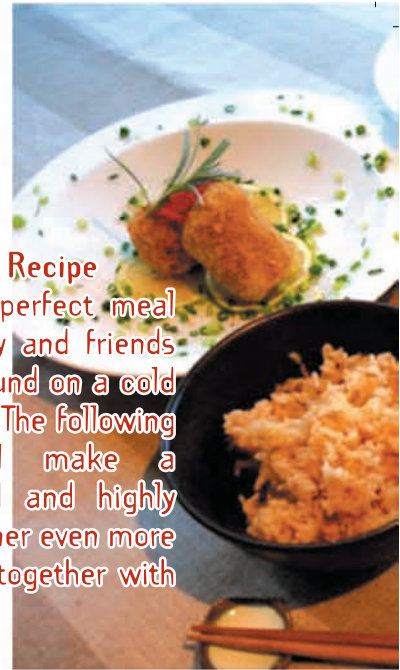
In preparation for the cold winter season, it's important to warm the body from within. Supplementing your body with high-quality proteins from organic grains and beans will naturally generate heat from inside your body to keep you nice and warm. With just one new cooking technique, you can learn to deliciously prepare any kind of beans including soybeans, azuki beans, garbanzo beans, mung beans, and red kidney beans, which are all very well balanced sources of protein, especially for women.

Directions

1. After washing the lentil, put them in a pot with water and let it soak for about 20 minutes before turning on the heat.
2. After the water begins to boil, add a bit of water, cover with a lid, and simmer on low heat for 30 minutes.

A Wintertime Recipe

Envision the perfect meal for the family and friends to gather around on a cold winter night. The following recipes will make a well-balanced and highly nutritious dinner even more when served together with brown rice.



3. Turn the heat off. Let it sit to steam cook with the lid on for 15 minutes.
 4. Heat the salad oil in a pan, and slowly sauté the chopped onion on low heat. Once the onions turn clear and begin to smell sweet, add the garlic and carrots and sauté them well. Add salt and pepper for about 2 to 3 more minutes before turning the heat off.
 5. When 3. and 4. cool down, mix them together in a bowl. Add cilantro, cumin powder, and flour, and mix well again. Divide the mixture into 8 portions and roll into balls.
 6. Prepare and put each of the following (A) flour (B) flour mixed with water (C) panko, in a separate plate or tray. Coat each croquettes in the order of (A), (B) and (C).
 7. Heat the vegetable oil to about 170°C (338°F) and deep-fry the croquettes until golden brown
- * You can use any sauce you like, but the ingredients are already very flavorful so it can also be enjoyed on its own.

Ume-dressing Salad

one serving 31calories (dressing only)



The salty and sour flavorings from umeboshi (dried plum) are healthier when compared to other seasonings. It also helps digestion. If you don't have umeboshi,



you can use wasabi or Japanese-style mustard as substitutions.

Ingredients (makes 4 servings)

1 tsp shredded dried plum
 3 tsp apple cider vinegar
 1 tbsp olive oil
 a pinch of salt
 pepper (for seasoning)
 1 tsp lemon juice
 1 tsp beet sugar

Directions

1. Wash vegetables of your choice, dry off the water, and cut.
 2. Finely chop up the dried plum, place it into a bowl, add salt, pepper, apple cider vinegar, beet sugar, and lemon juice, and mix together well. Lastly, add the olive oil, and mix well again.
 3. Pour the dressing over the cut vegetables, and it's done!
- * It goes well with raw vegetables, as well as steamed vegetables.

Japanese-style pot-au-feu

one serving 146 calories



Japanese seasonings such as miso, soy sauce, and vinegar are fermented foods that help with digestion, and detoxifying the body. When you don't have the time to

keep it simmered long enough, a pressure cooker will shorten the time needed to make stewed foods.

Ingredients (makes 4 servings)

¼ daikon radish
 1 carrot
 3 potatoes
 1/8 cabbage
 1½ onion
 4-5 shiitake mushrooms

500ml (2.11 cups) water
 3 bay leaves
 roughly 10 whole black peppercorns
 2 tsp salt
 pepper (for seasoning)
 1 tbsp white miso

Directions

1. Wash the vegetables and cut into large pieces

<pressure cooker>

2. Heat vegetables, water, bay leaves, and black peppercorns in a pot. Heat on high until it boils. Once it's pressurized, simmer for 5 minutes on low heat. Then turn the heat off.
3. Once the pressure goes down, take the lid off and turn the heat back on. Right before it begins to boil, add salt and pepper.
4. Simmer on low heat for 5 more minutes, add dissolved white miso, turn the heat off, and it's done.

<pot>

2. Heat vegetables, water, bay leaves, and black peppercorns in a pot. Heat on high until it boils, and then simmer on low.
3. Before the vegetables are done, add salt and pepper. Simmer for another 5 to 10 minutes. Finally, dissolve the white miso in the broth before adding it in, and it's done.

Tofu Shiratama with Soymilk Coconut sauce

one serving 169 calories



When you knead tofu with shiratama (rice flour), its texture becomes soft and chewy. Add some vegetables, and you can get

your vitamins through dessert! Also, use soy, or coconut sauce instead of dairy products and you can make a low fat dessert that will still satisfy your sweet cravings. Knead mashed vegetables such as kabocha (pumpkin), or carrots, into the shiratama, and it'll make the dish colorful and fun! Even kids will enjoy eating their veggies!

Ingredients (makes 4 servings)

Soymilk Coconut sauce
 200ml (0.85 cup) coconut milk
 200ml (0.85 cup) soymilk
 2 tbsp beet sugar
 1 tsp white sesame paste

Tofu Shiratama
 40g (1.4 oz) rice flour
 60g (2.17oz) tofu
 15g (0.53 g) steamed kabocha (pumpkin)
 almond slices
 4 mint leaves

Directions

1. Heat coconut milk and soymilk in a pot to about 80°C (176°F) without letting it boil. Add the beet sugar and white sesame paste, and gently mix to dissolve. Stirring occasionally, simmer for about 10 minutes until it starts to thicken. Turn the heat off and let it cool.
2. Mix rice flour and tofu in a bowl and knead them well. (The quantity of tofu varies on the type of tofu; adjust accordingly so that texture becomes similar to your earlobe)
3. Mash the inside portion of the steamed kabocha (or any other colored vegetable of your choice), mix it in with the batter from step 2, and roll the batter into small round balls
4. Drop the round balls in boiling water and after they begin to float, boil for another 1 to 2 minutes. After they're done, scoop them out of the boiling water and cool them in ice water.
5. Pour the coconut sauce from step 1 on top of the shiratama from step 4, garnish with almond slices and mint leaves, and it's done.



Asuka Hashimoto

The daughter of Chuya Hashimoto, macrobiotic instructor and practitioner for over 30 years, and Chiaki Hashimoto, author of "Shizen ni umitai (want to born at home naturally)". Asuka Hashimoto has been a macrobiotic practitioner since the day she was born. She has received instruction from Patricia Garcia de Paredes, and Koji Matsumoto.

Sozai

Homemade Japanese Side Dishes — By Hayashi-sensei



Now, with Japanese side dishes more popular and widespread than ever before, I decided it was the perfect time to present the story of Japanese side dishes. Recently, countless varieties of new, innovative, and amazingly delicious Japanese side dishes have been popping up everywhere! And year-by-year, the selection of bentos, sushi, salads, and fried-foods, are becoming increasingly flavorful and delicious! I have a feeling that, like in America, Japan is entering a generation where less and less people will be cooking at home. However, as a cooking teacher, that's a bit sad and unfortunate.

How Side Dishes Began

The history of Japanese side dishes goes all the way to the Edo period, when boiled vegetables to accompany bento-box lunches were first sold at shop called Niuriya. At the time, many farmers and peddlers who lived in the countryside traveled to Edo for work. They brought only rice without side dishes, as rice wouldn't spoil but side dishes would especially during the summer seasons.

After World War II, side dishes began to drastically change. In cities such as Tokyo and Osaka, a market place known as the "public market" was established with the arrival of green-grocers, fresh fish shops, meat shops, grocery stores, and a store which specialized in side dishes, known as Mameya, or bean shop. Though it was called bean shop, rather than selling dry beans, they sold cooked beans in the form of side dishes. Out of the different types of bean dishes, including kombu-mame (boiled soybeans and kombu), sweet black soybeans, uguisu-mame (boiled and sweetened green peas), and otafuku-mame

(boiled and sweetened broad beans), the most popular was uzura-kintoki-mame (boiled and sweetened kidney beans). Other than cooked beans, these shops gradually began to expand their merchandise by selling a wider variety of side dishes such as nimono (boiled or stewed vegetables), tempura, and kobumaki. The meat shop specialized in macaroni salad and potato salad, which were first created from leftover steamed potatoes that were used to make croquettes. Menchikatsu and tonkatsu were also items sold by meat shops.

The first Mameya originated near Wakayama city of Wakayama prefecture. It is said that those who succeeded selling cooked beans in Mameya businesses in the public markets of the Kansai region (such as in Osaka), returned to their hometown in triumph and glory, and one after another, built grand houses. This is the reason why, until this day, many people in the Kansai region still refer to side dish shops as Mameyas. Cooked beans are so



Temari-Sushi



Temaki-Sushi



Kani-Chirashi

delightfully delicious!

With the coming of the supermarket generation, side dish shops continued to develop and progress. Train stations and underground floors to department stores also began to flourish with side dish shops popping up here and there. Now, California rolls from America have permeated into side dish shops all across Japan and are amongst the top most popular items.

In Japan, the most common type of sushi is nigiri sushi which has a slightly different appeal than the maki-sushi (rolls) commonly served in America. There is a subtle difference in the taste of the shari (rice). Rolls in America are also different in the way that they are made very extravagantly, almost like works of art. Furthermore, in Japan, sushi with brown rice is still unavailable. After trying brown-rice sushi myself, I was surprised to find that it tasted quite good.

Japan's popular side dishes

I've gathered together some of the most popular side dishes in Japan, including a few big hits that I created myself.

Temari sushi, a classic Kyoto sushi which directly translates to "ornamental ball sushi", entered the market about 5000 years ago, but was never really noticed until just two years ago when it suddenly became a major hit! It's a lot of work to make it, but they're so adorable!

Out of the unusual kawari sushis, temaki sushi is most popular. Chirashi sushi,

decoratively arranged with slanted slices of sashimi, is also popular, and kanichirashi is mmm... so incredibly delicious.

Have you ever heard of iitokodori-don? Like its name suggests, iitokodori-don is a rich and luxurious bowl, made by combining two very tasty and delicious items: half katsu-don and half chukka-don! The combination of katsu-don with ten-don is also a popular choice.

Sanshoku-okowa (three-colored rice) is another fun and popular mix-and-match of different rice variations such as kuri-okowa (chestnut rice), shake-okowa (salmon rice), and yasai-okowa (vegetable rice). It can be deliciously made using California grown mochi rice. A special bento arranged in a box partitioned into 9, is another eye-catcher. Each space is filled with a different type of rice or side dish. Bentos made to be especially healthy and nutritionally balanced are also always popular as well.

There are countless varieties of side dishes. Recently, nimono kombu has been receiving new attention. Musubi-kombu and kombu-maki, made with Saomae-kombu from Hokkaido, are also very soft and delicious. At the end of the year, nimono-osechi, which are side dishes

packed into lacquered boxes, becomes popular throughout Japan. Nishime are made of vegetables such as taros, carrots, and konnyaku cooked in soy sauce and water until it is almost dry. Nishime from each local district is seeped with a distinctive flavor of its own. I look forward to seeing how the Nishime at Nijiya Market turns out.

