

Plenty of
Recipes

2015

Gochiso

Ultimate Japanese Gourmet Magazine

Lets Throw a
House Party

The Story of **Somen**

Discovering Sake

Its tradition and the future

Seasonal Dessert SPRING, SUMMER, FALL, WINTER
Wakame and Mozuku Seaweed / Mushrooms
Goya (Bitter Melon) / Shirasu and Chirimen
Potato Croquettes / Nagaimo (Japanese yam)
The Story of Yakiimo / Dr. Natto's Story of Natto



Let's Throw a House Party! 2

Discovering Sake
Its tradition and the future 6

Japanese Cuisine as an Intangible Cultural Heritage .. 8

Seasonal dessert — SPRING 12

Dr. Natto's Story of Natto 14

Shirasu, Chirimen 16

Tororo konbu (shredded konbu)..... 17

Koyadofu (freeze-dried tofu)..... 18

Moromi-miso 19

Story of Tuna..... 20

Seasonal dessert — SUMMER..... 22

The Story of Somen 24

Goya (Bitter Melon) 28

Wakame and Mozuku Seaweed 30

Seasonal dessert — FALL 32

The Story of Yakiimo (Roasted Sweet Potatoes).... 34

Mushrooms..... 36

Potato Croquettes..... 38

Kanpyo (dried gourd shavings)..... 40

Kiriboshi-Daikon (thinly sliced and dried strips of daikon) .. 41

Seasonal dessert — WINTER..... 42

What a Wonderful Life— Kei Hasegawa 44

Nijiya Farm From the fields of an Organic Farm Mizuna..... 46

Nagaimo (Japanese yam) 48

Crab/Oysters/Hotate (Japanese scallop) ... 50

Masago (Capelin Roe) 53

Gari (pickled ginger) 55

Kinki 56

Sakura Denbu 57

Make tasty fish ever more flavorful Nijiya's shio-koj 58

Narazuke (vegetables pickled in sake lees)..... 59

Oshiruko (Red Bean Soup with Rice Cakes) 60

UNESCO Designates Japanese Cuisine..... 62

Nijiya Brand Quality Products..... 68

Nijiya's Special Dressing Series..... 70

Nijiya's Shio Koji / Shoyu Koji..... 72

Nijiya's Chicken Kara-age..... 74

Nijiya's Wafu Dashi Stock..... 76

Nijiya's Amazake 77

Nijiya's Tonyu—Soy Milk 78

Nijiya's Six Great Flour Products 79

Nijiya's Sakekasu 80

Nijiya's Yakiniku Sauce 82

Nijiya Homemade Nori Tsukudani..... 84

Nijiya's Sushi & Bento 86

Nijiya Private Brand..... 88



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Gochiso

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Opening our first store in San Diego back in 1986, we at NIJIYA Market have come a long way to prove not only that we can provide the best in high quality foods, but to provide the whole concept of LIVING. Our services do not stop at the exit of our stores. They actually begin the moment the customer purchases our food and sets in on their kitchen counter. We care about the outcome of the dinner they prepare, the taste and freshness, and how healthy it all adds up to.

At the present time, we have thirteen stores, a full bakery and full confectionery factory, fish and meat center, and newly formed coffee and pastry restaurant.

Our parent company, JINON Corp. is an enterprise that encompasses an ORGANIC FARM that produces wholly grown organic vegetable of different varieties.

Let's Throw a House Party!

Festive Fun for a Large Group
Buffet-Style Party

Let's have a Party!!

The idea of throwing a house party may make some of you anxious rather than excited. You'll think, "I have to clean the entire house" or "I need to prepare lots of food." Don't worry. You need to clean only the areas your guests will see, and you can always buy food. You feel much better now, right? The first step is to make a comfortable plan without stressing or straining yourself too much. As the host, you shouldn't stay in the kitchen too long. Instead, try to spend more time with the guests to have fun together. One attraction of a house party is that the guests can relax and get to know each other. Instead of slaving away, trying to cook many elaborate dishes, why not prepare a few of your signature dishes you can cook with your eyes closed and then supplement them with Nijiya's tasty deli selections. That way, you can have a gourmet house party and enjoy the fun along with your guests!



A buffet-style party is ideal if you have a large number of guests. Simply lay out the dishes on the table beforehand, and each guest can choose whatever he or she wants. Then you'll have time to chat with your friends.

1 Sushi Party Tray (SUPER)
Simply transfer the sushi onto your plates.



2 Sandwich Platter
Ham, cheese, egg, tuna, and potato salad.* Garnish with parsley and tomato slices. Ask about our customized sandwich party tray.



3 Mini Bread Basket
Arabiki (coarse-ground) sausage buns, miniature red-bean paste buns (both mashed and whole beans), mini melon buns.



4 Savory Foods in Mini Cups
1 fried chicken, 1 takoyaki (octopus ball), 2 steamed dumplings (1 shrimp, 1 pork), nikujaga (meat and potato stew), kiriboshi daikon (stewed dried radish), taisho kintoki mame (a type of red kidney bean), macaroni salad (with parsley), kabocha salad (with parsley), and broccoli with sesame sauce.
* Presented individually in small, easy-to-handle cups.



5 Mini Cakes
A quarter-sheet of strawberry shortcake is cut into 20 pieces, and each slice is topped with a strawberry half. Ask about a special cake arrangement for your birthday party or any other party.

6 Fruit Platter
Slice melon (honeydew or other green variety), persimmons, grapes (purple) and strawberries (with stems) into bite-size pieces and arrange on a colorful platter.

7 Organic Vegetable Sticks
Julienne celery, carrots, and cucumbers and arrange in glass cups. Dip [1]: Mix 1 part of Nijiya's mugimiso (barley miso paste) with 2 parts of mayonnaise and sprinkle with ichimi togarashi (Japanese cayenne pepper powder). Dip [2]: Nijiya's sesame dressing.





A Relaxing
Get-Together with
Close Friends
**A Sit-Down
Party**

A sit-down party is best for a relaxing get-together with a small number of close friends. Naturally, you want to emphasize quality rather than quantity. Present your delicious creations on decorative plates and pair them with good bottles of wine. The conversation is sure to continue for hours!

1 Sashimi Platter

Ask about the different types of sashimi platters we can arrange.



2 Tempura & Satsuma-age Platter

Tempura (deep-fried seafood and vegetables): Shrimp, kabocha, shiitake mushrooms, asparagus
Satsuma-age (deep-fried fish cake): Vegetables, shrimp/green onions [Photographs available]



3 Nigiri Sushi

1 each of the following: Gunkan (rice ball wrapped with dried seaweed): Salmon roe, sea urchin / Nigiri (hand-rolled ball of rice): Tuna, yellowtail, squid, octopus, sweet shrimp, mackerel, eel, scallop, salmon, egg
You can order a single type of sushi or an assortment, so call and tell us what you need!

4 Soup

Clear soup: Make a clear soup with clams and mitsuba (Japanese honewort) using Nijiya's all-natural Wafu Dashi and salt to taste.

5 Appetizer, Marinated & Stewed Vegetable Basket

Uni-ika: Thinly sliced squid topped with sea urchin
Chirimen: Dried young sardines
Mentaiko: Seasoned cod roe, cut in half
Stewed fuki (butterbur) and koyadofu (freeze-dried tofu)
Shiraa: Vegetables dressed with tofu and white miso



6 Dessert Platter

Two types of skewered sweet dumplings (sweet soy sauce glaze and sweet yomogi [mugwort] paste), dumplings with red-bean paste filling, various rice cakes stuffed with sweet-bean paste (white, red, green)



A Party with the
Children
**A Family
Party**

A party attended by families should serve foods to please children as well as adults. The following is a list of delicious family-party nibbles that are also esthetically pleasing. How about building a cream-puff tower with the children, laughing and screaming!

1 Roast Chicken

Nijiya's free-range roast chicken a-la-Japanese with grilled vegetables. For the vegetables, prepare potatoes, carrots, lotus roots, onions, and eringi mushrooms.
Cut potatoes into 1-inch cubes, and slice carrots and lotus roots to half an inch in thickness.
Cut eringi mushrooms into thick slices. For the onions, do not cut the root side so that the layers won't fall apart.
Coat an oven-safe tray with olive oil and arrange all vegetables on top.
Drizzle olive oil, season with salt and pepper, and grill at 380°F for about 30 minutes. Arrange the grilled vegetables around the reheated chicken.

2 Sushi Party Tray (FUJI)

Simply transfer the sushi onto your plates. 3 types of chirashi sushi (sushi rice topped with assorted sushi ingredients) in cups (Diamond, Hokkai Ikura, Gomoku)



3 Savory Platter (Photographs available)

Meatballs, egg rolls (cut in half), croquettes (cut in half), fried shrimp, fried mackerel (cut in half), 5 or 6 sausages (boiled)
Serve with ketchup, dressing, and mustard in cups.



4 Ham Rolls and Potato Salad Cheese Rolls

Make kurobuta (Berkshire pork) ham rolls stuffed with kabocha salad, and sandwich cheese rolls with potato salad inside. Secure the rolls with toothpicks.
Lay sprouts on a serving plate and arrange the rolls on top to make a beautiful presentation.

5 Dessert (Cream-Puff Tower)

Build a tower of cream puffs using whipped cream or chocolate syrup as glue.
Decorate the tower with strawberries, blueberries, powdered sugar, etc.



Discovering Sake

Its tradition and the future

Japanese Sake is a unique alcoholic beverage. It is deeply rooted in the culture and climate of Japan. It can be argued that it's an expression of the Japanese people and their history. On the other hand, more and more people in other parts of the world are discovering Sake, and its popularity is growing ever more rapidly. What makes Sake so unique that it is both a very Japanese product at its core while becoming a worldwide phenomenon at the same time? It is surely not only the flavor and the history of craftsmanship. It is also about the freedom it offers as a new kind of alcoholic beverage that was until recently unknown in the western world.

The origin of Sake is shrouded in mystery, and it is not known when or where it started. It is clear, however, that people already enjoyed Sake throughout Japan in the Asuka period in the 6th century. The Sake of that time had less alcoholic content - it took hundreds of years more to perfect the brewing method - but the concept was already there. It was similar to the Sake we know today, made from rice, water,

and Koji mold.

The Sake brewing process is unique. It is different from alcoholic beverages such as wine or beer. The most distinguishing aspect of the brewing process is what is known as the multiple parallel fermentation of rice. While wine is produced in one step by simply fermenting grape sugars, Sake is produced by fermenting rice to convert it into sugars and alcohol simultaneously. A special mold called *Aspergillus oryzae* is mixed with steamed rice and begins the fermentation process, resulting in what is known as *Koji*, the fermented mixture of rice and mold. In the same batch, water and yeast culture are added to and mixed with the *Koji*, kickstarting the parallel process of fermentation. If the process is successfully controlled, the *Koji* keeps breaking down the rice into sugars and other nutrients, which are then gradually consumed by the yeast in parallel to produce alcohol. The process may take several weeks to finish.

The master Sake brewer that oversees the whole process is known as the *Toji*.



Interestingly, the *Toji* is seldom the owner of the Sake brewery but is rather a specialist craftsman employed by the brewery. *Toji* is a title traditionally passed down from father to son, just as most breweries have been passed down from owner to child. If the owner is the businessman, the *Toji* is the artist. He is the Samurai to the Shogun. Rather than the owner, it is the *Toji* who tends to dictate the taste and the direction of the brewery's Sake. For this reason, *Tojis* are highly regarded in Japanese culture, where craftsmanship is often praised more highly than ownership.

The terrain and climate of Japan are well suited to the creation of Sake, and it is possible that Sake could not have been born without this particular environment. Japan comprises mountainous islands with much rain and moisture, where pure, soft water - the often underestimated key ingredient for

Sake - is abundantly available. Its distinct four seasons with wet, hot summers allow rice to grow in abundance, while the cold, dry winters are perfect for the brewing process. Long before mechanical air-conditioning was invented, Japanese Sake makers found that the chilling temperature of the winter months created the ideal setting for brewing. So workers gathered in winter and worked in the early morning hours before sunrise, when the temperature is the coldest. This was the practice for making high quality Sake.

The Sake brewing method has evolved considerably in the last several decades, with simply stunning results. We now have a whole variety of Sake, from those made for everyday consumption to those meant to be appreciated at the finest dining occasions. There is very sweet as well as very dry Sake. There is *Genshu*, the undiluted Sake with higher alcohol content; *Nigori*, the cloudy unfiltered Sake; and even Sparkling Sake. These Sake varieties are gaining wide acceptance among casual Sake tasters.

The craftsmanship of the *Tojis*, however, is expressed to the fullest in *Ginjo* Sake. There are several grades of *Ginjo* Sake; *Junmai Daiginjo* is the pinnacle of *Ginjo* Sake. It is also arguably the purest form of Sake. This is Sake where the rice is polished to less than 50% of its original size. Some *Tojis* boldly choose to polish the rice even further to a mere 35%! When the rice is shaved this close to its core, it results in



leaving only the best part of the starch, and the reduced size helps it to ferment fully.

Surprisingly, it was not until the early part of the twentieth century that the *Tojis* discovered that making Sake from such highly polished rice produces a unique aroma, called *Ginjo-Ka*. It is often described as fruity, invoking oranges and apples. This pleasant aroma completely distinguishes the *Ginjo* class Sake from ordinary Sake. Moreover, the detailed nuances of the flavors differ significantly from brewery to brewery, and from *Toji* to *Toji*. This wide range of *Ginjo-Ka*, which often cannot be reproduced, adds depth and mystery to the enjoyment of Sake. Once learned, the fragrant presence of the *Ginjo-Ka* is unmistakable. For some connoisseurs, Sake means *Ginjo* class Sake.

Here in twenty-first century America, Sake is enjoying unprecedented recognition and popularity. As Sushi and other forms of Japanese foods made inroads into American

menus, people started to realize that the flavor of Sake complements these dishes best. Western foods, especially American foods such as steaks, tend to be high in animal protein, which goes well with tangy wine or other alcoholic beverages with a lot of punch to counter the strong taste of meat. Japanese foods, on the other hand, are often lower in protein and high in starch; which calls for softer, more fragrant alcoholic drinks, even with some sweetness.