During the end of the year, New Year, and Obon, Japanese-style hors d'oeuvres also become highly popular. A combination platter of appetizers to accommodate wine and beer will complete any feast. In addition, on New Year's Eve, ebi-tempura (shrimp tempura) is an annual tradition.

There's still much more, and Japanese side dishes are evolving quickly. With the arrival of low-calorie side dishes and bentos, healthier cooking oils, and vegetables with reduced agricultural chemicals, menus continue to expand and flourish with endless varieties of choices.

In terms of organic side dishes, Nijiya Market in America may be ahead of Japan. Eventually, people from Japan may have to come to Nijiya to learn the latest techniques, styles, and cooking methods for even healthier, delicious side dishes.



Iitoko dori-Don



Balance-Bento



Sanshoku Okowa



Chirashi-Sushi



Otsumami Hors-d'oeuvre



Nimono-Osechi



NIJIYA

Fresh produce and healthy goods

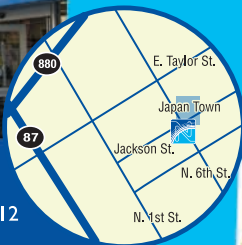
NIJIYA MARKET specialize in:
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Our kitchen is always prepared
other prepared



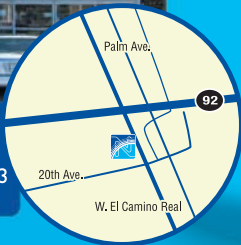
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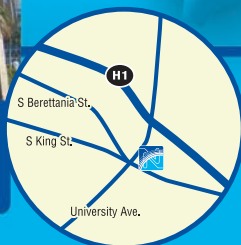
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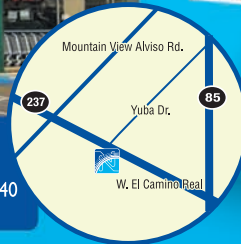
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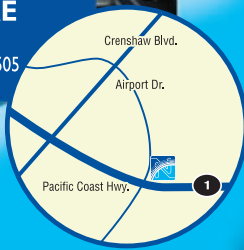
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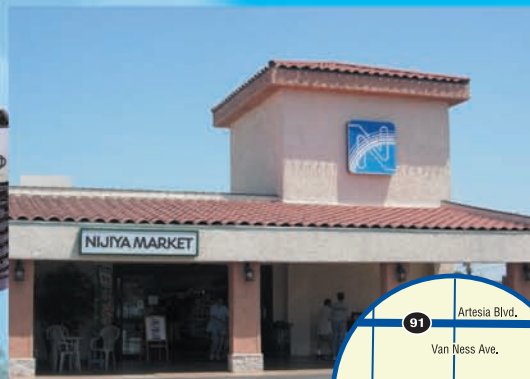
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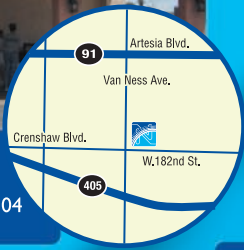
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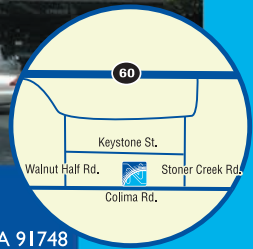
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Gindara

Alaskan Fresh Seafood Black Cod



Gindara is a relatively expensive fish in Japan. It is known for its soft-textured flesh with high fat content, and it's an excellent fish for simmering or baking. The best ways to eat gindara are probably *kasu-zuke* and *saikyo-zuke*. Cooking gindara by these methods will remove the excess water from the fish and trap the fat content within the fish. Gindara becomes even more flavorful when cooked together with the flavors of sake lees or Saikyo miso.

In Japan there are stores that specialize in *kasuzuke*, and each year trips to Alaska are made in order to purchase gindara.

In English, gindara is generally called "black cod," but its formal name is "sablefish." Incidentally, do you know why we call it "gindara"? It's due to the fact that even though its skin appears to be black on the store shelves, the color of a freshly-caught gindara is actually a gleaming silver ("*gin*" in Japanese).

Despite its name "gindara," it doesn't belong to the cod family (called "*tara*" in Japanese); instead, it's classified as a

member of the Anoplopomatidae family in Scorpaeniformes.

Gindara can be found over large areas of the oceans along the western coast of North America, from Mexico's Baja north to California's San Francisco, Canada's Vancouver Island, and Alaska. It's also found in the north of Hokkaido's Uchiura Bay. The gindara live in deep waters at depths of 490 to 4,900 feet (usually 1,300 ft. to 3,280 ft.). Gindara spawn from January to April and favor slopes on muddy ocean floors at depths of 980 to 1,640 feet. As for the number of eggs, a gindara approximately 23 inch (60 cm) in length will lay about 82,000 eggs. If the fish is more than 35-inch long, it will have about 1,277,000 eggs. The gindara's average lifespan is 20 to 30 years. However, the oldest gindara is 94 years old, confirmed in Alaska. It's amazing that there is a fish that can live longer than the average lifespan of the Japanese people.

I remember hearing about one Japanese fish trader who went to a supermarket in

the U.S. to make a presentation of a fish product. He also brought along *gindara kasuzuke* as a sideshow. However, the people at the presentation were more intrigued by the *kasuzuke* (sideshow) than the main product that the trader was promoting. So, he let them sample the *kasuzuke*, and they loved it. Someday in the near future we may see gindara *kasuzuke* on the shelves of American supermarkets. If you plan to hold a home party for your American friends, why not serve some gindara *kasuzuke*? It may become an instant hit. If that happens, please let your guests know that they can buy gindara at Nijiya Market!

All of the gindara sold at Nijiya Market is made in U.S. Try our fresh gindara caught along the coasts of San Francisco and Alaska, as well as frozen Alaskan gindara which is available throughout the year.

Gindara kasuzuke



INGREDIENTS (serves 4)

4 pieces gindara fillet (about 4 oz. each)	3 tablespoons sake
14 oz. Sake-lees	4 oz. brown sugar
1/3 cup <i>mirin</i>	Salt (2% of the total fish weight)

HOW TO COOK

- [1] Sprinkle the gindara with salt and let it sit in the refrigerator for about 2 hours.
- [2] Mix the rest of the ingredients in a bowl (if possible, let it sit overnight so the flavors blend well).
- [3] After 2 hours, remove the gindara from the refrigerator and rinse under running water. Wipe off the excess water with a paper towel.
- [4] Spread the *kasuzuke* marinade from [2] liberally on the gindara. Let them sit in the refrigerator for about 3 days.
- [5] Remove all the marinade from the fish. Bake in the oven at a low temperature.

* You can make a large amount of gindara *kasuzuke* at one time. After marinating the gindara for 3 days, remove the lees from the fish, then simply wrap each piece in plastic wrap and freeze. It will keep for up to 30 days, so you can enjoy delicious *kasuzuke* anytime.

Simmered gindara nitsuke



INGREDIENTS (serves 4)

4 pieces gindara fillet
0.5 oz. sliced fresh ginger root (with skin on)
2 bunches of green onions (sliced into 1-inch lengths)

[A]

1/5 cup soy sauce
1/5 cup mirin
1/5 cup sake
2 tablespoons water
2-1/2 tablespoons sugar

HOW TO COOK

- [1] Prepare boiling water, and quickly immerse the gindara. As soon as the gindara turns whitish, drain it. Lightly wash the fillet under running water. Wipe away the excess water from the gindara.
- [2] Cut the ginger root into thin slices but don't discard the skin. Keep it for the meantime.
- [3] Place all the ingredients in [A], gindara and ginger skin in a pot, and cook.
- [4] Once it has come to a boil, lower the heat. Cover with a drop-lid and simmer for 7 to 10 minutes.
- [5] Transfer the cooked fillet onto plates. Simmer the remaining sauce over high heat for 1 minute. Add some green onions to the sauce and simmer for another 30 seconds. Pour the sauce over gindara. Serve with green onions and ginger slices on top.

Gindara agedashi (deep-fried gindara)



INGREDIENTS (serves 4)

4 pieces gindara fillet
4 tablespoons *daikon oroshi* (grated daikon radish)
1 teaspoon *shoga oroshi* (grated fresh ginger root)
4 *mitsuba* (bunch)
1-1/3 tablespoons *katakuri* starch
1-1/4 cups vegetable oil

[A]

4/5 cup bonito stock
3-1/3 tablespoons regular soy sauce
3-1/3 tablespoons mirin

HOW TO COOK

- [1] Prepare daikon oroshi and shoga oroshi separately. Slice the mitsuba into lengths of about 1 inch.
- [2] Wipe away the water from the gindara and dredge them in *katakuri* starch, coating them entirely.
- [3] Deep-fry the gindara in oil at 350°F.
- [4] Combine all the ingredients in [A] in a saucepan and heat. When it begins to boil, turn off the heat.
- [5] Transfer deep-fried gindara onto serving plates. Pour [4] over them and top with daikon oroshi, shoga oroshi and mitsuba.

Yu-an style grilled gindara



INGREDIENTS (serves 4)

4 pieces gindara fillet
Daikon oroshi (or lemon)
[A]
1/5 cup regular soy sauce
1/5 cup mirin
1/5 cup sake
1 small piece of *yuzu* (with flesh)

HOW TO COOK

- [1] In a bowl, combine all the ingredients in [A] to make marinade. Soak the gindara in the marinade for 10 to 15 minutes.
- [2] Lightly wipe away the excess water, and grill.
- [3] Serve with daikon oroshi.

Easy foil-baked gindara



INGREDIENTS (serves 4)

4 pieces gindara fillet or chunks (about 3.5 oz. each)
7 oz. spinach (or any variety of green vegetable)
4 tablespoon mayonnaise
(1 tablespoon per each piece of gindara)

Salt and pepper (as appropriate)
1 lemon
Vegetable oil (as appropriate)

HOW TO COOK

- [1] Cut 4 square pieces of aluminum foil, with each being larger than the fish fillet.
- [2] Spread vegetable oil over each square of foil.
- [3] Cut the spinach into 1-inch lengths and divide into four equal portions. Place each portion on each square of foil. Sprinkle gindara with salt and pepper and place them atop the spinach.
- [4] Set aside 4 slices of lemon to be used as a garnish later. Squeeze the rest evenly over the fillet pieces.
- [5] Place 1 tablespoon of mayonnaise over each piece of fillet (a nice presentation can be achieved if you use a squeezer).
- [6] Fold the foil over the gindara and crimp the edges to seal. Bake in the oven at 350°F for about 15 minutes. Open the foil and top each fillet with a lemon slice.

Benizake

Copper River (Alaska) Wild Sockeye Salmon

Alaska - The land where a great wild salmon lives

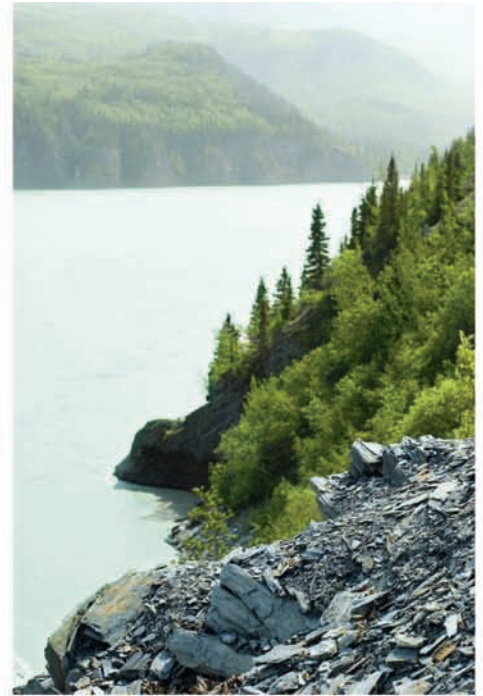
There are various types of salmon, but for Japanese people the most familiar salmon is the sockeye salmon. This fish prefers colder waters than other types of salmon and is particularly susceptible to warm temperatures. Alaska is surrounded on three sides by cold ocean water and has a myriad of rivers through its vast, undulating land. So, the state provides a perfect habitat for migratory species seeking colder waters, like the sockeye salmon. Among Alaska's numerous rivers, the Copper River is one of the best known.