The trend for Sake consumption is now spreading internationally beyond Japan and America. We sense that this is only the beginning, and that a new generation of young people from all over the world is discovering Sake and making it part of their own culture. We hope that this popularity will in turn stimulate the *Tojis* and the breweries in Japan to create even more distinctive and delicious Sake for the generations to come. We are discovering that, in Sake, Japanese tradition meets the world and grows ever stronger.

Nijiya Original Sake Series!

Only available at Nijiya Market.

Yamawa

From Miyagi Prefecture
Yamawa Shuzo
Junmai Ginjo
Polish: 50% / 720ml



Senkin Fire

From Tochigi Prefecture
Senkin
Junmai Ginjo
Polish: 50% / 720ml



Hakuin Masamune

From Shizuoka Prefecture
Takashima Shuzo
Junmai
Polish: 60% / 720ml



Sakaya Hachibei

From Mie Prefecture
Gensaka Shuzo
Tokubetsu Junmai
Polish: 60% / 720ml



Noutaka

From Niigata Prefecture
Tanaka Shuzo
Junmai Shu
720ml



Tancho Zuru

From Hokkaido Prefecture
Nippon Seishu
Junmai Shu
720ml



Chitose Zuru

From Hokkaido Prefecture
Nippon Seishu
Junmai Ginjo
720ml



Oyama Gion Jo

From Tochigi Prefecture
Nishibori Shuzo
Junmai Ginjo
720ml



Nijiya Recommended Shochu

Satsuma Kuro wakashio

From Kagoshima Prefecture
Wakashio Shuzo
Satsuma Shochu
750ml



Japanese Cuisine as an Intangible Cultural Heritage

—Learn more about the Japanese cuisine—

As everyone knows, Japanese cuisine has been gaining in popularity here in America. In addition to sushi and shabu shabu, a ramen boom has made its way to America. You might think these factors have played a major part in the designation of Japanese cuisine as a UNESCO intangible cultural heritage, but the true reason lies much deeper.

The characteristics of Japanese cuisine can be summarized as follows:

- 1) The use of a variety of fresh ingredients and respect for the inherent flavors of those ingredients
- 2) A nutritious, well-balanced diet
- 3) The expression of the beauty of nature and seasonal changes

- 4) The close association with annual events such as Japanese New Year

Although these qualities are familiar to Japanese people, some things might have been gradually forgotten with the passing of the older generation. With UNESCO'S addition of Japanese cuisine on its Intangible Cultural Heritage list, now may be the time to reflect on the foundation and true meaning of Japanese cuisine.

For starters, we'd like to share with you some original recipes developed by Chef Sugiura, who has been instrumental in the promotion of Japanese cuisine in Japan and America. We hope you'll enjoy these delicious Japanese dishes, which are part of an intangible cultural heritage.

Warabi-mochi

-Ingredients-(makes 4)

- 1 oz. warabi powder
- 0.4 oz. granulated sugar
- 4.5 oz. water

-To make warabi-mochi-

- 1) In a saucepan, combine all the ingredients. Over medium heat, mix the ingredients into a paste by occasionally pressing them against the bottom of the pan with a spatula.
- 2) Once the mixture is heated through, spread it into a very thin sheet (a 1-mm thickness) and refrigerate.
- 3) Cut the chilled mixture using a circular cookie cutter.

Plum-wine ice cream

-Ingredients-(makes 4 servings)

- A) 7.0 oz. water
- 3.0 oz. granulated sugar
- 1.3 oz. Mizuame sweetener
- B) 7.0 oz. plum wine
- ½ lemon zest (grated lemon peel)

-To make plum-wine ice cream-

- 1) Combine all of A); heat and let it come to a boil. Refrigerate to cool.
- 2) Combine all of B) and add A). Place in freezer.
- 3) Stir the mixture every hour with a whisk and continue to freeze.

Green-tea soup

-Ingredients-(makes 4 servings)

- 7.0 oz. milk
- 1.8 oz. sweetened condensed milk
- 0.4 oz. water
- 0.4 oz. powdered green tea

-To make green-tea soup-

- 1) Combine the milk, condensed milk and water and heat till the temperature reaches 175°F. Add the powdered green tea and strain.

-To serve:

- 1) Pour the green-tea soup into a serving bowl.
- 2) Divide the plum-wine ice cream into 4 equal portions (0.35 oz. each). Wrap each portion of ice cream in warabi-mochi. Place in the serving bowl.

Warabi-mochi

Ume to Yuzu no Kaori Zoe

— Warabi-mochi with an aromatic ensemble of Japanese plum and yuzu —



Mochi Mochi Renkon Manju Yuzu no Kaori

— lotus root steamed bun with a hint of yuzu aroma —



-Ingredients-

- 1 oz. grated lotus root
- 0.4 oz. cubed lotus root
- A pinch of corn starch
- 0.071 oz. menegi (young shoots of Japanese scallions)
- 0.071 oz. maitake mushrooms
- A pinch of yuzu peel strips (0.007 oz.)
- ⅓ cup concentrated katsuo dashi (bonito soup stock)
- Kinpaku (edible gold-leaf flakes) (optional)

-Directions-

- 1) Grate the lotus root. In a saucepan, stir the grated lotus root with a shamaji (rice spatula) over low heat for about 20 minutes or until it achieves a sticky consistency.
- 2) When the grated lotus root becomes sticky, transfer to a tray and cover with plastic wrap. Let it cool.
- 3) Dice the remaining lotus root into ½ inch cubes and cook in boiling water.
- 4) Combine 3) with 2) and roll into a manju ball weighing about 1 oz.
- 5) Dust 4) with corn starch and deep-fry in oil at 355°F.
- 6) Dilute the concentrated dashi soup stock with water and thicken with corn starch.
- 7) Break the maitake mushrooms apart by hand and blanch in hot water. Trim off both ends of the menegi to achieve uniform lengths. Peel the yuzu and slice the yuzu peel into thin strips.
- 8) Place 5) in a serving dish and pour 6) over it. Garnish with 7). Place the gold-leaf flakes on top, if you like.

-Renkon Manju (Steamed bun made with lotus root)-

Lotus root is eaten in Japan as well as America, and of course I use them in my restaurant. However, it is still uncommon in America to eat lotus root prepared in this manner. As Renkon Manju has been enjoyed by many people as a kaiseki (formal, multicourse, meal of seasonal foods, associated with the Japanese tea ceremony tradition) dish in Japan, I would like to share this delicious flavor with the rest of the world.

-Warabi-mochi-

Legend says that Emperor Daigo (reigned from 897 – 930) loved warabi-mochi so much that he gave it the title of Tayu. For that reason, warabi-mochi also goes by the name of Okatayu. It is also believed that warabi-mochi was considered an emergency food for farmers when affected by poor harvests. Its delightfully bouncy texture and gentle, refreshing sweetness are a perfect representation of the taste of Japan. The aromas of plum wine and yuzu were added to further enhance the Japanese flavors.

Jukkokuimai no Oyaki

— Dumplings made with Jukkokuimai rice, or 10 types of grains and seeds —



Oyaki batter

-Ingredients-

- 0.2 oz. Jukkokuimai rice (cooked in dashi soup stock)
- 0.9 oz. white rice (cooked in dashi soup stock)
- 2 tablespoons grated Yamaimo (Japanese mountain yam)
- 1 teaspoon nama-nori (fresh nori seaweed)
- 1 egg yolk

-Yuzu soy sauce-

- 1 teaspoon Koikuchi soy sauce
- 1 teaspoon Japanese sake (rice wine)
- 1 teaspoon sugar
- 1 teaspoon mirin (sweet cooking rice wine)
- Yuzu peels

-Shirasu (dried baby anchovy) topping-

- 0.1 oz. Shirasu
- 0.035 oz. karasumi (mullet roe)
- 2 mizuna leaves

-Oyaki-

In ancient times, Uesugi Kenshin had rice balls grilled as provisions before heading out for battle. The rice balls were called "Kensan-yaki." By grilling, rice can be preserved longer. Plus, the bamboo leaves and bamboo sheaths used to wrap grilled rice balls have powerful antibacterial action, making Kensan-yaki a perfect food to take along to the battlefield.

I came up with this recipe of grilled rice balls by adding a modern twist to our ancestor's idea.

Sesame oil

Yuzu peels

Fried rice (Steam-cooked rice that has been dried and deep-fried in oil at a high temperature)

-Directions-

- 1) Cook the Jukkokuimai rice and white rice in dashi soup stock.
- 2) Add grated Yamaimo, nama-nori, and egg yolk to the cooked rice. Mix well.
- 3) Shape 2) into round Oyaki forms and grill in a skillet. Brown both sides.
- 4) Combine all the ingredients for yuzu soy sauce.
- 5) Once the Oyaki are done, brush the surfaces with yuzu soy sauce.
- 6) Combine all the ingredients for shirasu topping.
- 7) Place the shirasu topping on top of the Oyaki and serve. Top with mayonnaise, if you like.

Japanese Cuisine as an Intangible Cultural Heritage

—Learn more about the Japanese cuisine—

Kurogoma pudding with Kuromitsu sauce

— Black sesame pudding with kokuto brown-sugar syrup —



-Ingredients-

- 2/3 cup milk
- 1/4 cup 38% heavy whipping cream
- 1.4 oz. granulated sugar
- 2 whole eggs
- 3 egg yolks
- 1 oz. black sesame paste

-Pudding Directions-

- 1) Combine all the ingredients, mix well, and strain.
- 2) Pour the pudding mixture into dessert cups and cook in a steamer for about 10 minutes.
- 3) Once the puddings have cooled a little, place in the refrigerator.

Kuromitsu sauce

-Ingredients-

- 1.8 oz. kokuto brown sugar
- 1.4 oz. water

-Sauce Directions-

- 1) In a saucepan, combine the kokuto brown sugar and water, and heat. Once the mixture starts to bubble, remove from heat and allow cooling.

Sesame tuiles

-Ingredients-

- 1.8 oz. powdered sugar
- 3.5 oz. cake flour
- 2.0 oz. white sesame seeds
- 0.7 oz. black sesame seeds
- 4 teaspoons water
- 1.6 oz. butter

-Sesame Tuiles Directions-

- 1) Combine the powdered sugar, cake flour, white sesame seeds, and black sesame seeds.
- 2) In a saucepan, combine the butter and water, and heat. Once the mixture starts to bubble, add to 1) and mix.
- 3) Roll out the mixture of 2) into a thin sheet and bake in the oven at 355°F for about 10 minutes.

-To serve-

Place the kurogoma pudding in serving bowls and drizzle with the kuromitsu sauce. Garnish with the sesame tuiles and serve.

-Kurogoma pudding-

In Japan, sesame seeds have been excavated from archeological sites of the Jomon period (14,000 – 300 B.C.).

In the Nara period (710 – 794), sesame seeds were cultivated and pressed into sesame oil for cooking and lamp oil. Here, I use sesame paste to make a pudding.



HITOSHI SUGIURA

After gaining experience in many restaurants in Kansai and Tokyo, Sugiura flew to America. While training at a New York restaurant, he worked on the development of a co-product. In 2013, after having returned to Japan, he was offered the opportunity to present a meal for a Tiffany's VIP party, the Blue Book Collection, held at Rockefeller Center. In 2014, he won first place in a cooking competition sponsored by Le Cordon Bleu Japan.



Chef Sugiura starred with actor Taiyo Sugiura in the NHK-TV program, "The Kitchen Runs." Together they visited Miyazaki prefecture for an enjoyable shoot.



Seasonal dessert

SPRING

Mochigome Sakura-mochi (cherry glutinous rice cake)

This cherry-rice cake is easy to make from sweet rice.

Ingredients (makes 4 servings)

1 cup sweet rice
Dash red food coloring
Koshian (prepared strained bean paste), as needed
4 cherry leaves, pickled in salt

<Directions>

1. Cook the sweet rice with the dash of red food coloring.
2. Shape the "koshian" into four balls of approx. 3 cm (1-1/4 inch) diameter and set aside.
3. Pound the cooked sweet rice with a rolling pin while leaving some graininess.
4. After the rice has cooled, divide into four equal portions. Place one portion of rice in your palm. Put a ball of koshian in the center and mold the rice around it.
5. Wrap each ball with the cherry leaves.



Ume & Shiso Sanshoku Dango (plum & perilla tricolor dumpling)

Dango is the general term for small ball-shaped mochi dumplings. Usually the mochi itself is not sweetened, but the toppings and sauces are. Dango are often skewered on bamboo sticks so that they are easier (and more fun!) to eat.

When you think of Sanshoku Dango, you often assume that the pink is sakura (cherry blossoms) and the green is yomogi (mugwort), but here we use ume (plum) to evoke spring and green shiso (perilla) for its mild fragrance.

Ingredients (makes 8 skewers)

2 cups dango flour
1-1/2 cups water
4 pieces umeboshi (pickled plum), finely chopped

8 leaves green shiso (perilla), finely chopped

<Directions>

1. Combine the dango flour with water and thoroughly knead by hand.
2. Divide the dough into three equal parts. Mix the chopped umeboshi into one third and the chopped shiso leaves into another third, blending evenly into the dough. Leave one third of the dough plain.
3. Shape each portion of dough into bite-size balls. Boil in hot water for three minutes.
4. Drain the hot water and let cool. To serve, slide three different colored balls onto each skewer.



Yomogi Ichigo Daifuku (mugwort strawberry rice cake)

This recipe adds yomogi (mugwort) to the Ichigo Daifuku that everyone enjoys for its scent of spring.

Ingredients (makes 8 servings)

1 cup water
1/2 cup shirata-mako (rice flour for dumplings)
1 cup sugar
1 tablespoon dried yomogi (mugwort)
8 strawberries, hulls removed

Koshian (prepared strained bean paste), as needed
Katakuriko (potato starch), as needed

<Directions>

1. Cover strawberries with a layer of koshian and mold into balls.
2. Combine the rice flour, water, sugar, and yomogi in a bowl and mix well.
3. Transfer the mixture to a heat-resistant container and heat in a microwave oven for one minute. Mix thoroughly with a rubber spatula.
4. Repeat the process 3) till the dough turns bouncy and transparent (about three times).
5. Sprinkle with potato starch and spread the finished dough on a tray.
6. After it cools, cut the dough into eight equal pieces. Wrap each koshian ball in a piece of dough.

Plum Wine Agar Jelly

This agar jelly dessert offers a refreshing scent of ume (plum). Children can also enjoy this because the alcohol is thoroughly burned off in the preparation.

Ingredients (serves 4)

2 cups umeshu (plum wine)
2 teaspoons agar powder
1 tablespoon sugar
2 ume plums, finely chopped

<Directions>

1. Combine the agar and sugar in a container and mash while mixing.
2. Pour the umeshu (plum wine) into a saucepan and boil for approx. two minutes to burn off the alcohol.
3. Mix the ingredients of 1) with the umeshu of 2) and bring to a boil again.
4. Divide the chopped plum evenly into four containers.
5. Pour the contents of 3) into each container over the plums, and chill in the refrigerator.



Nagaimo-no chakinshibori (Chinese yam squeezed in a tea napkin)

In this recipe, nagaimo is made into a sweet pouch in which koshian is wrapped.

Ingredients (makes 5 servings)

1 lb. nagaimo
1 tablespoon sugar
Prepared koshian, as needed
Dash of black sesame

<Directions>

1. Peel the nagaimo. Cut into 3/4 inch slices. Boil for three minutes.
2. Drain the hot water. Strain while the nagaimo is warm.
3. Put the strained nagaimo and sugar in a saucepan and heat while stirring with a spatula. After the dough thickens, remove from heat. Let stand until the heat dissipates, and chill in the refrigerator.
4. Shape the koshian into five balls of approx. 3/4 inch diameter and set aside.
5. Divide the cooled 3) into five 2-tablespoon size portions. One-by-one, flatten each portion onto a plastic sheet.
6. Place 4) onto the flattened 5) and tightly twist the plastic around the dough and filling to complete the chakinshibori.
7. Remove the plastic and top each piece with black sesame.



Dr. Natto's Story of Natto



Hello, everyone.

I'm Dr. Natto. Since joining a natto company, I have focused on natto (fermented soybeans). Indeed, I have studied this wonderful food for a long time. The more I learn about the powers of natto, the more I become enchanted by it. Today, I am proud to be the authority known as "Dr. Natto." In this issue of Gochiso, I would like to share my knowledge of natto with readers like you. I hope you enjoy the article.



Natto is a natural food that was reportedly eaten by the ancient Japanese as early as the Yayoi period (300 B.C. – 300 A.D.). In the Nara period (710 – 794), methods to produce fish sauce, grain-based sauce, fermented bean curd, and other food items--which later developed into tofu and natto--were brought into Japan, along with Buddhism, from China. The wisdom and ingenuity of our ancestors led to an evolution of fermentation methods, eventually producing a series of fermented soybean delicacies that Japan is proud to present to the world.

Natto, one of the foods based on fermented soybeans, is made with *Bacillus subtilis*, a bacterium so potent that it survived the ice age. In 1905, Professor Dr. Makoto Sawamura, of Tokyo University, separated the bacterium (*Bacillus natto*) from rice straw, and in 1919 Professor Dr. Jun Hanzawa, of Tohoku University, successfully grew a pure culture of the bacterium. Subsequently, natto making flourished and the dish became a staple of the Japanese diet.

Japan experienced remarkable economic growth immediately after World War II. By the time the country hosted the Tokyo Olympics in 1964, cold storage and food distribution were widespread and supermarkets began to carry refrigerated foods. Natto producers could ship their products throughout the country and were no longer restricted to local sales.

As we moved with the times, lifestyle-related diseases began to create social problems. In response, our eating habits changed: Japanese became more interested in healthy eating instead of pursuing gourmet food. This shift in dietary habits boosted the status of natto, which came to be regarded as a good choice for the health-conscious consumer. Today, the growing popularity of Japanese food overseas has made natto one of the most watched food items in the world.

Characteristics of Natto

1: Natto is good for you.

Soybeans, when fermented with *Bacillus natto*, become more easily digestible and nearly 90% of the nutritional value of soybeans can be absorbed. The amazing health benefits of natto are hidden within its slimy texture. For example, natto has been shown to dissolve blood clots and lower blood pressure, prevent aging, and strengthen the bones. Natto also helps increase the good bacteria in the intestines and promote regularity. All these advantages are ours without spending a lot of money. What more can we ask?

2: Natto could potentially prevent famine.

It is said that if we change our diet and eat more grain instead of meat, approximately 10 billion people (the projected world population in 2050)

can be fed based on current global grain production. Soybean products such as natto provide sustainable food options as sources of plant-based protein to feed the growing population.

3: Natto is environmentally friendly.

Soybeans, from which natto is made, take root nodule bacteria into their roots to live symbiotically. They absorb nitrogen from the soil as well as from the air. They grow by self-supplying the nutrients they need and convert poor soil into a fertile soil filled with beneficial microorganisms. In other words, natto is an earth-friendly crop.

The most significant characteristic is that in natto, soybeans maintain their shape in the final product. This distinguishes natto from tofu, miso, soy sauce, etc. Also, the rich nutrients of these natto beans can be easily digested and absorbed, thanks to the *Bacillus natto*. Furthermore, various vitamins, enzymes, medicinal properties, minerals, amino-acids, etc., are produced in the fermentation process. Natto is indeed a probiotic food: a class of fermented foods that is increasingly drawing attention.

Effects of Natto

1. Dissolves blood clots

Natto kinase, which is found only in natto, functions to dissolve blood clots. It's a powerful solution to lifestyle-related diseases. Studies suggest that

blood clots tend to form during the overnight and early morning hours. Because natto kinase survives for only five to seven hours in the intestines, eating natto at night is more effective than having it at breakfast.

2. Prevents aging

Researchers say that 80% to 90% of aging is caused by active oxygen. Natto contains many antioxidants, such as isoflavone and catalase. The saponin contained in soybeans prevents arteriosclerosis by flushing the blood vessels to remove cholesterol and fat.

3. Lowers blood pressure

Natto keeps our blood vessels young and healthy. It contains linoleic acid, which lowers bad cholesterol, and multiple vitamins that prevent the cells from aging. If you're worried about high blood pressure, try eating a couple of ounces of natto three or four times a week.

4. Strengthens bones

Bones that are insufficient in vitamin K2 fracture more easily. Vitamin K2 is an essential nutrient the body needs in order to take in calcium efficiently. *Bacillus natto* produces this important vitamin, which is found in limited foods, to strengthen the bones and help prevent osteoporosis in women and older people.

5. Rejuvenates the skin

The slimy substance released by natto is called mucin, which is imperative to health, beauty, and longevity. Mucin keeps our cells young and prevents aging. Once the mucin level diminishes, the skin loses moisture, develops more wrinkles, and becomes less elastic.

* * * * *

Koichi Ito, "Dr. Natto"

Koichi Ito was born in Yamagata, Japan in 1941. He graduated from Tokyo University of Agriculture in 1964, after which he worked in India and Southeast Asia as a technical consultant in the agricultural field. He became an officer of Takano Foods in 1975 and oversaw the company's R&D operations. Ito served as the director of the Urayasu International Center from 2005 to 2011. Currently, he works on a volunteer basis as a certified food educator in Chiba.

DELICIOUS RECIPES USING NATTO

Recommended by Dr. Natto

Easy Natto Pizza

Ingredients: Serves 2

- 1 package (1.7 oz) ground or whole (small) natto
- 2 slices sandwich bread
- 1 medium tomato
- ¼ onion
- ½ green bell pepper
- Pizza cheese, as desired

Directions

1. Dice onion and green bell pepper, and slice the tomato.
2. Mix natto with the sauce and mustard included in the package.
3. Place 1. on sandwich bread and spread 2. evenly on top.
4. Cover the bread with cheese.
5. Toast in an oven until the cheese melts.

Tips

- * Cover the bread evenly with the natto.
- * You can substitute green onion for the onion.
- * Even without the vegetable toppings, natto and cheese alone make a delicious pizza.

[Comment by Dr. Natto]

Even those who don't normally find natto appetizing loved the pizza, saying, "I have no problem eating natto this way!"



The Perfect Accompaniment to Sake Squid Natto

Ingredients: Serves 2

- 1 package ground or whole (very small) natto
- ½ green onion
- 2.1 oz squid (sashimi-grade, sliced)
- 2 to 3 perilla leaves
- ½ teaspoon grated ginger
- Soy sauce to taste, 1 sachet sauce (included in the natto package)

Directions

1. Finely chop green onion and mix with natto and sauce.
2. Mix the squid into 1.
3. Lay perilla leaves on a plate, put 2. on top, garnish with grated ginger, and pour soy sauce over the natto mixture.

Tips

- * You can also use sashimi-grade chopped tuna or chopped octopus instead of squid, and wasabi instead of ginger.

[Comment by Dr. Natto]

Try adding sliced Japanese yam or okra, as natto goes very well with equally slimy vegetables like these. This dish is a perfect appetizer that should be eaten before drinking sake, because the substance that adds sliminess to natto serves as a barrier to protect the stomach's mucous membrane from alcohol.



Comment by Dr. Natto

Natto is a no-cook addition to your dining table. Ideally, natto is eaten raw, because the heat of cooking causes the various live enzymes and vitamins in natto to lose some of their activity. However, these beneficial substances won't disappear entirely; approximately 70% of them remain after heating. Dr. Hiroyuki Sumi, who discovered natto kinase (blood-clot dissolving enzyme), offered these encouraging words: "Natto kinase is resistant to heat, and studies are finding that the enzyme will maintain its function in our body even when digested after heating."

Shirasu and Chirimen



What is the difference between shirasu and chirimen?

Though both are natural products derived from sardines, their names differ depending on size and how much they are dried.

The names also vary depending on locale. The shirasu and chirimen you see in the supermarket are classified according to the degree of dryness. The least dried are called “shirasu (kamaage shirasu = straight-from-the-pot young sardines).” Then come “shirasu-boshi” and “chirimen (chirimen jako)” in that order.

At Nijiya, we stock these types of

shirasu and chirimen imported directly from Japan. Nijiya’s shirasu and chirimen are produced with no preservatives or coloring added. They are indeed ALL NATURAL and offer the finest ingredients and taste while retaining a hint of the sea.

Shirasu referred to as “Kamaage” is seasoned with salt and quickly blanched to bring out its distinctive umami. The superb flavor we enjoy today is based on a long history of cultivation. We use the utmost discernment to gather the raw ingredients for kamaage and select only the freshest, premier products from Japan.

With its plump, soft texture, kamaage shirasu is perfect served on top of hot rice or as a topping for sunomono dishes and salads. Please try shirasu in season.

As has been done from time immemorial, chirimen is dried under the sun with a lot of care. Chirimen is rich in minerals and calcium. It is easy to digest and extremely healthy. Chirimen is a highly nutritious food that all family members can enjoy.

Shirasu Garlic Oil



● Ingredients

3 ½ oz. shirasu	1-2 cloves garlic
4 tablespoons olive oil	1 tablespoon soy sauce
1 tablespoon mirin	1 hot red pepper (to taste)

● Directions

1. Combine all the ingredients adding the red pepper last. Mix well.
2. Heat in a pot for about 15 minutes, covered.
3. When cooled, store in a covered container. Use within a week.

Chirimen and Takenoko Rice



● Ingredients (serves 2)

- ½ takenoko (bamboo shoot) (boiled or raw)
- 2 tablespoons Nijiya’s tsuyutennen (soup stock)
- 3 ½ oz. water
- bonito flakes (as desired)
- 1 tablespoon chirimen
- 2 servings warm rice
- green onions, chopped, as desired
- sesame seeds, as desired

● Directions

<Cooking the Takenoko>

If it's boiled: cut into bite-size pieces. Put the soup stock and water in a pot over low heat for 10 minutes. Add bonito and continue cooking. Turn off heat, and drain in a colander. If it's raw: Put the bamboo shoot in a pot, add just enough water to cover. Cook on low heat for one hour. Remove from heat. Wash with water and peel the skin. Cut into bite-size pieces. Boil again for about 10 minutes. Add bonito and continue cooking. Remove from heat, and drain in a colander.

Mix the rice and the bamboo shoots in a bowl and add the chirimen. Add the green onions and sesame seeds.

Tororo konbu

shredded konbu

There are many types of konbu (= kelp). Despite the fact that konbu is known to be rich in nutrients, many of us use it only for stock because we do not know exactly how else to use it in cooking.

Tororo-konbu, also known as shredded konbu, is one of many processed konbu products. It is made from giant kelp and/or Laminaria ochotensis known as “Rishiri-konbu.” Thinly sliced pieces of the konbu are pressed by laminating and cut against the grain into thin strips.

In the Hokuriku region, in particular, many varieties of tororo-konbu are available with different ingredients and/or processing methods. Tororo-konbu rice balls are consumed even to this day in many regional dishes.

Tororo konbu can be eaten as is as

fluffy, soft konbu by putting it in noodles and soup dishes. It can be eaten without cooking as a convenient topping for okonomiyaki or rice.

Tororo konbu contains abundant vitamins and minerals. It can be called a mysterious foodstuff because it enables effective ingestion of ingredients such as plant fibers used in weight-loss diets. Because it has been shredded into ultra-thin pieces, it is more easily

absorbed and offers more dietary fiber than regular konbu. In addition, since it contains a lot of water-soluble plant fiber, it can provide a feeling of fullness even when consumed in small quantities. This is an ideal ingredient when you want to indulge in a good, solid meal. The benefits of tororo konbu are not limited to dieters. It should be eaten proactively for its cosmetic effects and maintenance of health.



Baked Onigiri with Tororo Konbu

■ Ingredients (makes 2) ■

- .14 oz. Tororo Konbu
- ½ small green onion
- 1 teaspoon sesame seeds
- 7 oz. cooked rice
- soy sauce (as desired)
- 2 teaspoons sesame oil

■ How to make ■

1. Mix tororo konbu, onions, and sesame seeds into the rice, and shape into an onigiri. Pour soy sauce on both sides.
2. Add sesame oil in a pan and bake the onigiri over medium heat.