All forms of fish farming are prohibited by Alaska state law. Additionally, Alaska has very strict regulations on the construction of industrial plants and industrial water discharge, which can negatively impact the ecosystem. It also has firmly established forest conservation and environmental protection systems in order to ensure the safety of fish quality. Through these efforts the tastiness and safe quality of Alaska's wild sockeye salmon are maintained.

Nijiya's pride in selection - Copper River wild sockeye salmon

Nijiya Market's sockeye salmon are carefully selected Copper River wild sockeye salmon! They have natural flavors that you cannot get from farm-bred salmon. Copper River sockeye salmon have grown in the Alaskan environment, where nature conservation takes the highest priority. So, they're safe and healthy with authentic flavor, which is exactly what we want for our customers. In recent years, the Copper River sockeye salmon has received the highest rating among all sockeye salmon for its high-quality flesh and fat content, and it has been sold in Japan under various brand names.

The distance between the mouth of the Copper River and the region where sockeye salmon spawn is about 500 kilometers (approximately 300 miles). The spawning area is surrounded by glaciers. Glaciers thaw to become water droplets, which then flow into the river, eventually creating cold, fast-running muddy streams. To overcome such harsh conditions, the salmon accumulate fat before swimming upstream to lay eggs. Due to the cold water temperature and the long distances they travel to the spawning site, Copper River sockeye salmon have the highest fat content of this species. Particularly, those caught early in the season



are highly prized. We at Nijiya never compromise on providing the best-quality products for our customers, and we take pride in offering Copper River sockeye salmon.

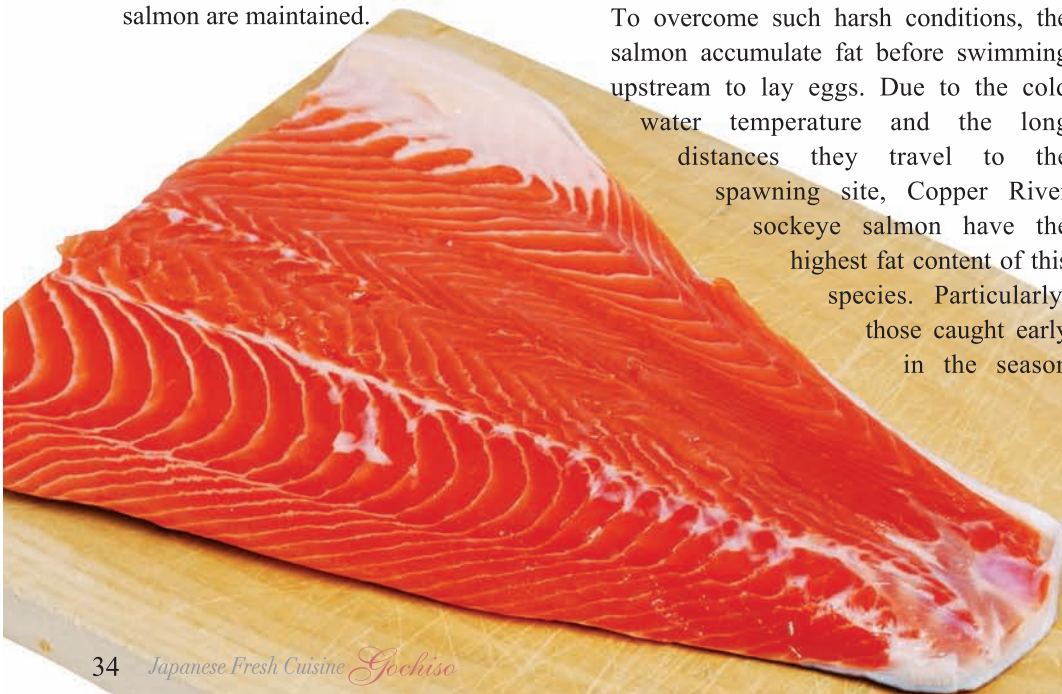
Nutritional Value of Salmon

Salmon is full of good nutrients for the body.

Proteins are made up of 20 different amino acids linked together, of which nine are called essential amino acids. The remaining amino acids can be produced in the body from fat, sugar, etc., but the essential amino acids can't be produced in the body. So, we need to eat animal proteins that are high in essential amino acids. Alaskan salmon contain a good balance of essential amino acids. Also, the protein in Alaskan salmon has a very high rate of amino acid absorption, and so it's considered to be good-quality protein.

As described by the term "salmon pink," the flesh of salmon has a beautiful reddish color, which is caused by a pigment called astaxanthin. Like beta-carotene, astaxanthin is a natural pigment that has the effect of eliminating active oxygen inside the human body. It also helps reduce the oxidation of LDL (bad) cholesterol.

Salmons are packed with nutrients that help us maintain our health. We can savor the taste of sockeye salmon while receiving health benefits from its nutrients. As the saying goes, it's like killing two birds with one stone!





Takikomi rice with lightly salted sockeye salmon and karashi mentaiko (spicy cod roe)

Ingredients (serves 4)

10.5 oz. rice	1 tablespoon sake
1-3/5 cups water	1 small piece fresh ginger root
4-in. square <i>Hidaka konbu</i> (dried kelp)	1 piece sockeye salmon fillet
1 teaspoon soy sauce	1 sack <i>karashi mentaiko</i> (spicy cod roe)

How to cook

- [1] Wash the rice the night before. Soak the rice in water with the konbu overnight.
- [2] Remove the konbu. Place thinly sliced ginger, sake, soy sauce and the salmon on top of the rice, and cook.
- [3] Once the rice is done, place the karashi mentaiko on the rice and cover. Let it steam for 10 minutes. Remove the skin and bones from the salmon and crumble the flesh over the rice. Crumble the karashi mentaiko over the rice. Mix lightly.



Easy roasted salmon

Ingredients (serves 4 to 6)

6 lb. - 7 lb. sockeye salmon fillet (unseasoned)	Garlic powder (as appropriate)
Lemon juice squeezed from 1 lemon	Oregano (as appropriate)
Salt and pepper (as appropriate)	1/4 cup melted butter

How to cook

- [1] Place the salmon fillet in a deep dish and squeeze the lemon juice over them.
- [2] Sprinkle salt, pepper, garlic powder and oregano onto the salmon fillet.
- [3] Pour melted butter over the seasoned salmon fillet.
- [4] If grilling outside, wrap the salmon fillets in aluminum foil and bake them on a gridiron.
- [5] If using a conventional oven, bake at 350°F for about 30 minutes.

* The best for B.B.Q.!



Foil-baked sockeye salmon with onion

Ingredients (serves 4)

4 pieces sockeye salmon fillet	Butter (as appropriate)
2 medium onions	Pepper (as appropriate)
2 packs of <i>maitake</i> mushrooms	1/2 lemon
2 packs of <i>enoki</i> mushrooms	Soy sauce or ponzu (as appropriate)
Green onions (as desired)	

How to cook

- [1] Slice the onions. Chop the green onions into thin slices. Cut the lemon into round slices.
- [2] Remove the tough stems of the mushrooms and divide into four equal portions.
- [3] Cut 4 (1 sq. ft.) pieces of aluminum foil. Fold each side so that it has a strip about 1/2 inch wide.
- [4] Lay onion slices on only one side of each square of aluminum foil. Layer the rest of the ingredients in this order: butter, salmon and mushrooms. Sprinkle with pepper.
- [5] Fold the other side over to cover the salmon. Double- or triple-fold each end to seal. Grill for about 20 minutes. Sprinkle with green onions and place a lemon slice on top. Serve with soy sauce or ponzu as desired.



Broiled salmon with grated daikon radish

Ingredients (serves 4)

4 pieces salmon fillet (unseasoned)	Grated daikon radish (as appropriate)
Salt and pepper (as appropriate)	Soy sauce or ponzu (as appropriate)
Olive oil (as appropriate)	

How to cook

- [1] Sprinkle the salmon fillet with salt and pepper.
- [2] Heat the olive oil in a frying pan.
- [3] Place the salmon fillet in the frying pan with its skin side down. Cook uncovered for 7 minutes.
- [4] Flip the salmon fillet over to cook the other side for 3 minutes, uncovered.
- [5] Place the cooked salmon fillet on a plate to let stand for a while.
- [6] Transfer each piece of fillet onto a plate. Serve with grated daikon radish and soy sauce (or ponzu).

Tips

Do not overcook raw salmon, or the texture will become dry like a salted salmon. Salmon can easily be heated through just like beef, and it's one of a few species of fish that can be cooked with residual heat. If you cook salmon in the same way you cook steak, the result will be surprisingly tender.

Hon Maguro

Bluefin Tuna

When we think about *sashimi* or *nigiri*, the first thing that comes to our mind is the *maguro*. There are many different terms for maguro, including *toro*, *chutoro*, *nakauchi*, *negima*, *meji*, *shibi*, *tekka*, *tekkadon*, *zuke* and *negi-toro*.

Japanese people love maguro, and it is essential to Japanese cooking. In fact, many people who aren't very fond of fish still consider maguro nigiri to be an exception. Indeed, maguro has a particularly strong presence among the creatures of the sea.

HABITS

Maguro inhabit ocean waters throughout the world. They usually cruise at speeds of approximately 20 km/h (12.5 mph), but with their streamlined bodies they can swim as fast as 160 km/h (100 mph).

To ensure survival, maguro never stop swimming even when they rest or sleep. Since maguro must constantly take in fresh seawater through their mouths in order to supply oxygen to their gills, they must either keep swimming or die. Unlike goldfish, they don't gasp and gulp for air with their mouths open intermittently; instead, these powerful fish simply keep swimming.

Maguro swim vast distances across oceans in search of various foods, including horse mackerel, chub

mackerel, flying fish, squid, etc. In addition to their massive appetite, they have amazing stamina. These fish can swim tens of thousands of kilometers--distances of global scale--and reach hundreds of kilograms in weight.

VARIETIES

There are many varieties of maguro, which can be categorized according to body shape, habit, usage and taste. The variety called *hon maguro* or *kuro maguro* in Japanese has bluish tail fins, and in English it's referred to as the bluefin tuna. This is the largest type of maguro, reaching as much as 1,100 pounds, and when caught, it can become the most expensive item on a sushi-restaurant menu.

Mebachi maguro is called "bigeye tuna" for its large eyes, but its size and color are similar to that of the hon maguro. *Kihada maguro* has yellow tail fins and is therefore called "yellowfin tuna" in English. It grows to about 220 pounds and has translucent red flesh. This robust, fresh maguro is also popular, especially in the Kansai region.



Kajiki, which belongs to the marlin group, is also associated with maguro. The *kajiki* is classified into five types: *kurokawa kajiki*, *sirokawa kajiki* and *mekajiki*, which are giant marlins weighing 600 to 1,100 pounds; and *aokawa kajiki* and *basho kajiki*, which are



relatively smaller in size.

Tonbo maguro, or *bincho maguro*, is called "albacore" in English. It weighs only about 22 pounds and has distinctively long fins. The flesh is soft-textured, but the farther north this fish travels the more fatty the flesh will be. All these related fish comprise one big maguro family.

PRICES

The fish that are auctioned off at high prices and acquired by fancy sushi restaurants at the Tsukiji fish market are wild hon maguro. They're outrageously expensive but are also supremely delicious, with a melt-in-the-mouth consistency. They are top-grade in taste, color, sheen, aroma, texture and price, so this type truly deserves to be called the king of all maguro.

A wild hon maguro captured off the coast of Ooma City in Aomori Prefecture weighed 507 pounds and was sold for the equivalent of \$173,600, a world record for the highest-priced hon maguro. Today, many of the hon maguro caught all over the world are mostly exported to Japan as high-end product.

We know that Japanese people have enjoyed maguro for a very long time, but in recent years a sushi boom has taken place around the world. The word "maguro" is now commonly used to indicate a prime sushi item in many countries. The U.S. has seen a rapid increase in the number of people who enjoy eating sushi, and has become the second-highest in the consumption of maguro.





The fisheries of wild hon maguro eaten in the U.S. are located in the North Atlantic Ocean. Giant maguro weighing 500 to 600 pounds are unloaded in Boston and Gloucester (a harbor town in Canada). The high quality of Boston's wild hon maguro, not to mention the high quality of maguro itself, is retained through use of a special fishing method; they use an electric harpoon to prevent an increase in the internal temperature of the fish caused by the heat dissipation from their organs. Throughout the entire process, from the landing of the fish to the chilling/packing to the air transport, the quality and freshness of Boston hon maguro is constantly maintained. The beautiful, bright-colored toro/chutoro, along with the quality akami (leaner parts), has earned a solid reputation. These hon maguro are always traded at high prices. The highest trade price on record is \$159,000 for a single hon maguro. These fish are transported by air to Japan, New York and California as top-quality maguro.

FARMING

Wild hon maguro captured around the world are sent to Japan one after another due to their high trade prices in the country. However, this has encouraged excessive activity in fisheries. Nature conservation groups are concerned that hon maguro are in danger of extinction, and some insist that the fishing of hon maguro be banned.

Just when it appeared that hon maguro sashimi was about to become a thing of the past like whale meat, the farming of hon maguro, which had been long considered impossible, was brought to realization.

In maguro farming, young fish or hatchlings from incubated eggs are kept in an expansive sea cage 82 ft. in radius. The young fish swim around within the cage while being fed 2 pounds of sardines or mackerel each day. Within about two-and-a-half years they reach a weight of approximately 220 pounds.

Compared to the wild hon maguro, the farm-bred hon maguro are smaller-sized with softer-textured flesh. However, farm breeding makes it possible to adjust the fat content of the toro and other parts. Additionally, farm-bred hon maguro have consistently good quality and fully satisfying flavor.

NUTRITIONAL VALUE

Wild hon maguro is very high in nutritional value. It contains high-quality protein, omega-3, highly unsaturated fatty acid, iron and abundant minerals such as potassium. The leaner part is rich in protein and is popular as a low-fat, low-calorie health food or diet food. Moreover, hon maguro is full of nutrients that are essential for growing children, including vitamin B6 and pantothenic acid.

BOSTON MAGURO

The fishing season for wild hon maguro is from July to November. "Boston hon maguro" has a large body and high-quality meat that contains a generous amount of



fat. Its buttery-textured flesh is extremely delicious. Even when the cut looks sinewy, it is still tender and has a delightful flavor.

Usually, the maguro seen in fish markets are *kihada* maguro from Hawaii, *mebachi* maguro from Miami or *shibi* maguro from California. They might even be imports from Asia, South America or Mediterranean countries. During the

off-season, farm-bred or frozen maguro are put on the market.

Given the fact that Boston hon maguro are wild fish, harvest volumes are greatly affected by weather and fishing conditions, so it's difficult to maintain a steady supply. During the season, Nijiya Market directly contacts local suppliers of Boston maguro and does everything possible to purchase high-quality maguro to offer to our customers.

COOKING

The best way to eat maguro is raw or, in other words, sashimi. The essence of this Japanese cuisine is to enjoy truly natural flavors without adding or altering anything. So, sashimi is the ultimate embodiment of that principle. Moreover, raw maguro goes very well with rice, soy sauce and *wasabi*, which naturally makes sushi a perfect dish for serving maguro.

Delicious nigiri can be made with any of akami (leaner meat), chutoro (moderately fatty meat) and toro (fatty meat).

The sushi roll made with akami is called *tekka*. The sushi roll using the fatty part of Boston Maguro, which is called *toro-maki*, is exquisite. It simply beats any other type of sushi roll.

When raw maguro is marinated in soy sauce, which is called *zuke*, it turns into another flavorful maguro dish. *Zuke-don* (a bowl of rice with *zuke* on top) is quite savory, and so is *aburi*, which is a nigiri with fatty toro lightly seared over a burner.

Numerous other maguro dishes can also be found, such as Italian-style carpaccio, teriyaki and tuna steak. When grilling maguro, it must be kept rare. People say that one can't go wrong with quality ingredients, and that's true with Boston maguro. It's always delicious, no matter how you cook it.



Nigiri Sushi

Enjoy sushi bar style sushi at home



Easy-to-make Nigiri Sushi!

Many people assume that nigiri sushi can only be made by a professional sushi chef. Of course there is something extraordinary about sushi made by a professional; however there's actually a very simple and easy method for anyone to make delicious sushi! We've been privileged with the opportunity to have Mr. Hiromi Hayashi, well known from Gochiso Magazine, come in and teach us how to make simple, reasonable, and delicious sushi at home! Try it out tonight and have a fun nigiri sushi party with your family!

Sushi molded by a professional chef is made with a subtle airy and fluffy quality to the rice.

(The rice is never smashed flat) This way, the firmness of the molded rice is in perfect balance with the texture of the neta (topping). There is a simple and easy technique that can be used so that even you can make this possible. Pinch the sides of the sushi rice placed on your hand using your thumb and index finger. Then gently add pressure from the top using your other thumb, as if you are making a small box template with your fingers. With this technique, you'll be sure not to smash the rice into a ball that's too firm. After topping the neta, use the same technique to re-adjust the shape.



Mr. Hiromi Hayashi

Now let's begin by following these step-by-step instructions that will guide you from beginning to end!



Cross-section view of the rice

Rice molded by a professional has air vents in its center



Sushinoko

Ingredients

(adjust quantity to your preference)

◆
Maguro (tuna)

Salmon

Ikura (salmon roe)

Tai (sea bream)

Uni (sea urchin)

Hirame (flounder)

Hamachi

And any other sashimi of your choice

◆
Atsuyaki Tamago (thickly rolled omelet)

◆
Packaged Rice

Sushinoko

(sushi rice seasoning mix)

◆
Nori

Wasabi

Soysauce

Preparations for the shari (rice) and neta (toppings)



1. Heat the packaged rice and place it into a bowl. Mix in the sushinoko and set aside to cool down. (Be careful if you are using liquid sushi vinegar because the rice tends to become sticky)



2. Slice the sashimi and atsuyaki tamago to about the same size (roughly 3.5cm (1.4 in.) x 7 cm (2.8 in.) big and 4~5 mm (0.2 in.) thick)



Now that the neta is ready...

Here comes the Secret Formula for Simple Nigiris!

This is the trick!



1. Wet your hands in vinegar-water and place about 20~25g (0.7~0.9oz.) of sushi rice onto the palm of your hand.



2. Pinch the rice using your thumb and index finger.



3. Using your other thumb, pin it down and lightly add pressure to form a shape.

The key is to pin it down lightly so that the rice remains airy and fluffy.



4. Place it once on a dish or platter. Shapes should generally be about the same.



5. Spread wasabi on top of the sushi rice (to your preference).



Wasabi



6. Cover the rice with the topping ingredient.



7. Using the trick in step 3, lightly add pressure again so that the topping fits onto the rice.

It's quick and easy to make all at once.



8. Turn it around 180 degrees.



9. Lightly press the top and the sides one last time to adjust its shape.



You've finished making nigiri sushi!

Colorfully serve it onto a dish and you're done!



Directions for Gunkanmaki



1. Starting after step 4, prepare 1/8 sheet of nori.



Nori



2. Wrap the nori around the sushi rice.



3. As you close the wrap, keep the nori held in place by putting a grain of rice at the end of the nori to use like glue.



4. Top the neta using a spoon

Another trick!

A Smart Way to eat Gunkanmaki

Use chopsticks to dip some ginger in soysauce instead and use the ginger to apply the soysauce like a brush.

Kazari Sushi



Instructor: Shigeko

Decorated Sushi Roll

Cooking is not only a gift of good taste but also a gift of beauty. In this case, we will take the Decorated Sushi Roll into the Kids Challenge.

Decorated Sushi Rolls are so cute and beautiful that it makes it hard to eat. You can make it as a present for your mother, or put them in a basket and go on a picnic. So let's learn together with the Gochiso Kids and enjoy the beauty of cooking.

Flower Decorated Sushi Roll

Ingredients:

- 220g sushi rice (100g will be mixed with the sakura denbu)
- 10g sakura denbu
- 15g neri-ume (Paste Umeboshi)
- 1 cheese kamaboko
- 1 and 1/8 of a sheet nori sheet*
- *use one 1/2 size nori sheet for the outer layer
use five 1/8 size nori sheet for the Flower petals



Heart Decorated Sushi Roll

Ingredients:

- 180g sushi rice
(80g will be mixed with the masago)
- 20g masago
- 9cm x 20cm thin sheet of scrambled fried egg
(slightly smaller than the outer layer nori)
- 1 and 1/8 of a sheet nori sheet*
- *use one 1/2 size nori sheet for the outer layer,
use two 1/4 size nori sheet for the Heart.



Recipe for Sushi Rice

Ingredients: Amount for 3 Futomaki Rolls

- 300g rice
- 5cm square konbu
- 1 tbs sake

- (Sushi Vinegar)**
- 50ml rice vinegar
 - 2 tbs sugar
 - 1.5 tsp salt



1. Wash the rice lightly in the cold water several times until the water is almost clear and drain the water. Then place it in a pot with 430ml of water.
Soak the rice for 30 minutes to an hour before cooking.
2. Add the konbu and the sake to the pot. Cover and start to cook.
3. When the rice is done, let the cooked rice steam for 10 minutes before opening the lid.
4. Start preparing sushi vinegar for rice. Place all the ingredients for sushi vinegar in a large bowl and stir until the sugar is completely dissolves.
Place all the rice on a large bowl while it's still hot.
5. Pour the sushi vinegar on the rice a little at a time. Mix the sushi vinegar evenly into the rice with a rice paddle. Be cautious not to crush the rice grains trying to "cut" through the rice. You may use a fan to cool the rice while mixing.
6. Place a wet cooking paper over the rice.



How to make the Heart Decorated Sushi Roll



- 1.** Put one 1/4 size nori sheet on the rolling mat and place half of the masago mixed rice on it. Leave a 2cm free space on one edge of the nori and spread the rice slanted with a higher peak on the free space.



- 2.** Create a half shaped heart by rolling over the free space edge on to the rice.



- 3.** Make two of this.



- 4.** Place the two pieces together to create the full heart shape.



- 5.** Put the white rice on the dent on the top part of the heart.



- 6.** Place the thin sheet of scrambled fried egg on the rolling mat, and place the heart piece upside-down in the center.



- 7.** Put the rolling mat on the palm of your hand, fill in the side of the heart piece with rice and roll it up.



- 8.** Put some rice on the edge of a nori sheet to make the edge stick and roll

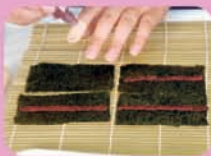


- 9.** Adjust the shape by holding the sides and cut it into four pieces.

DONE!!