Koyadofu

freeze-dried tofu

Koyadofu originated in the Kamakura period (1185 to 1333) at Mt. Koya. Mt. Koya, at about 3,000 feet elevation, experiences severely cold winters. One year, it apparently got so cold the tofu froze. Although the residents of Mt. Koya were reluctant to eat the frozen tofu, they found it to have an interesting, spongy texture and a pleasing flavor. The eating of frozen tofu spread from Mt. Koya into the Kansai region. Before long, koyadofu was prized for its high nutritional content. Today, it is a food that Japan is proud to offer throughout the world. Its only ingredient is the soybean. The proteins and fats of soy are readily absorbed from koyadofu. Koyadofu today is produced from momen-dofu (firm tofu). The momen-dofu turns spongy when frozen and is then further dehydrated with heat.

Koyadofu comprises approximately 50% high-quality vegetable proteins and about 33% vegetable fats. It contains calcium, iron, etc, and is nutritionally balanced, with a 96% digestive-absorption rate. Of the many soybean products, koyadofu is particularly healthful. New research indicates that

koyadofu is effective in preventing lifestyle diseases by suppressing cholesterol and the absorption of fats.

Special observances called “Hare” (festivals).

We in Japan have observed the tradition of marking the stages of people’s lives such as the New Year and Obon from time immemorial. On these special days, we offer thanks to gods and our ancestors with pious devotion. We call these observances “hare” (festivals).

Special foods have always been part of Japanese festivals. To celebrate, we give offerings to gods and ancestors by making “feasts” to pray for the health and happiness of all our family members and friends. Koyadofu has been a festival food since olden days. The soybean is one of the five grains viewed as a gift from Heaven. From antiquity, it has been said to have the “power to ward off evil,” to protect from hunger and disease. Since it is made from soybeans, koyadofu is considered to have the same powers.



Moreover, the proteins, calcium, iron, and other nutrients of koyadofu are easier to digest than in plain soybeans. It is indeed suitable for celebratory occasions. Starting with the New Year’s “osechi-ryori” (special dishes prepared for the New Year), “momo-no-sekku” (the Dolls’ Festival), “tango-no-sekku” (the Boys’ Festival), “shichi-go-san” (celebration of a child’s third, fifth, and seventh years) to pray for health and growth of children, “Obon” (summer festival that honors ancestors), and “Higan” (spring and fall equinox observances) when Buddhist memorial services are held for our ancestors, koyadofu is served at all these festivals. This custom of eating koyadofu must have originated from the ancients’ everyday wisdom in realizing the importance of maintaining the health of the people.



Healthy Japanese-style Koyadofu Hamburger

■ Ingredients (Makes 10 small burgers) ■

<Hamburger>	1 tablespoon sesame oil
2.2 pounds ground beef	2 tablespoons sake
2.6 oz. koyadofu	<Sauce>
2 green onions, chopped	2 tablespoons mirin
2 eggs	2 tablespoons soy sauce
2 tablespoons potato starch	
2 tablespoons milk	
1 tablespoon ketchup	
Salt & pepper (to taste)	

■ How to make ■

1. Put the koyadofu in a food processor until it turns to powder.
2. Put all the Hamburger ingredients in a bowl and mix well. Divide into 10 equal portions.
3. Mix the Sauce ingredients together.
4. Heat sesame oil in a pan. Arrange the hamburgers in the pan. Pour the sake over the burgers. Cook with lid on.
5. When one side is browned, flip the burgers and lower the heat. Pour in half of the sauce.
6. When the second side is browned, set to high heat again, and pour in the rest of the sauce.

Moromi-miso

Miso comes in a variety of shapes and forms.

Miso is normally used in soups and/or cooked dishes. However, some types of miso are used alone as a topping for plain-tasting foods, eaten as a snack with drinks, or put on steamed rice. These types of miso are referred to as “okazu miso.” Kinzanji-miso is a well-known example of okazu miso.

Moromi-miso refers to a soft, solid mass where the raw ingredients brewed to make soy-sauce or sake become fermented. Put simply, it is a stage of fermentation prior to becoming soy-sauce. To make moromi-miso, the koji (malted rice) made from wheat,

soybeans, rice, etc., is fermented in an amount of salt water less than that used to make soy-sauce.

Moromi-miso is produced not for making soup, but for enjoying on its own. In moromi-miso the shapes of the ingredients, wheat and/or soybeans, are

clearly visible; it is indeed “soy-sauce to be eaten.” “Moro-kyu” where moromi-miso is served on cucumbers, is perfect as a side dish to enjoy with sake. It is also an all-purpose seasoning that can be used with tofu, sashimi, or broiled fish, for example.



Chicken Moromi-Miso Yaki

■ Ingredients (serves 2) ■

2 Chicken Thighs
2 teaspoons Sesame oil

[Pickled sauce]
¼ onion

1 one-inch piece of ginger
1 clove garlic
1 tablespoon soy sauce koji (Nijiya Shoyu koji)
3 tablespoons moromi-miso
2 tablespoons sake



Nijiya Shoyu koji

■ How to make ■

1. Grate the onion, ginger, and garlic. Mix with soy sauce koji, moromi-miso, and sake.
2. Pierce the chicken with a fork, and marinate it in the sauce for one hour in the refrigerator.
3. Coat a pan with the sesame oil, and cook the chicken over medium heat.

STORY of TUNA



The tuna as you may have expected, is the most popular fish for sashimi (thinly sliced raw fish) or nigiri-sushi (hand-rolled sushi with raw fish on top). Japan is the world's biggest consumer of tuna; large quantities of tasty tuna, both fresh (raw) and frozen, are shipped to Japan from all over the world.

Surprisingly, the United States is ranked second in tuna consumption. Tuna caught in Micronesian waters are delivered to Hawaii; those caught in the Pacific Ocean to Los Angeles; those caught in the Gulf of Mexico to Miami; and those caught in the Atlantic Ocean (off Canada) to Boston and New York. Additionally, large quantities of tuna caught in the Indian Ocean, the Mediterranean Sea and off the coasts of Africa are transported to the U.S. by air.

The best thing about tuna in the U.S. is that the fish on the market is raw and very fresh. Similar to beef, the maturity period of, and therefore the best time to eat the meat of a giant tuna is within the first week from the day it is caught.

Now, let's talk about the types of tuna. The most expensive grade of tuna is the hon-maguro (blue-fin tuna). It is first-class in all categories, such as color, taste, and texture. Each fish contains akami (red flesh) and toro (fatty flesh). Due to its scarcity, toro is the highest priced section of the tuna fish which also happens to be very fatty and tasty.

Bachi refers to the mebachi-maguro (bigeye tuna), which is similar to hon-maguro in texture. It is also said to taste the best among all types of tuna, depending on the season.

The kihada (yellow-fin tuna) flesh is lighter pink in color and slightly firmer in texture than the hon-maguro. It has a refreshing, tasty red flesh that isn't too soft, like the toro.

We usually have akami and toro of the bachi from Hawaii available at Nijiya Market. The hon-maguro, which is an expensive product, is made available only when the price reaches an affordable range or via special distribution routes.

Many of our customers have attended the hon-maguro cutting and sale event.

The hon-maguro cutting and sale event



San Diego Store



Torrance Store



Little Tokyo Store



Mountain View Store



West L.A. Store

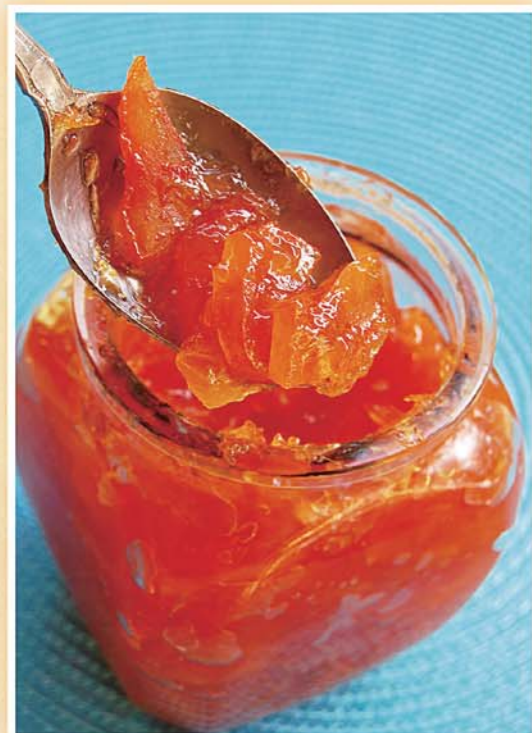


San Francisco Store



Seasonal dessert

SUMMER



Orange marmalade

California is one of the world's major growers of oranges. Brighten the table by making jams and marmalades that use the whole fruit, even the skin.

Ingredients (makes one jar)

- 4 oranges
- 2 cups sugar
- 1 cup water

<Directions>

1. Wash the oranges by scrubbing the peel thoroughly in water.
2. Separate the juice and pulp from the peel. Finely chop the peel.
3. Put the peel in boiling water (not included in the ingredients). Boil for three minutes to remove bitterness.
4. In a separate pot, combine all the ingredients and bring to a boil.
5. Reduce the heat to low and cook until the mixture thickens.
6. Pour into a sterilized jar.



Warabi-mochi (bracken-starch dumpling)

This is a traditional Japanese summertime mochi with a plump texture to enjoy on a hot day.

Ingredients (serves 4)

- 2 cups water
- 1/2 cup warabi-ko (bracken starch)
- 1/2 cup sugar
- 2 cups kinako (roasted soybean flour)
- Dark molasses, to taste

<Directions>

1. Combine the water, warabi-ko, and sugar in a pot. Stir while heating.
2. When 1) turns transparent, pour the mixture into a tray. Place the tray in a container of cold water to hasten cooling.
3. Cut into desired sizes and cover with kinako. Top with dark molasses, to taste.



Syrup-cooked peaches & agar jelly

This jellied dessert is made from summer fruits cooked in a sweet syrup.

Ingredients (serves 2)

- 2 peaches, halved
- 2 cups sugar
- 4 cups water
- 1/2 teaspoon agar powder

<Directions>

1. Boil the water and sugar in a pan. Reduce the heat, and add the peaches. Cook over low heat for approx. three minutes. Place in the refrigerator to cool.
2. Transfer one-cup of the syrup from 1) to a saucepan.
3. Mix in the agar powder and bring to a boil.
4. Pour the mixture into a tray. Let cool and then put in the refrigerator to chill.
5. When the mixture jells, cut the jelly into two servings. Serve on a plate with the cooked peaches and the remaining syrup.



Tofu panna cotta

Tofu can be amazingly transformed into a dessert dish depending on how the ingredients are combined. This is a dessert vegans will appreciate.

Ingredients (serves 4)

- 1/2 block of soft tofu
- 1/2 cup maple syrup
- 1/3 cup soy milk
- 1 teaspoon lemon juice
- 1/2 teaspoon agar powder
- Orange marmalade for garnish (refer to the orange marmalade recipe)

<Directions>

1. Warm the tofu in the microwave for 30 – 60 seconds.
2. Combine the ingredients other than tofu in a pan and bring to a boil.
3. Put the tofu of 1) and the contents of 2) in a blender and blend well.
4. Pour the tofu mixture into a serving dish and place in the refrigerator to chill and harden.
5. Garnish with marmalade.



Sake sangria

Sangria is a drink where red wine is mixed with fruit juices and pieces of fruit. Here we have created a Japanese-style version by combining sake and yuzu juice.

Ingredients (serves 4)

- 4 cups sake
- 2 cups yuzu juice
- 2 cups simple syrup (equal parts of water and sugar are boiled and cooled)
- Fruits, to taste

<Directions>

1. Prepare the simple syrup and let it cool.
2. Cut fruit into bite-size pieces.
3. Mix all the ingredients. Chill in the refrigerator.

The Story of Somen

Who wouldn't want a bowl of somen (Japanese white vermicelli noodles) on a hot summer day? Boil a generous amount of somen noodles and put them on a glass plate. Then place several pieces of ice on top. Prepare your favorite dipping sauce and condiments such as chopped ginger and green onion, and your meal is ready. Cool somen whets your appetite even in the heat of the summer, so be sure to prepare a good amount. Somen noodles are slender, so don't cook them too long. Cooking takes only about a minute-and-a-half to two minutes. Boil plenty of water on high heat in the largest pot you have, and gradually drop in the noodles. Slowly stir the noodles for a while to keep them separated. When the water boils again, reduce the heat to prevent the pot from bubbling over. After that, the somen is ready almost immediately. Quickly transfer the noodles to a colander. Wash them gently with a massaging motion under cold running water to remove the sliminess and enhance the flavor. We love somen because it's so easy to cook.