How to make the Flower Decorated Sushi Roll



- 1.** Put the five 1/8 size nori sheets on the rolling mat, and put a line of neri-ume in the center.



- 2.** Put 1/5 of the sakura denbu mixed rice on it and roll it tightly.



- 3.** Make 5 of these, which will become the petals of the flower.



- 4.** Cut the cheese kamaboko to the same length as the petals.



- 5.** Place the cheese kamaboko in the center and roll it together with the five petals surrounding it. Use a plastic wrap for easier adjustment for the shape of the flower.



- 6.** Put the nori sheet on the rolling mat for the outer layer. Spread the sushi rice over the nori sheet but leave 1cm on the edge.



- 7.** Place the flower in the middle and roll.

8.

- Adjust the shape by holding the sides and cut it into four pieces.



DONE!!

All the kids had a great time in this challenge. Starting from the left: Yujl, Dalki, Emily, and Hikarl.



Nijiya's Sushi & Bento

Delicious, Healthy, and Fresh! Nijiya's Original Sushi Series

At Nijiya, you can always find a wide selection of everyone's favorite fresh sushi. Nijiya is also one of few places that offer brown rice sushi, which is popular known for specially healthy. Vegetarians are recommended to eat Vegetable roll and Natto roll. The Spicy Tuna roll and Sukeroku (Inari and Futomaki set) are also always popular choices. In each dish, the sushi vinegar is mixed with the distinctive sweet flavoring of brown rice and draws together different ingredients to an exquisitely smooth and mellow flavoring. Furthermore, the unique texture of brown rice is unlike any other ingredient, and adds an irresistible quality to sushi. Try it once, and we are sure you will become

addicted! It's so popular that many of our customers have become regulars, and some even make special orders.

Our standard selections also have a great reputation for being unique, original, and made with the freshest ingredients. Customers say that they always enjoy picking and choosing from the wide variety of options.

Rolls are made with ingredients such as tuna, shrimp, salmon, and avocado, and standard selections include California Spicy roll with Masago, Spicy Tuna roll, Shrimp Tempura roll, Shrimp California roll, and Salmon Avocado roll. Out of the nigiri sushi selections, the standard Tuna,

Salmon, and Hamachi (yellowtail tuna) are everyone's favorites.

Chirashi Sushi is becoming increasingly popular as well because a wide variety of toppings can be enjoyed at once. From Haru No Hana Chirashi, Diamond Chirashi, to Kaisen Chirashi, each and every selection displays the vast and vivid colors of the sea, which is beautiful, yet natural. The amazingly rich assortment of fresh seafood will stimulate your appetite not only with its high-quality taste but also with its aesthetic and alluring visual presentation.

Every season we change our menu according to the season's freshest, best tasting seafood and we offer exclusive and extravagant seasonal selections. It's a wonderful way to experience the Japanese culture and tradition of enjoying the natural blessings brought to us by the change of the seasons.

Each branch of Nijiya also provides a different assortment of sushi as well. If you're on a trip, or traveling afar, why not stop by other Nijiya locations to try out their original sushi selections!



**BROWN RICE
SPICY TUNA ROLL**



KAISEN CHIRASHI



**BROWN RICE
VEGERABLE ROLL**



**CALIFORNIA SPICY ROLL
WITH NIGIRI**



SHRIMP TEMPURA ROLL



**DIAMOND
CHIRASHI**

**Freshly Made Everyday! Great Tastes and Countless Choices!
Nijiya's Bento Series Guarantees 120% Satisfaction!**

From standard selections to those assorted with popular side dishes, you can't ever get enough of the extensive variety of Nijiya's bentos.

Items popular in America, such as Tempura and Teriyaki Chicken, are of course available; however you can also casually enjoy a wide variety of other popular and traditional Japanese cuisine including Salmon bento, Nori bento, Tonkatsu bento, and Grilled Fish bento. We offer a rich and voluminous Deluxe bento series, the Medium bento series (just a right amount for women), and a countless varieties of the Rice bowl series. For those who prefer noodles, Spaghetti, Yakisoba, and Cold Noodles are also delicious choices; for spicy food lovers there's Curry, Spicy Mabo Tofu bowl, and Spicy

Chicken bowl; and for a light snack on-the-go, pick up some rice balls such as Spam musubi and Ten-musu. Brown Rice bentos are most certainly recommended, as well as the Sushi and Noodle Combination bentos.

Japanese cuisine has built an incredible reputation for offering delicious, healthy, and gourmet selections that are truly one-of-a-kind. It has broadened and developed its expertise outside the realm of traditional Japanese dishes by incorporating dishes from countries in Asia, Europe, and America. Without changing the fundamental nature of such foreign dishes, the Japanese skillfully rearranged and developed the different tastes to incorporate them into their everyday diet. Just stop by and take a look

at the line-up of bentos at any Nijiya store. You'll be amazed to see the rich variety of choices that display the incredible pliability of Japanese cuisine. Even more than the irresistible tastes and flavors of each dish, the wide variety of choices may be the secret to the increasing popularity of Nijiya's bentos.

The countless numbers of bentos are hand-made everyday through the hard work, devotion, and heartfelt care of Nijiya's staff. By providing delicious, healthy, and gourmet bentos, we wish to spread the wonderful qualities of Japanese cuisine to as many people as possible.

Come stop Nijiya today, and make sure to pick up our season's selections!



DX SALMON BENTO



TOFU AND BROWN RICE BENTO



SPICY CHICKEN BOWL



**COLD BUCKWHEAT NOODLES
(OR UDON) COMBO**



DX CHICKEN TERIYAKI BENTO

Mutenka Sozai



Additive-free side dishes — Meat Dishes

Japanese side dishes

When compared to traditional meals in other countries, Japanese meals are known for being especially healthy because they are mainly centered around grains and fresh seafood.

However, even for such healthy Japanese dishes, there are a few downsides; Japanese foods are said to be made with a high content of salt, which in turn leads to high contents of sugar and artificial seasonings.

In fact, many traditional Japanese dishes, dried or pickled for means of preservation, were prepared with high contents of salt. For foods to last longer, even stewed or boiled foods were made with plenty of salt and sugar. There was even a time when dishes with sugar were believed to be a luxury, and food additives were believed to improve intelligence.

In recent years, however, with the development of effective storage and refrigeration devices, salt is no longer necessary for preservation. Seasoning methods have also been evolving to require

less salt, sugar, and additives, especially now that we are aware of their harmful effects.

When compared to Japanese foods from decades ago, processed foods sold in the market today have been receiving positive feedback from consumers who say they are becoming exceptionally delicious. Everything is guaranteed to be tasty and original, and with the help of side-dish shops, bento shops, and convenient stores, supply and demand continues to increase and prosper.

However, if you take a look at the contents and ingredients for these pre-made dishes, you'll notice that the amounts of additives, such as salt and artificial seasonings, are also exceptionally high.

Designing Tastes

To ensure a delicious taste, many processed foods are manufactured using precise, accurate calculations for mixing the ingredients together. Standard formulas have been set to indicate what ingredients to combine together to produce a certain

type of taste. Most flavors are artificially produced in this manner, and designed with the mixing and matching of different ingredients and additives. There are now a countless number of various additives.

Formulas used to design tastes can be divided into the following four categories. To produce the desirable taste, the most appropriate raw ingredients and additives are selected for manufacturing the product.

Salt: Salt is considered the foundation of cooking. A high content of salt will make a dish flavorful, but will taste too salty. Even in large quantities, inorganic salts such as potassium chloride can enhance flavors without the salty taste, thereby allowing for the creation of delicious and flavorful processed foods. The list of ingredients displayed on the packages will label all types of salt, simply as salt. This is also the case for sweeteners as well.

Protein: In the case with protein hydrolysate, whether it's made of animal or vegetable proteins, the ingredient is always hydrolysis protein. Hydrolysis is a method of synthesizing and speeding up the

CHICKEN TERIYAKI

The key is to marinate the chicken well when it's still raw



INGREDIENTS (makes four servings)

- 4 chicken thighs
- 150 ml (0.63 cup) sake (for steam cooking)
- sesame oil
- <Seasoning mixture 1>
- 200ml (0.85 cup) soy sauce
- 200ml (0.85 cup) mirin
- 200ml (0.85 cup) sake
- 150g (5.3 oz) organic sugar
- 1g (0.035 oz) grated ginger
- 2g grated (0.07 oz) garlic

DIRECTIONS

1. In a pot, heat ingredients to seasoning mixture 1 and boil away the alcohol.
2. After letting it cool, pour half of the mixture into a zip-lock with the chicken, give a light rub, and let it marinate overnight.
3. Take out marinated chicken and shake off the liquid.
4. Heat the sesame oil in a pan and fry the skin side of the chicken first until the skin is browned. Turn the chicken over. As soon as the other side is also browned, add sake, cover it with a lid, and steam cook for roughly 8 minutes.
5. Remove the lid, increase the heat to high, and add the leftover mixture from step 2. Stir together and fry until it's shiny and done.

BUTA NO KAKUNI (Stewed Pork Belly)

Take plenty of time and make sure to scoop off the scum and grease



INGREDIENTS (makes four servings)

- 2lb pork belly cut into cubes
- 4 boiled eggs (Nijiya organic eggs)
- green onion, ginger (to your preference)
- <Seasoning mixture 1>
- 400ml (1.7 cups) water
- 140ml (0.6 cup) mirin
- 200ml (0.85 cup) soy sauce
- 140ml (0.6 cup) sake
- 110g (3.9 oz) organic sugar

DIRECTIONS

1. Fry pork cubes in saucepan until golden brown all over.
 2. Add pork, green onion, and smashed ginger in a pot with plenty of water and simmer on medium heat for 4~5 hours. Occasionally add water if necessary so that the meat stays covered by water. After simmering, take out only the meat (making sure it doesn't crumble) and let it cool.
 3. In a separate pot, heat the ingredients for seasoning mixture 1. Add the cooked pork and boiled eggs, place a wooden drop-lid, and simmer on medium heat. Occasionally add stock while boiling down.
- Garnish with neri-garashi (hot mustard paste)

fermentation process for fermented foods by stimulating scientific reactions through chemicals and technology. The protein manufactured in this way is tasteless on its own, but with added seasonings, flavors are rapidly enhanced. The protein is explained as having a nature similar to that of fermented foods, and is therefore not labeled as an additive. If they're made with animal proteins, labels will display "protein"; if they're made with vegetable proteins, labels will display "vegetable protein".

Amino acids: This indicates the many different artificial seasonings, commonly represented by monosodium glutamate—MSG (synthesized by the same components found in konbu dashi), and disodium inosinate (synthesized by the same components found in katsuo dashi). Used on its own, labels will display "amino acids"; as a mixture, labels will display "amino acids, etc."

Extract: This indicates the variety of different synthetic extracts, chemically created, or made by extracting and concentrating a part of a raw ingredient. In either case, labels will simply display, "so-and-so extract".

As an ultimate combination, all processed foods can be seasoned deliciously by simply adding additives from these four categories. For example, by combining potassium chloride for salt, animal hydrolysate protein for protein, MSG as well as a small dose of disodium inosinate for amino

acids, pork and chicken extract, and lastly some hot water, you've made ramen soup. If it lacks depth in its flavoring, simply increase the amount of salt and protein: if there's not enough taste, add a touch of shellfish-flavored succinic acid and shiitake-flavored guanine. In this way, the soup can be adjusted and designed to a most delicious tasting final product.

The four-step combination applies to all processed foods. By using additives to manufacture's tastes that can imitate and deceive the palate's senses, raw ingredients no longer have to be as fresh or carefully selected. However, the combination of chemical substances can also produce unnatural foods that may end up with an excessive and harmful quantity of a certain substance.