The History of Somen

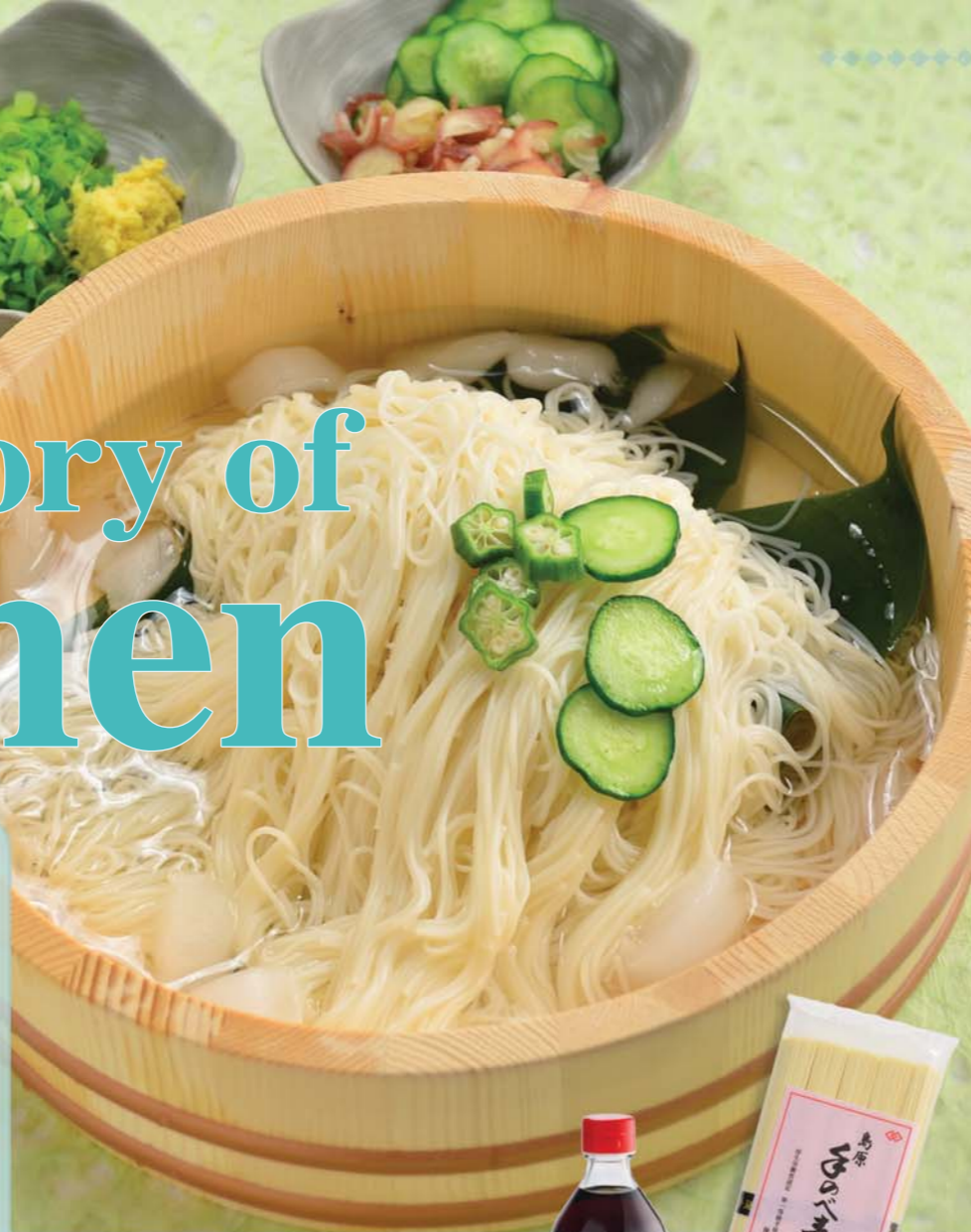
When did we start eating somen? One theory is that a snack brought from China in the Nara period (710 – 794) was the origin of somen. It was made by kneading flour and rice powder with water and salt and forming the dough into the rope shapes and then drying them. The dough was then steamed or boiled and eaten with soy sauce, miso (fermented soybean paste), vinegar, etc. It was also fried in oil and eaten as a sweet treat. The fried ropes look like the twisted donuts in the U.S., so we can't help but think that some shapes have a timeless, universal appeal.

Incidentally, this snack (called Sakubei) was eaten on the annual

Tanabata Festival day (when, legend says, two stars in the Milky Way, Vega and Altair, rendezvous). The custom apparently continued after the dessert became what we now know as somen, because Japanese still eat somen on Tanabata out of respect for Princess Vega.



Sakubei



Reportedly the original snack fell out of favor because the dough was too soft and difficult to cook compared to somen as we now know it or udon (thick white noodles) and didn't keep long enough as dry noodles. During the Kamakura period (1185 – 1333), noodles made through a completely different method arrived from China. They were made from only the finest flour and milled by a machine. Vegetable oil was also used to keep the noodles from drying as the dough was stretched many times into long, slender noodles. The noodles, held together by a network of gluten, were firm and retained their shape after cooking in boiling water. In the Muromachi era (1336 – 1573), quality somen noodles were made using a better method and tools; these noodles remain popular today.

Making Somen

Somen is a product of three simple ingredients: flour, salt and water. Flour is kneaded with salted water to make a noodle dough. The well-kneaded noodle dough is flattened and stretched using a rolling pin or by stepping on it, after which the dough is cut to around 4.5-cm (1.7 inches) thick slices and twisted into a rope shape and then looped in a tub. Next, the dough ropes are pulled from the tub and put on a plate, brushed with vegetable oil, then returned to the tub. The dough is then aged in the



covered tub.

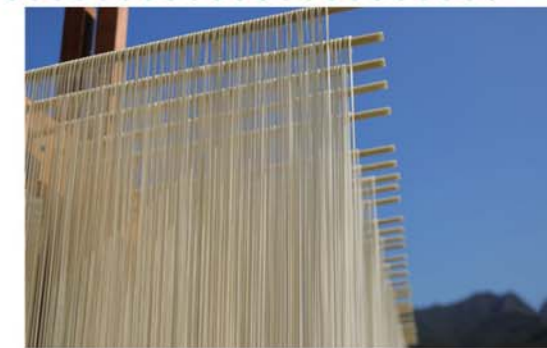
The aged noodles are placed on a stretching tool and stretched thinner. The thinner noodles are then looped around two bars in a figure-eight shape. These twisted noodles are aged again, and then they're gently pulled and stretched. This aging and stretching process, which makes the noodles firm and chewy, is implemented slowly or repeated multiple times to achieve the finest taste.

The aging process is followed by drying in the sun. The noodles are hung from a drying machine that looks like washing poles more than two meters (6.6 feet) high. Chopstick-like bars separate the noodles to prevent them from sticking together as they dry. In this process, experience and technique with an understanding of the weather and wind direction of the day are needed in order to dry the noodles evenly. The fully dry noodles are then cut with a knife and divided into serving bundles, which are then wrapped in strips of paper. The somen noodles made by this time-honored method—which is still used today—are called tenobe somen (handmade somen noodles).

Difference from Hiyamugi

Incidentally, do you know the difference between somen and hiyamugi which are often considered the same thing? They appear to be identical, having the same shape and same color, but the two are actually very different in terms of their histories and production methods.

Hiyamugi is made roughly the same way as udon. Flour dough is rolled with a rolling



pin and cut with a knife. Unlike somen, hiyamugi isn't coated with oil or dried in the sun. Evidently, hiyamugi is a cousin of udon but not of somen.

The current JAS (Japanese Agricultural Standard) standard in Japan differentiates "somen," "hiyamugi" and "udon" by thickness alone. Specifically, noodles less than 1.3 mm (0.05 inches) thick are called somen, those 1.3 mm to less than 1.7 mm (0.07 inches) thick are called hiyamugi, and those 1.7 mm thick or thicker are called udon. This classification is probably a way to accommodate variations, such as local variants of somen that are made without oil and udon that are stretched by hand. Moreover, some manufacturers have mixed noodles of pink, green, and other colors into hiyamugi to differentiate them from somen, although this practice is somewhat rare nowadays. Today, colored somen noodles are occasionally mixed into white ones to make them attractive to children.

Different production methods lead to different tastes, textures in the mouth, and nutritional values. The process of coating the noodles with vegetable oil and twisting them generates a wheat protein called gluten. To make slender noodles without using a machine, handmade somen noodles are "twisted" many times.



The Story of Somen

This is why handmade somen is an excellent source of gluten. In fact, somen has more calorific value and contains more protein and sugar than udon or hiyamugi. In addition to being cooling and tasty, somen is a perfect high-nutrition food that saves us from the lethargy of summer heat. It's another example of the wisdom behind Japanese food--cuisine known for selecting the freshest ingredients in season or materials appropriate for different times of the year.

Types of Somen

Currently Banshu (Hyogo Prefecture) is the number-one handmade somen producing region in Japan. Reportedly, the quality wheat produced in Harima, the famous salt of Ako, and the clear water of the Ibo River is what made somen-making popular in Banshu. The most famous brand of somen in this region is Ibo no Ito. This brand of somen is owned by the Hyogo Prefectural Handmade Somen Cooperative and is available only locally. When somen production gained momentum around 1900, the Cooperative trademarked the name "Ibo no Ito." Sales of Ibo no Ito gradually increased, and although the production volume dropped substantially during World War II, output resumed afterward. Today, Ibo no Ito is a respected traditional somen brand.

It is worth mentioning that the Cooperative requested that the title of "Handmade Somen Technician" be recognized as a national credential. The request was approved in 1993. This is understandable, because somen production requires expert skills. Thereafter, handmade somen manufacturers throughout Japan began labeling their

products with the names of their Handmade Somen Technicians. Consumers can now put a face on each package of somen, and they can clearly see whether the somen noodles are handmade or machine-produced.

Another somen brand with a long history is Miwa somen. The Miwa Ward of Sakurai City, Nara Prefecture, is known as the origin of somen, and they say nearly all materials used in various somen-producing regions across Japan come from Miwa. One unique aspect of Miwa somen is that the noodles are stretched using cottonseed oil because, in the old days, cotton flowers were produced in the area. Actual production was small and most somen sold in Miwa were produced in Shimabara, Nagasaki Prefecture. Today, companies label only the noodles produced in Miwa as Miwa somen.

A less renowned contributor to the popularity of Miwa somen is the variety from Shimabara, mainly from Shimabara City, Nagasaki Prefecture. Shimabara is a little-known somen-producing region that has a long history of producing Miwa somen. That's why the handmade somen noodles from Shimabara are of high, stable quality but are priced affordably. Nijiya Market carries "Yamada no Shimabara Tenobe Somen," one such somen brand from Shimabara. This premium somen product is made from an original powder mix jointly developed with a local flour mill and using the clear spring water and choicest salt of Shimabara. The noodles are made with the craftsmanship and careful attention of Toshio Jingawa, a "Modern Master Craftsman" recognized by numerous awards including the Nagasaki Governor's Award. Be sure to try these doughy, chewy noodles that don't become soft after cooking.

Various other types of somen are available throughout Japan. Shodoshima Tenobe Somen produced on Shodoshima Island, in Kagawa Prefecture, is stretched

using sesame oil, which doesn't oxidize easily and can therefore be aged for a long time. Shodoshima, the third-largest somen-producing region in Japan, is home to the Shima no Hikari brand of somen noodles, whose authentic taste has many fans. Somen is also eaten in many different ways. One well-known style is "nyumen," which involves pouring hot sauce over the noodles. Most common in the Nara and Saga prefectures, this style of eating somen is popular throughout Japan. Various flavors can be enjoyed by using Chinese-style sauce or frying the noodles beforehand. In Miyazaki and Kagoshima prefectures, nagashi somen was born after World War II. In this style of eating somen, the noodles are dropped into running water. The flowing noodles are then picked up with chopsticks and dipped in a sauce. The scene of family and friends eating nagashi somen together on a hot summer day is familiar in Japan.

Nijiya sells a premium somen sauce made in Tosenkyo, one of the leading nagashi somen regions in Kagoshima, as well as Murasakiimo somen made with murasakiimo (purple potato). Enjoy the authentic taste of nagashi somen right here in America.

Enjoying Somen

You need a tasty somen sauce to enjoy somen. Somen sauce is basically made from bonito stock, but it differs from regular noodle sauces in several ways. Because somen noodles are slender and easily hold a sauce, somen sauce is made less salty. Water in which dried shiitake mushrooms have been soaked adds a great flavor to somen sauce. It's also a good idea to add slices of shiitake stewed in soy sauce and sugar.



The umami of shiitake comes from guanylic acid, which, when combined with inosinic acid, enhances sweetness. Cooking dried shiitake mushrooms takes time, but it's worth the effort.

No matter how much you love somen noodles, you may find it boring if you always eat them just with sauce. To make the somen experience extra fun, pay attention to the condiments that go with the sauce. Standard condiments include finely chopped green onions, myoga (Japanese ginger), and ginger. To increase the cooling sensation of somen in your mouth, try it with grated daikon (Japanese radish) or julienned shiso (perilla), cucumbers, and tomatoes. Thinly sliced omelet or scrambled eggs add protein for a better nutritional balance. Another idea is umeboshi (pickled plum), which is an ideal accompaniment of somen to fight the lethargy of summer. The sourness of umeboshi has an amazing ability to refresh and rejuvenate the body.

Goopy foods are popular these days due to claims of their healthful benefits, and



they go perfectly with somen too. Mix grated yamaimo (Japanese yam) and sliced okra, and place them in the somen sauce. You'll soon become addicted to the gooey texture that bursts in your mouth. Also, mixing in natto (fermented soybeans) or tororo konbu (kelp flakes) enhances flavor and boosts the nutritional value of a somen meal.

Another interesting idea is to mix chopped leaves of Molokhia, which is in season during the summer. Molokhia is rich in vitamins and is said to lower blood pressure.

For those of you who love spicy foods, kimchi is a must-have with somen. The spicy pickled vegetables turn somen into

reimen-like noodles (Korean noodle dish). Red chili pepper in kimchi makes you perspire and therefore cools your body, which is what you need on a hot day.

Add shishito (grilled green peppers) or wasabi (Japanese horseradish) for a delicious accent. If you want to make a filling meal for growing children or young adults with good appetites, add sliced ham or cooked chicken breast.

A fun aspect of eating somen is that you can enjoy it with many different condiments—you're limited only by your imagination! It looks like we'll have another hot summer this year. Why not prevent fatigue from the summer heat by eating delicious somen?

Somen noodles make a delicious meal with only sauce and condiments, but here are some alternative recipes you can try for a change. A tip is to cook the noodles al dente. Explore different recipes to make eating somen more fun!



Yaki Somen (Pan-Fried Somen)

Ingredients (Serves 2)

2 bundles somen	1.8 oz. minced pork	Handful of arugula	2 eggs
one-inch piece of ginger	pepper to taste	vegetable oil as needed	
0.4 oz. shio-konbu (strips of kelp cooked in soy sauce and dried) (thinly sliced)			

How to Prepare

- 1) Cook somen noodles al dente, wash them under running water, and drain. Julienne the ginger.
- 2) Heat vegetable oil in a frying pan, and scramble the eggs. Remove from heat and set aside.
- 3) Add a little more vegetable oil to the pan and cook the ginger and minced pork. Add somen and arugula and cook together.
- 4) Return the eggs to the pan and cook all the ingredients while shaking the pan.
- 5) Mix in shio-konbu and sprinkle with pepper to finish. taste.



Thai Salad Somen

Ingredients (Serves 2)

2 bundles somen	4.2 oz. peeled shrimp	½ purple onion
2 bunches cilantro	1 green onion	

<Thai somen sauce>

¾ cup shiro-dashi (soup stock using white soy sauce)	1/8 cup Thai fish sauce
¾ cup water	1 tablespoon lemon juice
1/2 teaspoon grated garlic	1 tablespoon sesame oil

How to Prepare

- 1) Cook somen noodles al dente, wash them under running water, and drain.
- 2) Boil shrimp for about 3 minutes and drain in a colander.
- 3) Slice purple onion, cut cilantro to 1-inch segments, and finely chops green onion.
- 4) Mix all the ingredients of Thai somen sauce in a bowl, add 1), 2) and 3), and mix together.
- 5) Serve on a plate and sprinkle with red chili pepper to taste.