Not to state that all food additives are bad; however, it is necessary that we accurately examine and decipher the effects of chemically synthesized substances so that we are more aware of certain combinations that can be harmful, as well as informed of which types of substances are actually safe to be extracted from natural ingredients. Synthetic additives used in all marketed processed foods have indeed been approved by the FDA and Ministry of Health, Labour and Welfare, and the quantities being used are said to be safe and within our tolerance level.

Additive-free side dishes

Popularity for Japanese-style side dishes is at its highest, and the number of side-dish shops in Japan that prepare their foods

without using any artificial seasonings and additives, and with organic ingredients, or vegetables with reduced agricultural chemicals, have been increasing.

"It's healthy and safe, yet delicious", "You'll never get sick of their tastes", "I no longer have heartburn", "It cured my eczema", "My usual symptoms of allergies are gone", "Even my kids plead me to go", are only some of the many positive responses received by customers, as the reputation for such stores continue to rise.

For those who are used to additives, tastes may feel unsatisfying at first, but lightly salty, or mildly sweet seasonings will allow you to enjoy the natural flavors of the ingredients, which is one of its major appeals.

Owners of such side-dish shops have come together in a committee to promote the additive-free and organic side dishes. The committee's number one policy is to "disseminate foods that are appropriate for humans".

The key to cooking delicious tasting additive-free side dishes comes down to acquired knowledge and techniques coming from years of experience, as well as carefully selected, high quality ingredients and natural seasonings.

Nijiya supports the policies of this committee, and receives cooperation from many additive-free side dish shops in Japan in order to offer a wide variety of additive-free organic side dishes as well.

Here are a few Japanese-style deli and meat dish recipes. Give them a try and you'll be pleasantly surprised!

HAMBURG STEAK

Cook it juicy and with plenty of onions

INGREDIENTS (makes four servings)

- 200g (7 oz) ground beef
 - 200g (7 oz) ground black pork
 - 300g (10.6 oz) finely chopped organic onion
 - 1 Nijiya organic egg
 - 50g (1.76 oz) panko (bread crumbs)
 - 2tbsp milk
 - black pepper (to season)
 - vegetable oil
 - 200ml (0.85 cup) water
- < hamburger sauce >
- 100ml (0.42 cup) water
 - 2tbsp Takahashi Worcestershire sauce
 - 4tbsp organic ketchup
 - 1tbsp organic wine
 - 25g (0.88 oz) powder demi-glace sauce (No MSG)
 - 2 tsp organic sugar

DIRECTIONS

1. Heat pan and sauté finely chopped onions with vegetable oil. Let it cool.
2. After the onions are cooked, mix together with other ingredients until sticky.
3. Divide into 4 to make 4 patties. Toss from one hand to another repeatedly to take out any air. Then mold into the shape of a patty and indent the center of one side.
4. Heat vegetable oil in a pan and sauté both sides of the patty until browned.
5. Add water, cover it with a lid, and steam cook. (To check if it's done, pierce the patty with a bamboo skewer. It's done if red juice does not seep out)
6. Mix sauce ingredients in a small pot and simmer until thick.
7. Serve hamburger steak onto a dish, pour the sauce on top, and garnish with side organic vegetables



- Sauce/Ketchup
- Daichi**
Okonomi Sauce
- Tokiwa**
Nama- Chuno Sauce
Nama- Noko Sauce
- Sokensha**
Tomato Ketchup
made from organic tomato



- Curry
- Sokensha**
Shokubutsu sozai no honkaku curry
Vegetable curry
- Oriental**
Yasai tappuri sarasara curry

Tonkatsu

Superb Tonkatsu (Pork Cutlets)



There are various Japanese dishes that call for pork, but tonkatsu is definitely the most popular. Tonkatsu is also very popular here in California, where it's widely known by the name "pork cutlet." The most important factor in making delicious tonkatsu is the taste of the pork itself. The tonkatsu made with flavorful kurobuta (black hog) meat is utterly exquisite. Various cuts of pork are used to make tonkatsu, and there are various cooking methods ranging from the classic dish made with pork fillet or loin to umejiso*-stuffed tonkatsu (*ume-plum paste with perilla leaf). Then, there is something else you should never forget is the sauce that complements the flavor of tonkatsu. There are various tonkatsu sauces available today, ranging from regular kinds to those flavored with gomamiso (miso with sesame seed). Also, non-heated tonkatsu sauce has become increasingly popular these days. Because tonkatsu is such a versatile dish, it can be difficult to decide how to cook it or which sauce to use. The world of tonkatsu is so deep that one couldn't describe it in one word.

Be a master of tonkatsu history!

Part 1 – The flavor of Bunmei

Kaika (civilization and enlightenment)

As the Meiji Restoration led Japan into a new era, the influence of the Bunmei Kaika (civilization and enlightenment) even reached into the food culture of the common people. The most significant change in the Japanese food culture came with the introduction of Western-style meat dishes. Some of today's most popular meat dishes, including sukiyaki, beef steak and tonkatsu, were all born during the Meiji period. Among them, tonkatsu has become a staple pork dish in Japan.

The origin of tonkatsu is a dish called "cutlet" in English or cotelette in French. There are other dishes believed to share the same origin, such as the Italian dish called cotoletta (a Milano-style cutlet) and

Vienna's local specialty dish, which is called schnitzel. To make cotelette, pork is sautéed first and then finished in the oven. Although cotelette was originally a butter-baked dish, the Japanese used oil instead and deep-fried pork. This is how tonkatsu was born.

The first person who came up with the idea of deep-frying pork is said to be Motojiro Kida, the owner of the restaurant "Rengatei," which opened in Ginza in 1895. Because Ginza was close to the expatriate district in Tsukiji, where many foreign customers also came by, and the restaurant thrived. But Kida was eager to find a way to create even more delicious dishes, when one day he thought of deep-frying pork like tempura. He also thought about the accompaniment. Because the main dish was meat, he wanted something nongreasy. After searching for a seasonal, light-tasting food that was easy to obtain, he chose thin-shredded cabbage. Thus he created the combination of deep-fried pork cutlet and thin-shredded cabbage, and now you know that the roots of this golden combination can be traced back to Ginza.

Be a master of tonkatsu history!

Part 2 – The origin of the name

So, tonkatsu is believed to have originated in Ginza, but back then it was called "katsuretsu." Katsuretsu became widely available to common folks at the beginning of the Showa period, which was the time when a boom in pig farming swept the Kanto region, causing pork prices to drop. At that time, "meat" meant "pork." In the middle of this pig boom, the name "tonkatsu" ("ton" means "pig") was created.

A legend says that the person who gave the dish a new name was Shinjiro Shimada, who once worked as a chef specializing in Western cuisine in the Imperial Household Ministry (now the Imperial Household Agency). Around 1929, he wondered: "Steak can be as thick as one

inch, but why can't we make equally thick katsuretsu?" So, he decided to tackle this question. Back then, katsuretsu was made with finely cut or thinly sliced pork. Shimada worked to improve the dish here and there, until he finally established a method by which a pork cutlet about an inch thick could be heated through. This is the origin of the thick, juicy pork-loin cutlet that we all love so much. Shimada wanted to give a new name to this newly transformed dish, so he created the word "tonkatsu," a compound of "ton (pig)" and "katsuretsu."

Be a master of pork breeds!

The best-tasting pork:

Kurobuta (black hog)

Various breeds of hogs are used to make tonkatsu. Those that are most commonly eaten are Yorkshire, Landrace (white) and Duroc (reddish brown) breeds. However, the one considered the most delicious is the Berkshire breed, which is typically called the Kurobuta (black hog). As the name suggests, the body of the Kurobuta hog is black in color, except for the six white parts--the four ankles, nose and tip of the tail--called "roppaku (six whites)," which is the most distinctive characteristic of the Kurobuta. Actual Kurobuta hogs look so cute and adorable that you'll never forget them.

The Berkshire breed was first imported to Japan from England during the Meiji period. The importation of the breed peaked during the Taisho period, which lasted until about 1955. Then, due to its high prices, the consumption rate of the Berkshire breed began to dwindle, and at one point, it had almost completely disappeared from Japan. Lately, however, the rich flavor of Kurobuta pork became more appreciative. Plus, today's consumers

demand delicious pork regardless of high prices. So, the number of

Kurobuta hogs consumed in Japan have increased again. However, after the increasing popularity of the Kurobuta, black/white cross breeds have begun appearing on the market, causing confusion among consumers. So, the Ministry of Agriculture, Forestry and Fisheries has set the meat product quality standard, which defines that only 100% Berkshire pork can be designated as “Kurobuta pork.”

The Kurobuta pork is distributed as generally more expensive pork than other breeds because of its long breeding period. Regular hogs can be commercialized in about six months after birth, whereas Kurobuta hogs require eight months due to their slower growth rate. Also, a female Yorkshire sow gives birth to about 12 piglets at one time, whereas a female Berkshire sow has only eight piglets or so. Additionally, breeders of Berkshire hogs are very particular about the feed they use. In Kagoshima Prefecture, exceptionally flavorful pork has been successfully produced by feeding the hogs satsuma-imo (sweet potatoes). This method has been adopted by breeders throughout the world. For these reasons the cost of breeding Kurobuta hogs is high, which is why Kurobuta pork is expensive.

The beautiful, bright-red color of the Kurobuta’s flesh is darker than that of the white hog. There is high-quality fat running throughout the flesh, like that of marbled beef, which makes it look very tantalizing. Even after it’s cooked, the pork stays tender and juicy and doesn’t get dried out. It has a good, solid flavor, so you’ll never get tired of eating it. When it comes to the pork-loin cutlet, Kurobuta is the best choice. When you plan to make tonkatsu at home, come to Nijiya Market to pick up your Kurobuta. Indeed, many tonkatsu fans in Japan always use Kurobuta pork.

Be a master of tonkatsu sauce The non-heated kind is the best choice

Tonkatsu and sauce are inseparable. The sauce is generally called tonkatsu sauce, and its base is Worcestershire sauce, from England. When the Showa period began, starch was added to Worcestershire sauce to produce a thicker type of sauce. Depending on the thickness, the sauce can



be called Worcester (thin), Chuno (medium thick) or Noukou (thickest). Tonkatsu sauce is also a type of Worcester sauce. Its flavors and ingredients are adjusted in such a way that it goes with tonkatsu. Even though there are various names and various styles of sauces, most of them have been produced basically by making some alterations on Worcester sauce, and technically, they all fall under the classification of Worcester sauce. In the Kansai region many people claim that the sauce for tonkatsu must be a thin Worcester sauce.

To make Worcester sauce, you’ll need the paste made of vegetables and fruits such as tomatoes and apples. The paste is combined with sugar, vinegar, salt, spices, starch, caramel and other ingredients, which will then be stored until they mature. Today, the majority of Worcester sauces are produced with the paste made by simmering vegetables over heat. However, with this method, the dietary fiber and vegetable flavors can’t be retained.

The non-heated sauce is a fermented food. Vegetables are broken down with the aid of natural enzyme, so the natural flavors and dietary fibers of the vegetables remain intact. There is no need to add flavors, and the flavor becomes even richer by maturing over a long period of time.



Our number-one pick among the non-heated tonkatsu sauces is Tokiwa Sauce. It’s made by a pioneer of the enzymatic fermentation method and has received awards from the Ministry of Agriculture, Forestry and Fisheries, as well as the Governor of Tokyo. With carefully selected ingredients and seasonings, Tokiwa Sauce is the best sauce to complement tonkatsu. It’s light-tasting but is flavorful, with just the right amount of sweetness and acidity created through the long aging process.