Goya

(Bitter Melon)

Some people might not care for goya because of its bitter taste, even though they know it's good for the health. We've carefully selected the following recipes for delicious dishes that will satisfy even the most hesitant. Nijiya Market offers organic goya, delivered from Nijiya Farm every summer. Give it a try!

Basic Cooking Preparation



For those who love the bitter taste:

• Rub with salt

Cut the goya in half lengthwise and remove the seeds. Cut each half into 1/4 inch slices. Add 1 teaspoon of salt per one medium goya. Rub thoroughly and set aside for 10 minutes. Use your hands to squeeze out the liquid.

For those who don't like the bitterness:

• Rub with salt and sugar, and then parboil

Cut the goya in half lengthwise and remove the seeds. Cut each half into 1/4 inch slices. Add 1/2 teaspoon of salt and 2 teaspoons of sugar per one medium goya. Rub thoroughly, and set aside for 10 minutes. Place in hot water for 10 seconds, followed by immersion in cold water for 10 minutes. Squeeze out the liquid.

How to Store Goya

This method will retain goya's green color. Cut the melon in half lengthwise and remove the seeds. Wrap each goya half in paper towels, and place in a thick plastic food-storage bag. Store in the refrigerator for up to 2 weeks.



Goya and Cheese Spring Rolls

Ingredients (makes 6 pieces):

- 6 spring roll wrappers
- 1/2 goya
- 1/2 teaspoon salt
- Cheese of your choice (about 1 cup, shredded)
- 1 tablespoon flour
- Cooking oil for deep-frying

<Directions>

1. Cut the goya in half lengthwise and remove the seeds. Slice each half thinly, and rub with salt. Set aside for 10 minutes.
2. Squeeze out the liquid. Place goya slices and cheese on a spring-roll wrapper. Fold the wrapper by following the instructions on the package. Use a mixture of equal amounts of flour and water to glue the edges of the wrapper.
3. Deep-fry the rolls at 350°F until the shell is golden brown.

Goya Gyoza (Pot Stickers)

Ingredients (makes 24 pieces):

- 1 goya
- 4 oz. ground pork
- 1 teaspoon minced ginger
- 1 tablespoon soy sauce
- 2 tablespoons sake
- 1/2 tablespoon corn starch
- Salt and pepper to taste
- 1 tablespoon sesame oil
- 24 gyoza wrappers
- 2 tablespoons vegetable oil

<Directions>

1. Cut the goya in half lengthwise and remove the seeds. Mince the flesh. Sprinkle the minced goya with salt (not listed in Ingredients) and set aside for 10 minutes. Squeeze out the liquid.
2. Place the goya in a bowl. Cover with water, stir gently, and drain. Squeeze out excess water.
3. Place the ground pork and goya in a bowl. Add ginger, sesame oil, soy sauce, sake, corn starch, salt, and pepper. Knead well.
4. Heat vegetable oil in a non-stick frying pan with a lid. Wrap the ingredients of Step 3 in gyoza wrappers, and arrange them in the pan.
5. Cook the gyoza over medium heat until browned on the bottom. Add 1/5 cup of water. Cover the pan and cook for 7 minutes.
6. Remove the lid and continue cooking until the water evaporates.



Goya Cake

Ingredients (makes a 3x7-inch loaf)

- 1/2 cup goya, grated
- 1 teaspoon lemon peel, grated
- 2 eggs
- 4 tablespoons vegetable oil
- 1/3 cup sugar
- 1 cup all-purpose flour
- 1 teaspoon baking powder

<Directions>

1. Place baking paper in a loaf pan. Preheat the oven to 325°F.
2. Place the eggs and sugar in a bowl and mix with a whisk. Add vegetable oil and grated goya. Mix well.
3. Mix the flour and baking powder in a bowl. Sift into the mixture (Step 2) and stir gently.
4. Pour mixture into the loaf pan. Bake in the preheated oven for about 20 minutes. Insert a bamboo skewer into the cake and pull it out. If it comes out clean, the cake is done.
5. Remove the cake from the oven. Allow the cake to cool before you remove it from the pan.

Goya Soy Milk Soup

Ingredients (serves 2)

- 3 oz. goya
- 1-1/2 cups unsweetened soy milk
- 1 bag Nijiya Wafu Dashi
- Salt and pepper to taste

<Directions>

1. Cut the goya into bite-size pieces, and liquefy in a blender.
2. Mix the goya juice and soy milk in a pot. Cook mixture over medium heat.
3. Add Wafu Dashi and stir.
4. Season with salt and pepper. Remove from the flame just before the soup reaches the boiling point.



Wakame and Mozuku Seaweed

Simple, refreshing vinegared dishes are especially delicious in hot weather. Although seaweed is a staple in our diet, there are still many things we don't know about it.



The ocean is a valuable source of minerals

Abundant minerals are dissolved in seawater, which nurtured the first living organisms on earth. Additionally, minerals on land are dissolved by rainwater, delivered into rivers, and eventually carried into the sea. Thus is



seaweed rich in minerals, surpassing any land food in type and amount.

Often described as green and yellow vegetables of the sea, seaweed is rich in nutrients, including vitamins, minerals, and dietary fiber. Japan is surrounded by ocean and has long incorporated large amounts of seaweed into its culture. Studies have shown that those who inhabit locales with high seaweed consumption tend to live longer. Here we introduce some of the seaweed varieties that make healthy and delicious options for summer cooking.

Wakame

For Japanese people, wakame is the king of seaweed. The history of its consumption is long, reportedly dating back as far as the Jomon period (12,000 B.C. – 300 B.C.). Wakame spread throughout Japan presumably because it's easy to dry, preservable, and light enough to carry around.

Wakame is a perennial seaweed. Fresh, delicious wakame repeats its

one-year life cycle from spores to maturity every year. Wakame contains a good balance of dietary fiber, vitamins, and minerals (calcium, magnesium, phosphorus, and iron), and is effective in removing excess cholesterol from the body and preventing blood-pressure elevation. The dietary fiber in wakame is gaining attention not just for its high content but also for its quality. Wakame contains various types of dietary fiber, including cellulose (water-insoluble dietary fiber) and alginate (water-soluble dietary fiber). The water-soluble dietary fiber stored between the cells—such as alginate and fucoidan—has unique properties found only in seaweed, which is attributable to the fact that it grows in a different environment from land plants.

How to remove the excess salt from wakame

- [1] Rinse briefly under running water to wash off salt.
- [2] Soak in plenty of water for about 3

minutes to remove excess salt.
[3] Drain well in a colander.

Once hydrated, the volume of wakame increases 2 ½ to 3 times. Simply adjust the texture to suit your preference.

Mozuku

Among the various types of seaweed, mozuku may be the least familiar.

The processed mozuku sold in stores looks similar to mekabu, and many people may find it difficult to tell which is which. However, while mekabu is a particular part of the wakame plant, mozuku is a completely different variety of seaweed. Mozuku can be roughly divided into “ito-mozuku” and “futo-mozuku.” The scientific name for Ito-mozuku is “*Namacystus decipiens*.” It grows wild around the Noto Peninsula and along the coastline of the Sanin region. Ito-mozuku is known for its thin slimy surface and smooth, slippery texture. The scientific name for futo-mozuku is “*Cladosiphon*

okamuranus.” It is endemic to Okinawa and the Nansei Islands and can rarely be found around mainland Japan. This thick mozuku is slimy inside and has a firm, crunchy texture. Futo-mozuku stores the sliminess within its fiber. When it is fully mature, futo-mozuku contains plenty of the slimy substance and has a refreshingly crunchy texture. Many people tend to think that futo-mozuku is an adult version of Ito-mozuku, but they're two different kinds of seaweed.

Like other seaweed, mozuku is rich in minerals such as sodium and calcium. The slimy substance in mozuku is from dietary fiber known as fucoidan and alginate, which are noted for their health benefits. Once inside the stomach, fucoidan adheres to the gastric mucosa with its powerful slimy property, coating and protecting the entire gastric mucosa. Mozuku is also well known as a health food that can naturally supplement our intake of essential minerals, vitamins, and other nutrients.



Wakame Garlic Butter Soy Sauce

[Ingredients (serves 2)]

3 ½ oz. Wakame
raw clams in the shell (as desired)
1 clove Garlic minced
.35 oz. butter
½ tablespoon soy sauce
Pepper (to taste)

[Directions]

1. Heat butter and garlic in a pan. Add the clams.
2. When the clams open, add wakame, pepper, and soy sauce to taste.



Wakame Salt Yakisoba

[Ingredients (serves 1)]

2 ½ oz. Wakame
1 oz. Pork
1 5 oz package Yakisoba
1 teaspoon sake
salt and pepper (to taste)
3 ½ oz. Bean Sprouts
2.8 oz. Green Onions, chopped
1 tablespoon Oil
½ teaspoon Nijiya Chuka-Dashi
1 teaspoon soy sauce

[Directions]

1. Rinse wakame and cut into bite-size pieces. Rinse sprouts.
2. Heat a pan with oil. Cut pork into small pieces and heat in pan. Add sake. When the meat changes color, add the noodles.
3. Do not mix. Instead, spread the noodles. Add sprouts, wakame, dashi, and salt.
4. After everything is cooked, add onions and soy sauce. Mix well.
5. Top with pepper, if desired.



Mozuku and Cucumber Sunomono

[Ingredients (serves 2-3)]

2.8 oz. Mozuku
½ Cucumber
1 one-inch piece of ginger, shredded
1.4 oz. Rice Vinegar
1 ½ teaspoons Soy sauce
Ground sesame (to taste)
Salt (to taste)

[Directions]

1. Slice cucumbers into rounds and sprinkle with salt.
2. Wash and drain mozuku and put it in a bowl. Add cucumber, ginger, vinegar, and soy sauce, and mix well.
3. Pour into bowls. Sprinkle with ground sesame.



Mozuku Miso Soup

[Ingredients (serves 4)]

3 ½ oz. Mozuku
6 oz silken tofu or soft tofu
1 ¼ teaspoons Japanese dashi powder
3 cups water
0.7 oz. Aburaage
0.7 oz. Mizuna
3 tablespoons Miso

[Directions]

1. Cut the mozuku and mizuna into bite-size pieces, and the aburaage into 0.4-inch cubes. Cut tofu into 1/2-inch cubes.
2. In a medium saucepan, add water over medium heat. After boiling, stir in the dashi powder.
3. Add the aburaage, mozuku, and tofu to the soup. Stir gently without breaking the tofu.
4. Put 1 Tbsp. of miso in a ladle (or strainer) and blend it with soup until it is thoroughly mixed. Continue this process until miso is all used. Be careful not to boil the miso soup because miso will lose flavor.
5. Pour into bowls. Top with mizuna.



Mozuku, Tuna, Onion Salad

[Ingredients (serves 4)]

4.2 oz. Mozuku
2 small cans Nijiya Tuna, 80 gram (2.82 oz.) size
½ Onion
½ a head of Lettuce
½ lemon juice
1 teaspoon soy sauce
1 tablespoon Olive Oil
Pepper (to taste)

[Directions]

1. Cut mozuku into bite size pieces, slice onion thinly.
2. In a bowl, combine mozuku, tuna, and onion. Top with lemon, soy sauce, pepper, and olive oil. Mix well.
3. Serve over lettuce.

FALL



Figs cooked in ginger honey and lemon

Ward off colds by consuming a lot of nutrients!

Ingredients (serves 2)

- 6 figs
- 2 cups water
- 3 tablespoons honey
- 2 lemon juice
- 5 ginger slices

<Directions>

1. Lightly wash the figs in water.
2. Combine all the ingredients except figs in a saucepan and bring to a boil.
3. Add the figs to 2) and cook over low heat for approx. twenty minutes. Cool to serve.



Ingredients (serves 2)

- 1 sweet potato
- Salad oil for frying, as needed
- Dash of black sesame
- 1/2 cup sugar
- 1/4 cup water

Imo-kenpi (fried strips of sweet potato coated with sugar)

Imo-kenpi is a confection that brings back fond memories. It's a treat that can be easily made from leftover sweet potatoes.

<Directions>

1. Julienne the sweet potato.
2. Heat salad oil for frying over low heat (325°F). Fry the sweet potato strips to a crisp until no moisture is left.
3. Combine the sugar and water in a separate saucepan and cook till the mixture thickens. Mix in the fried sweet potato strips.
4. Serve with black sesame sprinkled on top.



Ohagi (rice balls coated with sweetened red bean paste)

You can enjoy making this with children because preparation is as simple as wrapping rounded rice balls.

Ingredients (makes approx. 16 balls)

- 2 cups sweet rice
- 2 packs (14 oz.) of prepared koshian
- Kinako, as needed
- Black sesame, roasted and ground, as needed
- Nori (green dried seaweed), as needed

<Directions>

1. Soak the sweet rice in plenty of water (not included in the ingredients) for at least one hour.
2. Drain the water and cook the sweet rice in a rice cooker by adding about 80% of the water (not included in the ingredients) normally used for cooking regular rice.
3. After the rice is cooked and while it is still hot, lightly pound the rice grains using a wet rolling pin, for example.
4. Shape the rice into bite-size balls.
5. Cover the rice balls with kinako, sesame, nori, or koshian to make four different flavors of ohagi.



Kabocha soymilk zenzai

This is a healthy dessert for vegans, with kabocha (squash) cooked in zenzai (red bean soup made with azuki beans) soymilk.

Ingredients (serves 6)

- 1/2 kabocha squash
- 4 cups soymilk
- 2 tablespoons maple syrup
- 1 cup shiratako (rice flour for dumplings)
- 3/4 cup water
- Cooked azuki beans, as needed

<Directions>

1. Combine the shiratako and water and boil for two minutes to make shiratako (rice-flour dumplings). Let cool.
2. Remove kabocha seeds, peel the skin, and cut into small pieces.
3. Combine the kabocha of 2), soymilk, and maple syrup in a pan and cook for approx. fifteen minutes over medium heat.
4. Transfer 3) into a blender. Thoroughly blend, then strain.
5. Serve kabocha mixture with the shiratako of 1) into containers and top with the prepared azuki beans.

Mont Blanc-style roll cake

This is an-easy-to-make roll cake prepared by topping with chestnut cream that combines candied chestnuts and whipped cream.

Ingredients (makes a 13-inch x 18-inch cake that serves 12)

- Roll cake dough
- 1 whole egg
- 1 egg yolk
- 2 ounces butter
- 3 ounces soft flour
- 3-1/2 ounces milk
- egg whites from 4 eggs
- 4 ounces sugar
- Chestnut cream
- About 50 candied chestnuts (kuri kanroni)
- 3 cups milk
- Whipped cream
- 3 cups fresh cream
- 2 tablespoons sugar
- Candied chestnuts (for garnish), as needed

<Directions>

Dough

1. Combine the milk and butter in a pan and bring to a boil.
2. Add the pre-sifted soft flour to 1) in the pan and thoroughly mix.
3. Transfer the dough of 2) into a bowl; gradually add the beaten whole egg and egg yolk and mix well so that there are no lumps.
4. Begin to beat the egg whites in a separate bowl. Slowly add the sugar to create a stiff meringue.
5. Combine the meringue of 4) and the dough of 3). Mix well. Pour into a flat baking sheet and place on top of a parchment paper.
6. Bake in a 350 °F oven for approx. eight minutes. Remove from oven and let cool.

Whipped Cream

1. Whip the cream and sugar until peaks form. Set aside.
2. Spread the whipped cream evenly onto the cooled dough. Make a roll cake by rolling it away from you.

Chestnut Cream

1. Combine candied chestnuts and milk in a saucepan and cook for ten minutes over medium heat.
2. While the chestnuts are still warm, strain and let cool.
3. Squeeze the chestnut cream through a piping bag into a spiral peak on top of the roll cake. Garnish with candied chestnuts to serve.



The Story of Yakiimo (Roasted Sweet Potatoes)

We are amazed at the varieties of yakiimo that have become available in recent years, with their delightful aroma of malt sugar and as sweet and tasty as cake. Improvements in the breeding of sweet potatoes, advancements in cultivation, curing, and storage technologies, and extensive research in roasting are behind the evolutionary changes of yakiimo.

The traditional types of yakiimo include potatoes roasted to the smooth, slightly dry texture favored in Kanto and those with the softer, moister texture eaten in Kansai and the south. With the availability of Naruto Kintoki, Beni Haruka, and Tanegashima Island's Anno Imo, which boast the highest sugar concentrations, the softer types of yakiimo are now popular.

Sweet potatoes are said to have originated in Mexico or Central America. How they came to Japan was a mystery until recently, but researchers now suggest several routes, the most

credible of which traces back to prehistoric Peru, from where sweet potatoes were reportedly brought to Easter Island and then to Polynesia around 1000 B.C.

Sweet potatoes were introduced to Japan after travel through a series of islands--arriving at Miyakojima Island in 1594, Okinawa Island in 1604, and Tanegashima Island in 1698. In 1705 they reached the land of the Satsuma Clan on the Japanese island of Kyushu. In 1734, sweet potatoes made it to the Edo metropolis, and farmers began to cultivate them.

Sweet potatoes were called Satsuma

imo in Edo because they came from Satsuma, and Kara imo in Satsuma because they arrived from the country of Kara (China). These names suggest how sweet potatoes had traveled.

Sweet potatoes saved the Japanese through various famines during the Edo era, and production grew as a substitute for rice. According to legend, the first yakiimo store opened in 1793 in Edo, and it became very successful.

Subsequent to the start of the Pacific War in 1941, Japan suffered a period of food shortage. That shortage grew more severe during the post-war period. Sweet potatoes became a staple for the Japanese people, and for many years they were a popular food item. In the 1970s, however, convenience stores and fast-food restaurants mushroomed and yakiimo stores quickly disappeared.

It wasn't until recently that Japanese people began to see the sweet potato as a health food, and what used to be a substitute in hard times thus became a desired ingredient in healthy snacks like sweets and cakes. The transformation of sweet potatoes was made possible for several reasons, one of

which was a series of breeding improvements. Beni Azuma, produced in Kanto, and Kokei 14 (the so-called Kintoki), grown in the south, triggered the boom in sweet potatoes. In fact, these two varieties account for approximately half of all production in Japan. Scientists have created many other famous varieties of sweet potatoes, such as Naruto Kintoki, from the Kintoki variety.

Further breeding improvements led to the birth of Beni Haruka, Purple Sweet Road, etc., and the golden era of moist yakiimo, represented by Anno Imo--from Tanegashima and grown under strict production controls--began.

The second reason behind the transformation of sweet potatoes was the advancement in production controls. To address the problem posed by the thin, breakable skins of freshly harvested sweet potatoes, a curing process was invented to form a corky structure under the skin, allowing the product to be stored for a longer period. The perfect storage facility was developed in which to mature sweet potatoes for long periods. This increased the starch content, and thus the sweetness. The maturation process was advanced by controlling storage period, temperature/humidity, oxygen, and carbonic-acid gas levels specific to the variety and region of the potato. As tastier sweet potatoes that had been stored and matured for longer periods became available starting in the spring, yakiimo was no longer just a winter food made from sweet potatoes harvested in September or October. The new breeds of sweet potatoes were also

resistant to storage at sub-zero temperatures after cooking, which made it possible for consumers the world over to enjoy yakiimo throughout the year. Indeed, yakiimo today is even enjoyed chilled in the summer.

Temperature control is an important element of the roasting process, where an understanding of the relationship between temperature and sweetness is paramount. Potato starch is gelatinized at 140°F. When heated further to 149-167°F, gelatinized starch is hydrolyzed and broken down into malt sugar by the enzyme action of amylase, and voila! You have sweet yakiimo. The key is to roast the sweet potatoes at temperatures of 149 to 167°F for 30 to 60 minutes. Food manufacturers use a variety of equipment to make perfect yakiimo, but nowadays any home will have an oven or a toaster with a temperature-control function. With an understanding of the roasting principle, anyone can make tasty yakiimo.

The greatest health benefit of yakiimo is that it regulates digestion. This results from the fact that the sweet potato is rich in dietary fiber and also because 50-60% of its malt sugar reaches the intestines, where it activates the enteric bacteria. The heightened activity of these enteric bacteria activates the immune cells in the body to boost its ability to produce antibodies.

“Beni Haruka”

Developed for yakiimo in Kagoshima Prefecture, this variety of sweet potato has reddish-purple skin, yellowish-white meat with a moist, glutinous texture and sweet, palatable taste. Beni Haruka is sold at Nijiya Market all

year long under the yakiimo brand “Beni Tenshi.”

“Anno Imo”

A delicacy of the Tanegashima Islands, this variety is so sweet that it's almost syrupy. Its flavor is unique, too. Nijiya Market imports Anno Imo directly from Tanegashima and sells it as yakiimo.



Anno Imo

“Kintoki”

Popular in western Japan, this breed of sweet potato has spawned many famous varieties such as Naruto Kintoki. It's perfect for yakiimo, steamed sweet potato, and sweet-potato paste. We grow our own Kintoki at Nijiya Farm and sell it fresh in the winter months, starting in November.

“Purple Sweet Road”

A cross between Kintoki and the purple potato, Purple Sweet Road has the tastiness of Kintoki and the high nutritional value of the purple potato. Rich in polyphenols, which are powerful antioxidants, this sweet potato is not only a powerful health supplement but is also a perfect ingredient for making delicious, beautiful yakiimo as well as sweet-potato jelly, puddings, candies, etc. Purple Sweet Road is grown at Nijiya Farm and is sold fresh and in processed foods.



Beni Tenshi



Mushrooms

When it comes to enjoying fall flavors, mushrooms are an obvious choice. Although there are many varieties of edible mushrooms, generally they can be divided into saprobic fungi and mycorrhizal fungi. Saprobic fungi include wood-rotting fungi, which grow out of the trunks of living trees. Most of the mushrooms that can be cultivated are saprobic fungi; they break down fertilizers and the trees on which they feed. Wood-rotting fungi include shiitake, maitake, nameko, enokidake, buna-shimeji, hiratake, and eringi. White mushrooms and Agaricus do not grow out of trees but are still considered saprobic fungi.

Matsutake Mushrooms

“Matsutake” is definitely the king of mushrooms.

It is cherished by Japanese people, and many of us eagerly await the arrival of fall because of it. Why is matsutake so fascinating?

In addition to its unique aroma, it has to do with the fact that matsutake can never be artificially produced.

Matsutake is a mushroom belonging to the class Basidiomycetes. It lives on the roots of Japanese red pine and grows wild on the ground in forests of red pine during autumn. (In cold regions, matsutake can be also found in spruce and hemlock forests.)

There are always trees near matsutake because mycorrhizal fungi, which produce matsutake, cannot live without these

trees. Likewise, without mycorrhizal fungi, the trees cannot thrive. Therefore, you could say that matsutake and trees have a close, beneficial relationship. It is virtually impossible to create this symbiotic relationship artificially. Moreover, matsutake cannot grow unless specific natural conditions are miraculously met. The environment must have just the right sunlight exposure, temperature, humidity, amount of soil microorganisms, and various other conditions. It can be said that the matsutake we eat were harvested after having beaten extremely difficult odds. Japanese people can appreciate that, which may be why we're fascinated by the aroma of this precious mushroom and anticipate the arrival of the season each year, when we can again savor its full flavor.

Kinkatsu (A healthy life with microorganisms)

Kinkatsu refers to a healthy way of eating based on fermented foods. Japanese people have long incorporated into their diet many fermented foods produced by microorganisms. The health benefits of these fermented foods have recently garnered attention. Mushrooms are the only fungi that can be consumed as food. They are low in calories and rich in immune-boosting nutrients such as dietary fiber, vitamin Bs, vitamin D, beta-glucan, and ornithine. The dietary fiber in mushrooms can absorb cholesterol and lipids in the intestines and remove them from the body. At the same time, they help create a healthy intestinal environment by increasing good bacteria, which can improve the complexion.

Because mushrooms are low-calorie but filling, you can eat as many as you want without guilt. Their crisp, meaty textures are fun and satisfying. There is no doubt that mushrooms can help maintain a healthy eating lifestyle.

Matsutake Risotto

[Ingredients: Serves 2]
2.8 oz. matsutake mushrooms
5.3 oz. uncooked rice
¼ onion
2 ½ cups water
1 tablespoon Nijiya Chuka Dashi (Chinese stock)
1 tablespoon olive oil
1/5 cup white wine
1 teaspoon butter
2 tablespoons grated parmesan cheese
Salt and pepper to taste



[Directions]
1. Mince the onion and slice the matsutake mushrooms.
2. In a saucepan, combine water, matsutake, and Chuka Dashi. Bring to a boil; remove the matsutake and set aside.
3. In a skillet, heat olive oil. Sauté the onion until soft; add the rice (do not wash). Stir-fry until the rice becomes transparent. Add white wine and continue to stir-fry.
4. Add the soup stock made in Step 2, a little at a time. Simmer until the liquid is reduced. Add the matsutake and cheese. Season with salt and pepper.

Homemade Nametake (Seasoned enoki mushrooms)

[Ingredients]
1 bag (7.0 oz.) enoki mushrooms
1 bag (3.5 oz.) shimeji mushrooms
5 shiitake mushrooms
— Seasoning —
4 tablespoons soy sauce
4 tablespoons sake
3 tablespoons mirin (sweet rice wine)
1 teaspoon sugar
4/5 cup water
1 teaspoon Nijiya Wafu Dashi (Japanese stock)



[Directions]
1. Cut off the roots of the enoki mushrooms; slice into three equal lengths and break apart. Cut off the base of the shimeji mushrooms and break apart; cut in half if too long. Cut off the base of the shiitake mushrooms and slice.
2. In a saucepan, combine all the seasoning ingredients and the mushrooms. Simmer over medium heat for about 30 minutes, stirring occasionally.
* Place in a clean, airtight glass jar and store in the refrigerator for up to 1 week.

Mushroom Potage Soup

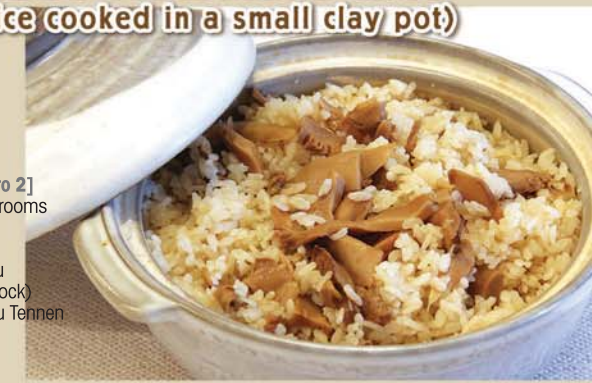
[Ingredients: Serves 4]
1 bag (3.5 oz.) shimeji mushrooms
½ bag (3.5 oz.) enoki mushrooms
3.5 oz. eringi mushrooms
1 potato
½ onion
1 garlic clove
1 ¼ cup chicken bouillon
1 cup and 2 teaspoons milk
1 tablespoon olive oil
½ teaspoon butter
2 tablespoons white wine
½ teaspoon salt
Pepper to taste



[Directions]
1. Mince the garlic and slice the onion and potato. Cut off the bases of the mushrooms and cut the mushrooms into bite-size pieces.
2. In a saucepan, heat olive oil and garlic over low heat. Once the aroma is released, raise the heat to medium and add the onion. Stir-fry well.
3. Add the mushrooms and white wine, and stir-fry until the mushrooms are soft. Add the potatoes and continue to stir-fry.
4. Add chicken bouillon and bring to a boil. Once the potatoes are tender enough to fall apart, turn off the heat and puree with a hand blender. (If using a regular blender, let the mixture cool a little first.)
5. Heat the mixture again over medium heat and add milk. Season with salt and pepper and add butter at the end. Add a splash of heavy cream, if you like.