Be a master of flavor Superb tonkatsu

So far, we’ve looked into the history of tonkatsu and learned much about the dish. By now you probably have an idea of what “truly delicious tonkatsu” should be like. That’s what we call “superb tonkatsu.”

The pork we use is 3.5 to 4.0 oz. Kurobuta loin. We need an appropriate amount of flour, one egg, a tablespoon of water and an appropriate amount of panko bread-crumbs. Either rice-bran oil or canola oil will be a good choice. Remember, the sauce should be a non-heated one! Choose the one that has your preferred thickness. As for thin-shredded cabbage, let’s use an organic cabbage. Horizontally cut it in half and shred the top portion to serve with tonkatsu, whereas the bottom half can be used later for making vegetable stir-fry or pickles. A small amount of fine Japanese mustard completes the superb tonkatsu. Now, let’s give it a try!

Let’s make superb tonkatsu: Be a master of the double deep-frying technique!

1. To minimize the shrinkage of the pork, make about 3 shallow cuts into the sinews embedded in the meat. 
2. Dust the pork loin on both sides with flour. Brush off any excess. 
3. Add water to egg and beat well. Coat [2] completely with the egg mixture. 
4. Dredge the pork in panko bread-crumbs and press lightly with your hand. Let stand for 10 minutes. 
5. Heat a sufficient amount of oil in a pan until the temperature reaches 347°F. Place the pork in oil (the side that will face up on the serving plate should be up) and deep-fry for 2 minutes.
6. Take the pork out of the oil and let stand for 3 minutes. Return the pork into the oil and deep-fry for 1 to 2 minutes until golden.
7. Place the deep-fried pork on a wire rack. Insert a toothpick in the center of the pork. If the juice runs clear, your tonkatsu is ready to serve.

Ebi Tempura

Let crisp flowers bloom with the batter

From a casual stand-alone noodle shop to a fancy Japanese-style restaurant, tempura is one of the most commonly eaten dishes in Japan. Here in the U.S., tempura is also one of the best-known Japanese dishes, along with sukiyaki. Tempura is a great way to enjoy seasonal foods, with the light, crispy texture of the batter.

Cooking tempura may seem quite simple, but it requires correct techniques to achieve the right crispiness. It's not an exaggeration to say that being able to create perfectly crisp tempura can earn one a whole new level of respect as a chef. There are certain techniques to make the tempura look bigger and the batter crispier, as described figuratively by the phrase "let the flowers bloom."



Place shrimp tempura on top of rice and pour sauce over it to make shrimp tendon (tempura rice bowl). You can also place shrimp tempura atop your ordinary soba or udon noodles to turn them into extraordinary dishes. You can make these dishes even more gorgeous if you use the shrimp tempura with "crisp flowers." Why not upgrade this year's toshikoshi soba (year-crossing noodles) to shrimp tempura soba?

We are featuring shrimp tempura, which is one of the most classic tempura. We'll let you know how to deep-fry shrimp while keeping it straight, and to make crisp flowers bloom with the batter.

First, the quality of frying oil is a determining factor in the aroma of your tempura. At tempura restaurants they use their own specially blended oils made with sesame oil, cottonseed oil, etc. At home, vegetable oil is commonly used, but adding a small amount of sesame oil will significantly improve the result.



The Easy Way To check The Oil Temperature

Drop a few droplets of the batter into the oil. If the batter bits come to the surface right away, the oil is ready. You can also check by placing a long cooking chopstick into the oil. If you see tiny bubbles coming off the tip, the oil is ready.



Use caution while deep-frying shrimp. A rapid increase in the temperature of the shrimp can cause the air or water (vapor) trapped underneath the batter to explode, resulting in hot-oil spattering. When using tail-on shrimp, the shrimp needs to be prepared prior to deep-frying. Black tiger shrimp are excellent for making tempura because they're tasty and can be purchased at reasonable prices.



Generally, tempura is eaten with either tentsuyu (tempura dipping sauce) or salt. The perfect condiments for tentsuyu are daikon oroshi (grated daikon radish), momiji oroshi (grated daikon radish with red pepper) and grated fresh ginger root.

Try tempura with a blend of salt, pepper and yuzu powder. Dilute one part Nijiya Tsuyu Tennen with three parts water to make a delicious dipping sauce.

✂ Now let's make shrimp tempura. Just use the following steps! ✂



1
Peel the shrimp.
Devein the shrimp if needed, using a toothpick.
Cut a few slits across the belly of the shrimp (3 to 4 cuts, about 1/3 of the way through).



2
Place the shrimp with its belly down on the cutting board, and press down with your fingers. For a neat result, start from the tail end and work your way up as you gently squish it down with your fingers.
This helps break down the tough fibers in the shrimp. By taking the steps [1] and [2], you can keep the shrimp from curling up.



3
Spread the fan-like tail until you hear a snap. You can cut off the tip of the middle part of the tail. Scrape the tail lightly with the blunt end of a knife to remove the dirty liquid. By doing so, the tail turns to a beautiful pink color when it's deep-fried.



4
Add 1.1 times the water to one store-bought tempura batter mix. Mix well.



5
Lightly coat the shrimp with tempura batter mix.



6
Using long cooking chopsticks, dip the shrimp in the batter and deep-fry in oil at about 315°F.

Trick!



7
Open your palm and dip all your fingertips into the batter. Let the batter drip over the shrimp in the oil as you move your hand sideways. This will create tenkasu (fried batter bits). Coat the shrimp evenly with tenkasu as you continue to deep-fry.



8
When the bubbling in the oil slows down and you hear a hissing sound, remove the shrimp.



9
Drain well and serve on a plate.



Nijiya Market offers a variety of tempura batter mixes.

<ultimate Tricks!>

If you've tried to make shrimp tempura by following to the recipe here but still couldn't make it crispy enough, here are the ultimate tricks you can try. These are our company secrets, but we're going to share it with you!

First, before deep-frying the shrimp, make many tenkasu bits. Be careful not to overcook them. As soon as you let the batter drip off your fingertips into the oil, scoop them up right away. Spread the fried tenkasu bits flat in a shallow pan.

Once you've made a sufficient amount of tenkasu bits, dip the

shrimp into the batter and then lightly roll it in the tenkasu bits in the pan, just the way you dredge pork in breadcrumbs to make tonkatsu. Thus, at this stage the shrimp is already coated with somewhat crispy batter. Now all you have to do is to deep-fry the shrimp by following the recipe.

If you want to maximize the crispiness of the batter, you can add more tenkasu to the shrimp by following the steps 6 and 7 in the directions. Using these tricks, your shrimp tempura will be incredibly gorgeous!



A key to making the perfect shrimp tempura is to use high-quality frying oil. If you use rice-bran oil or olive oil, you'll experience differences in your tempura.

Nijiya Farm

From the Fields of an Organic Farm

Nijiya Farm was established to organically grow Japanese vegetables in America, which are indispensable ingredients for Japanese cuisine.

The farm has a total land area of 100 acres. It is located near Rainbow, a town in northern San Diego County, California, which is famous for flower and plant nurseries as well as for the cultivation of avocado and citrus fruits. Being situated in a mountainous region, the farm is completely isolated from other farms and residential areas, and therefore it is an ideal environment for organic farming.

To grow many varieties of vegetables, the field is divided into 20 blocks and three greenhouses, with each block surrounded by oaks and bushes. We maintain an environment in which various plants, small animals, insects and microorganisms can live together in harmony.

There is no sewage water coming into or going out of the farm, and all of our equipment, materials and workers are closely monitored.

Ever since Nijiya Farm was first approved as an organic farm in 2000, its field acreage has increased year after year, along with our quality and production volume.

We utilize the microorganisms on our property to improve the soil conditions, and the materials we bring in are compliant with the USDA's Organic Foods Production Act. We make the best use of natural and human resources to grow high-quality Japanese vegetables. All of the organic vegetables grown at the farm are shipped to Nijiya Market and sold under the brand name "Organic Nijiya Farm."

Production Policy

- We are committed to 100% organic farming, which avoids the use of chemical

fertilizers, chemical pesticides, herbicides, antiseptics and hormonal agents.

- As for the seeds of the vegetables to be shipped, we use only seeds collected from organically grown vegetables after their second year's harvest.
- We have a public inspection agency conduct regular inspections of the seeds, fertilizers and materials in order to meet the standards set by the Organic Foods Production Act.
- We use only clean ground water. We do not use any water that is chemically altered or contaminated.
- We do not perform any post-harvest treatments.
- To guarantee the quality of all our products, we conduct HACCP(Hazard Analysis and Critical Control Points)-based production management to detect any potential problems before they can occur.

Our Products

Nijiya Farm grows many different types of vegetables every season to offer delicious vegetables at the peak of the season.

Daikon (Japanese radish)

The *daikon* in Japan is the most commonly consumed vegetable from the Brassica family. They are sold throughout the year, although winter is the peak season.

Daikon contains three amazing nutrients: diastase, which aids in the digestion of carbohydrates; oxidase, which breaks down the carcinogenic



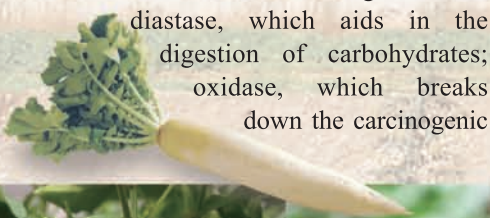
substances contained in the burnt meat of grilled fish and bad fatty acid; and isothiocyanate, which helps reduce blood-clot formation.

Additionally, daikon is rich in vitamins and goes well with rice. *Daikon oroshi* (grated daikon) can be used as a condiment for various dishes. Its flesh is great for use in salads, *oden*, *nimono* (simmered dishes), *tsukemono* (pickles) and miso soup. Its leaves can be used in *nibitashi*, stir-fried dishes, *shio-momi* (salted and drained dishes), *takikomi* rice, vegetable soup and other items.

Mizuna

Mizuna, a Japanese mustard green, is a specialty vegetable of Kyoto. It is known for its pleasantly crispy texture, which makes it a nice addition to a salad. Although its flavor is rather plain, mizuna contains an abundance of balanced nutrients, characteristic of the Brassica family.

The best way to eat mizuna is in salad and shio-momi. Choose organic mizuna and you'll notice the difference in flavor. Mizuna is also effective in removing strong odors thus it is an essential ingredient for *nabe* dishes, *osuimono* soup and *zoni* (Japanese New Year's soup).





Komatsuna

Komatsuna is a member of the Brassica family, and is known to be rich in minerals. Its name is derived from the fact that it was originally grown by the Komatsu River in the city of Edo. Compared to spinach, komatsuna contains far more calcium and less oxalic acid, so it can be easily prepared. Komatsuna is a versatile vegetable that's great for *nibitashi*, *ohitashi*, stir-fried dishes, miso soup, etc.

Shungiku (garland chrysanthemum)

The name *shungiku*, meaning spring chrysanthemum, originated from the fact that it blooms in the spring.



Its strong aroma is caused by a substance called benzaldehyde, which repels small animals and insects but has a positive effect on the autonomic nervous system in the human body, aiding in digestion. Shungiku, which contains carotene, vitamins C and B, iron, calcium and potassium, is essential for all kinds of nabe dishes. You can make delicious *ohitashi* and *goma-ae* (mixed with sesame) with lightly blanched shungiku.

Mitsuba

Mitsuba means "three leaves," which refers to its three jagged-edged leaves. It's a pot herb native to Japan. Its aroma is an indispensable part of autumn dishes and the New Year's feast.

Organically grown mitsuba has better flavor, aroma and nutritional value than the type that is grown in the conventional way. Mitsuba can be used as a garnish for *matsutake dobin mushi* (steamed matsutake-mushroom in a Japanese teapot), *osuimono* soup, *chawan-mushi* (pot-steamed hotchpotch), *nimono* (simmered dish) and *zoni*. It can also be cooked to make *ohitashi*, *goma-ae*, *tamago-toji* (covered with egg on top), etc.



Moroheiya (Jew's marrow)

Originating in Egypt, moroheiya is a summer vegetable that has a sticky texture. Additionally, it's used medicinally for its antioxidant properties. Its Egyptian name means "king's vegetable," and as the name implies, moroheiya is very nutritious. Today it's grown in various regions of Japan. Moroheiya is great for salads, soups, tempura and *ohitashi*. It can also be used as an ingredient for bread and soba noodles.



Tokyo negi (Japanese leeks)

It takes nearly a year to grow *Tokyo negi*. During the colder season, as the cultivation period approaches, its rate of growth accelerates. Its peculiar, strong aroma is due to the presence of a substance called allyl sulfide. Tokyo negi is an essential condiment for noodles and nabe dishes.

It has carotene, potassium and iron, as well as vitamins C and B. Its white part has a high content of allyl sulfide, when bound to vitamin B, becomes alinamin.

Tokyo negi is great for all kinds of nabe dishes including *kamo nabe*, *sukiyaki* and *shabu shabu*. It's also good stir-fried or grilled, and it can be used as a versatile condiment.



Ooba

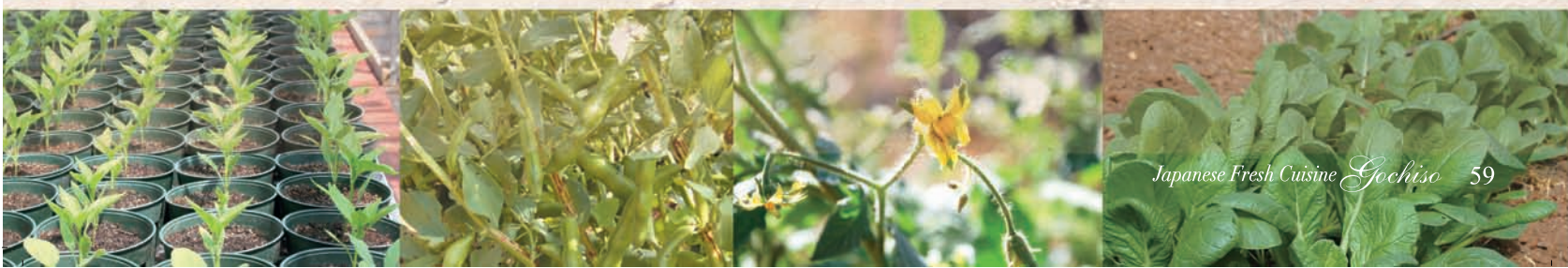
Shiso (perilla leaves) is a commonly used Japanese herb, and its leaves can be either reddish purple or green. The reddish-purple leaves are used for making *umeboshi* plums, and the green leaves are called ooba. It has a distinctive aroma and is sometimes used in herbal remedies due to its antiseptic and aperitive properties. This also makes ooba a perfect garnish or condiment for *sashimi* and *sushi*, which are eaten raw.



Satsuma-imo

Satsuma-imo has balanced nutrients that include abundant dietary fiber, beta-carotene, essential vitamins, potassium and minerals.

The most popular type of satsuma-imo is the *kintoki* variety, which is popular under the brand name "Kintoki." It has a pronounced sweet flavor, as well as a pleasant texture and aroma. *Yakiimo* (baked sweet potatoes) is the best way to eat satsuma-imo. It can also be cooked in many different ways such as *fukashi-imo* (steamed), *daigaku-imo* (candied), *nimono* (simmered), tempura, *kinton* (mashed), etc.



Washoku

The History of Japanese Cuisine

The Origin of Japanese Cuisine

The roots of Japanese cuisine, once traced, will reveal that several serving styles have been developed over the ages. During the Heian period in the eighth century, people ate individually served meals using their own tray tables (*zen*), plateware and chopsticks. The economy was built upon rice paddy cultivation, and rice had become an integral part of the Japanese diet. Under the Buddhist influence, eating four-legged animals was prohibited, bringing an end to meat consumption in Japan. However, various food ingredients were introduced. The origins of *miso*, soy sauce and *tofu* were first seen during this period, and people consumed abundant amounts of agricultural produce and marine foods, including seaweed and shellfish.

First Appearance of Honzen Ryori

Japan engaged in trade with foreign countries during the Muromachi period of the fourteenth century, and a distinctive Japanese culture flourished. Serving styles and rules were formalized, and the *honzen ryori* became a primary serving style of the time. The *honzen ryori* was a combination of several courses, each served on a tray table called a *zen*. It started with “*hon-zen* (main tray),” followed by “second *zen*,” “third *zen*” and so on. In fact, the historical record shows that it could consist of up to seven *zens*. A dessert tray was added during the later part of the era. A typical meal consisted only of *hon-zen*, which was prepared based on the principle of “one soup, three sides.” It came with rice, soup, pickles and three *okazu* dishes: *namasu* (vinegared vegetables), *yakimono* (a grilled dish) and *nimono* (a simmered dish). The “second *zen*” was prepared and served for guests, and the “third *zen*” and above were

prepared and served for older or upper-class guests or on special occasions such as festivals. The *honzen ryori* underwent changes over time, but it continued to be a mainstream style of Japanese cuisine until the nineteenth century.

Kaiseki Ryori and Shojin Ryori

Also during this era, the *kaiseki ryori* (tea-ceremony dishes), a style integrated with the tea ceremony, was popular among the nobility. The *kaiseki ryori* (tea-ceremony dishes), however, isn't just about the taste or gorgeous appearance of the food. With attention given to the types of serving plates and the arrangement of food items, the dishes are prepared according to a seasonal theme. The *kaiseki ryori* (tea-ceremony dishes) is a food culture that expresses the words *wabi* (quiet simplicity) and *sabi* (elegant but old-fashioned) in the manner of cooking.

It was an era during which the temples were outside the realm of the government, so they had the status of special autonomy. Monks followed the Buddhist philosophy of not taking life, and consequently the temples prohibited the consumption of four-legged animals, birds and fish, which led to the creation of the vegetarian meal called *shojin ryori*.

The *shojin ryori* was created after a thorough search for the way to obtain nutrients from grains in replacement of animal proteins. While the processing techniques for beans and vegetables evolved, the continuous development of *tofu* led to the production of *ganmodoki*, *koyadofu*, *natto*, *konnyaku* and *fu*. Additionally, the techniques for making dashi stock were developed during this era. These techniques have made substantial contributions to the development of Japanese cuisine.



Fast Food Developed During the Period of National Isolation

The Edo period began in the seventeenth century, and subsequently Japan entered the period of national isolation, which lasted for approximately 200 years.

As national conflicts diminished and the nation became stable, the population increased. Accordingly, the amount of food production was increased and new ingredients and cooking techniques were introduced. Many restaurants emerged in the city of Edo.

Such fast food dishes as *ni-hachi soba*, sushi and confectioneries were very popular. It was also during this era when dishes such as *kabayaki* (grilled eel), *tsukudani* (fish boiled in soy sauce) and tempura were developed.

Restaurants in the Edo period began serving the banquet meal called *kaiseki ryori* (beverage-main meal) in order to entertain customers with sake and accompanying dishes.

Dishes were made with various types of seafood, all of which were selected with an emphasis on freshness and the area in which it was produced. Soy sauce, *mirin*, sugar, vinegar and *miso* were used as flavoring ingredients. Dashi stock was made with *katsuobushi* (bonito flakes), *konbu* (kelp) or dried *shiitake* mushrooms. Spices like *wasabi*, ginger, *sansho* pepper and red pepper were already being used during this era.

We can therefore see that the origins of nearly all the types of Japanese-style dishes we eat today already existed during the Edo period.

Once the Ban on Meat was Lifted

The Meiji Restoration took place in 1868, whereupon the new government issued the order to separate Shintoism and Buddhism. Consequently, the ban on meat

consumption was removed. This facilitated the development of various meat dishes, including *sukiyaki*, *shabu shabu*, *gyudon* (beef bowl), *yakitori* and many other typical Japanese meat dishes. Then, as the long period of national isolation came to an end, many new ingredients and dishes were brought in from foreign countries. These were then adapted to suit the Japanese palate. Finally, dishes like *tonkatsu* (pork cutlet), *croquette*, curry rice and *ramen* noodles were introduced to Japan, resulting in the establishment of a new food category known as Western cuisine.

Various foreign cultures were introduced to Japan, and they influenced the lifestyles of Japanese people. People sat on chairs instead of tatami mats in order to eat at dining tables. In the style of the *honzen ryori*, each person ate from his or her own tray table. However, the *honzen ryori* was then served only at restaurants, hotels or festival banquets. At home, people would gather around the dining table to enjoy the family meal together.

From the Modern Era to Today

The 1960s were years of rapid economic growth, and the Japanese lifestyle changed dramatically. Japanese cuisine was no longer classified into such styles as *honzen*, *kaiseki* and *shojin* dishes. Instead, these were disintegrated and then redesigned or blended to establish new styles and rules. Many ingredients that were once very expensive eventually became widely available to the general public. The quality and freshness of ingredients improved, and cooking techniques were further refined. Today the ingredients for Japanese cuisine are now imported from throughout the world. A wide variety of food ingredients can be found in downtown shopping districts near train stations, supermarkets, wholesale markets and *depa-chika* (a department store's basement food floor). Many specialty restaurants have emerged, among which sushi restaurants, *izakaya* restaurants and Western-style restaurants are now considered the three pillars of Japanese

cuisine. *Kaiten-zushi* (sushi served on a conveyer belt), *soba*, *gyudon* (beef bowl), curry rice and ramen noodles are the most popular forms of Japanese fast food, while take-out *bento* shops and *sozai* delis continue to thrive.

Japanese Dishes Going Global

For many years, when new food ingredients or dishes were imported to Japan, they were altered to be incorporated into the nation's cuisine. However, in recent years the export volume of Japanese

arranged on a carefully selected plate in such a way that it represents a season or evokes emotions. Dishes are set on a table according to certain rules. For example, a bowl of cooked rice—the main part of a Japanese meal—should be placed on the left front. A soup bowl should be placed to the right of the rice and grilled fish in back with its head facing left. The most notable characteristic of Japanese cuisine is that new food items are constantly incorporated and adapted to fit the tastes of the Japanese people.



food has increased significantly. Japanese dishes are made with many ingredients that can't be found in other countries and are prepared using methods developed over the centuries. With its delicious flavors, nutritional value and delicate presentation, the worldwide popularity of Japanese cuisine will continue to expand. Japanese cuisine is characterized by the use of a wide variety of fresh ingredients, such as seaweed, seafood, shellfish and all kinds of agricultural produce. Fresh seafood and shellfish served raw are considered to be among the finest dishes. Ingredients are seasoned only lightly to enhance their natural flavors through the use of *dashi* stock as a base, and along with fermented seasoning such as soy sauce, miso and mirin for added depth. Food is delicately

The Appealing Aspects of Long-Established Japanese Cuisine

Japanese cuisine has been developed over the course of 1,800 years. Its rich history is recognizable whether it is at ordinary Japanese households or restaurants, or inside lunch boxes or *osechi ryori* (New Year's foods). The long-established Japanese cuisine always captivates the mind, taking us back into its magnificent history. This is the history of food as well as Japanese culture. Japanese cuisine has slowly evolved through the centuries, and it has attracted much attention from the world. Any Japanese dish can impress the senses with its distinguished flavors and tasteful presentation, which are unique to this national cuisine.

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