Mini Donabe Matsutake Rice (matsutake rice cooked in a small clay pot)

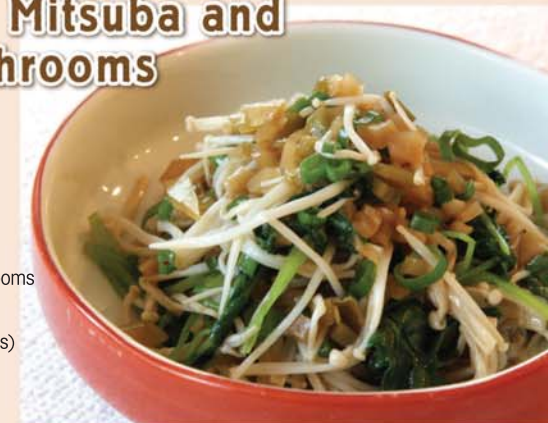
[Ingredients: Serves 1 to 2]
1.8 oz. matsutake mushrooms
5.3 oz. rice
4/5 cup water
2-inch strip dashi kombu (dried kelp for making stock)
2 teaspoons Nijiya Tsuyu Tennen (noodle sauce)



[Directions]
1. Wash the rice and drain in a colander. Let stand for 20 minutes. In a small, single-serving clay cooking pot, combine the rice, water, and Tsuyu Tennen. Place the kombu strip on top and leave for 30 minutes.
2. Slice the matsutake and add to the clay cooking pot of Step 1. Cover and cook over medium heat until it reaches a rolling boil. Lower the heat and simmer for 8 minutes. Raise the heat to high and cook for 30 seconds. Turn off the heat and let stand for 15 minutes before serving.

Marinated Mitsuba and Enoki Mushrooms

[Ingredients]
½ bag (3.5 oz.) enoki mushrooms
1 bag (1.8 oz.) mitsuba (Japanese wild parsley)
0.35 oz. Zasai (Chinese pickles)
½ green onion
½ tablespoon soy sauce



[Directions]
1. Cut off the roots of the enoki mushrooms and cut the stems in half. Cut the mitsuba into the same length as the mushrooms.
2. Cook 1, briefly in boiling water and drain in a colander.
3. Roughly chop the Zasai and green onions. Place in a bowl; add 2. and soy sauce, and marinate.

Mixed Mushroom Paste (with baguette)

[Ingredients]
1 piece (1.8 oz.) eringi mushroom
½ bag (1.8 oz.) shimeji mushrooms
½ bag (1.8 oz.) maitake mushrooms
¼ bag (1.8 oz.) enoki mushrooms
4 shiitake mushrooms
2 garlic cloves
1 red pepper
3 tablespoons olive oil
1 tablespoon white wine
1 teaspoon dried basil
Salt and pepper to taste



[Directions]
1. Cut off the bases of the mushrooms and slice into bite-size pieces. Slice the garlic.
2. In a skillet, heat olive oil, garlic, and red pepper over low heat. Once the aroma is released, raise the heat to high. Add the mushrooms and stir-fry. Add white wine and continue to stir-fry.
3. Add dry basil, salt, and pepper and stir-fry well. Once the mushrooms are tender, turn off the heat and allow to cool for a few minutes. Grind in a food processor to a slightly coarse texture.
4. Spread the mixture over toasted baguette slices. Sprinkle with parsley, if you like.
* The paste can also be used in pasta sauce or soup.

POTATO CROQUETTES

From children to grown ups, everybody loves potato croquettes.



Basic Croquette Potato Croquettes

Ingredients (makes 6):

- 2 medium-sized potatoes (approx. 1 lb.)
- 1/2 onion
- 4.2 oz. ground beef and pork mixture (or use either one)
- 1 tablespoon butter
- 1/2 teaspoon salt
- Salt and pepper to taste

- 4 tablespoons plus, all-purpose flour
- 1 egg, beaten
- About 6 tablespoons panko (bread crumbs)
- Oil for deep-frying

<Directions>

- 1 Cook and mash the potatoes.
- 2 Sauté the ground meat and onion in the butter.
- 3 Place mixture in a bowl and season with salt and pepper.
- 4 Shape into six croquette balls. Dust each ball with flour, coat with beaten egg, roll in panko, and deep-fry.



How Do You Want to Make It Today?

You can cook croquettes in various ways, depending on your goal: “time saving,” “best to eat as soon as cooked,” “delicious even when cold,” and “non-fried.” Here are some cooking tips:

Choosing the Ingredients

Potatoes:

Russets or a similar variety, which become fluffy when cooked, work well for croquettes. Generally speaking, waxy potatoes such as Yukon Gold and red potatoes become gluey when cooked, so they’re more suitable for a simmered dish than for croquettes.

Onion:

The yellow onion is the best cooking onion.

Ground meat:

Use beef, pork, or a mixture of the two, depending on your preference.

Oil for deep-frying:

This depends on your preference. If you want the croquettes to taste less

oily, use a milder vegetable oil such as canola oil or corn oil. If you want to add some flavor, you can blend olive oil or sesame oil with a mild vegetable oil.

1 How to Cook Mashed Potatoes

Cooking potatoes in their skins maintains their starch and flavor.

Cooking method A:

Wash the potatoes thoroughly, cut them in half, and wrap them with plastic wrap while they’re still wet. Place the potatoes cut side down at equal intervals along the edge of the turntable. It’s important not to put the potatoes at the center of the turntable. Two medium-sized potatoes will cook in about 9 minutes at 1200 watts. Add more time if necessary, until a bamboo skewer easily pierces the potato.



Cooking method B:

Cooking potatoes by cooking method 1 might yield a bitter taste.

Try this method to avoid any bitterness. Cut the potatoes in half, place them in a heat-resistant dish, and cover with water. Add 1/2 teaspoon of salt (not included in the ingredients). Cooking takes about 12 minutes, and there will be no bitter taste.



Mash the potatoes immediately

Regardless of which cooking method you choose, peel the potatoes as soon as they’re cooked and mash them while hot. Use two forks so that you can peel and mash without directly touching the hot potatoes. If you wait to mash the potatoes after they cool, the cell membrane surrounding the starch will be destroyed, and the potatoes will become sticky.

2 Sauté the Ground Meat and Onion

While the potatoes are cooking, sauté the ground meat with butter. Add the onions after the meat is cooked. Add salt and pepper to taste after the moisture in the pan has evaporated.



3 Mix the Meat And Onions with the Mashed Potatoes

Mix them before get cold.



4 Shape and Deep-Fry Make Balls

Place the potato mixture in a cooking tray or similar dish and cool to room temperature. Moisten your hands with a drizzle of oil. Divide the mixture into 6 pieces and roll them into ovals or short cylinders.

Coating

Thoroughly and evenly coat the potato balls with oil using your hands, as uneven coating or any part without coating can cause them to rupture.

When you eat the croquettes right after cooking

The best method is to dip the balls in flour, beaten egg and panko, in that order.

When you eat the croquettes later

The bread crumbs will stay crunchy longer if the potato balls are dipped in batter (recipe is following) and then coated with panko.

Alternative Croquettes Batter (tasty even when croquettes get cold):

- 1/5 cup water
- 1 egg
- 6 tablespoons flour
- 1 teaspoon vinegar

<Directions>

Mix everything together.

Temperature for deep-frying

Deep-frying the potato balls too long may cause them to rupture. About 2 minutes at a high temperature (375°F), or until they’re browned, is recommended. To check the oil temperature, drop some bread crumbs into the oil. At 375°F, the bread crumbs will immediately spread over the surface of the oil. Don’t touch

the croquettes for 30 seconds after dropping them into oil, as they’re more likely to rupture. Turn them several times to brown evenly. Gently scoop up the balls from the oil by using a net strainer or the like.

When you don’t want to deep-fry Oven bake method:

Nowadays, many people may not want to eat deep-fried foods. Instead, you can bake the croquettes in an oven.

Preheat the oven to 350°F. Spread panko on a cooking sheet as evenly as possible. Bake for about 6 minutes until golden brown.

Drip some oil of your choice onto the panko and blend with a fork. If you want to be able to taste the oil, add enough to make the bread crumbs moist, like wet sand. If you prefer fewer calories, use a cooking oil spray. Use the baked bread crumbs for the coating.



Bake without deep-frying

Place a grate on a cooking sheet. Arrange the coated potato balls on the grate. Bake in a 350°F oven for 20 minutes.



VARIATION

Curry Flavored



Add some minced carrot and curry powder when you sauté the onions and ground meat.

With Cheese



Put some cheese of your choice at the center of each potato ball.

Kanpyo

dried gourd shavings

Kanpyo is an indispensable ingredient in Futomaki (thick-roll) sushi rolls. Although it appears plain and nondescript, being thin and stringy with no body, when you know more about kanpyo, I guarantee that you will love it and want to eat more of it.

What is kanpyo?

Kanpyo is the shaved flesh of the bottle gourd dried into thin strips. The white, tidy flowers of the bottle gourd bloom on a summer evening and wither overnight. Contrary to this fleeting image, the vines are full of vigor growing as tall as 20 meters, and the flesh is said to grow as big as 6 to 7 kg. (13 to 15 lbs.). The bottle gourd originated in the tropical regions of Africa/Asia. Japan is the only

country where kanpyo is traditionally eaten. People in other parts of the world dry the gourds for use as containers and/or pieces of art. Kanpyo has been consumed in Japan as food from ancient times. In the Edo Period (1603-1868), it was treasured by the upper classes as a refined food. It can be said that kanpyo is a valuable, appealing food which carries history and tradition spanning over three hundred years..

How is kanpyo prepared?

Kanpyo used to be made by peeling by hand but nowadays, it is sliced by rotating a machine with a planer. Its standard measurements are about 3cm wide and 3mm thick. Peeling is done between 3AM and 7AM, after which it is sun dried. On a fine day, it can be dried in a single day.

Nutritional value

Kanpyo is rich in calcium and iron. It

has a lot of plant fiber, which prevents illness by increasing lactobacillus bifidus in the intestines and suppressing the rise of blood cholesterol. Because it expands after you eat it, kanpyo is recommended for improving digestion. It is also used in weight-loss diets.

Preparation

To prepare kanpyo, rinse lightly, add salt (one teaspoon), and rub it till it softens. (An easy way to rub the kanpyo with salt is to use a cutting board like a washboard.) After rinsing out the salt, squeeze out the moisture, and boil in ample water till it softens. Drain the kanpyo after it is boiled.

Kanpyo with no additives can be rinsed quickly, then immersed in plenty of water for about ten minutes to rehydrate. You can skip the process of rubbing the kanpyo with salt and cook it any way desired.

It is convenient to have kanpyo cooked/seasoned and kept in the refrigerator. Then it is ready to roll into sushi.



Kanpyo chips

Ingredients (easy to use amount) ■

- 1 ounce of kanpyo (dried)
- 1 teaspoon of salt
- Dashes of potato starch, salt, pepper
- Cooking oil

How to make ■

1. Rinse the kanpyo. Place it in a bowl, and sprinkle with the salt. Rub the kanpyo with both hands for one minute till it gets supple. Let it rest for 5 minutes or so.
2. Wash out the salt from 1) and cook in enough boiling water till the kanpyo becomes soft enough to shred with your fingers. (Approximately 20 to 30 minutes)
3. Rinse 2) under cold running water and drain the water.
4. Cut the kanpyo into about two-inch strips and squeeze out the moisture with a paper towel.
5. Sprinkle potato starch on both sides of the strips while you heat a frying pan with oil. Fry the kanpyo strips in the oil over medium-to-high heat till they become golden brown.
6. Sprinkle salt and pepper on the fried kanpyo strips.



Light Kanpyo roll

Ingredients (four rolls) ■

- 2 ounces (50g) of seasoned kanpyo
- 1 cup of cooked sushi rice
- 2 sheets of yaki-nori (toasted seaweed)
- Dash of yukari (red perilla sprinkle)

How to make ■

1. Cut each sheet of toasted seaweed in half to make four equal sheets. Sprinkle yukari into the sushi rice and mix.
2. Place one seaweed sheet on a sushi mat toward the front. Spread ¼ of the sushi rice on the sheet and top with kanpyo. Roll by folding the ingredients away from you, applying gentle force until the roll is complete.
3. Cut the roll into four pieces with a knife soaked in water and serve.

Kiriboshi-Daikon

thinly sliced and dried strips of daikon

Kiriboshi-daikon is daikon (Japanese radish) that has been thinly sliced and sun dried. Bathed in sun, the strips increase in sweetness and nutritional value.

When compared to the same weight of raw daikon, kiriboshi-daikon contains fifteen times more calcium to strengthen bones and teeth, 32 times more iron to prevent pernicious anemia, and ten times more vitamins B₁ and B₂ to support metabolism. Because the volume decreases to approximately one tenth when dried, kiriboshi-daikon is a more efficient way to absorb nutrients. As a rich source of dietary fiber, it improves digestion and promotes beautiful skin. Kiriboshi-daikon is effective in weight-loss diets because it gives a sense of fullness even in small quantities. It also works to restore liver

and stomach functions weakened by hangover, and it mitigates sensitivity to cold through its heat insulating action. Kiriboshi-daikon was a valuable food in the past when fresh vegetables were not readily available. Today, it is desired as a food packed with the nutrients that many people lack.

You probably assumed that kiriboshi-daikon would be reconstituted and eaten as a cooked food, but we actually recommend it to be eaten as is.

Kiriboshi-daikon eaten as a dried food makes your stomach feel satisfied. It has a unique mouth-feel and requires considerable chewing, so you soon feel full. Kiriboshi-daikon in its dried form is an ideal item to be stocked long term. You can combine it with any canned goods or leftover vegetables to create



new menu items. The umami of kiriboshi-daikon increases over time. Foods combined with kiriboshi-daikon are delicious right after you prepare them and also stay delicious stored in the refrigerator. With time, they become increasingly flavorful. Kiriboshi-daikon is an especially appealing ingredient for those who lead busy lives.

Here are recipes that use kiriboshi-daikon in salads.



Light kiriboshi-daikon salad

Ingredients (serves 2)

- 1 ounce (30g) of kiriboshi-daikon
- 1 cucumber, sliced
- 1 can of Nijiya tuna (in oil)
- 3 tablespoons ponzu soy-sauce
- 3 leaves green shiso, finely chopped

How to make

1. Thoroughly rinse kiriboshi-daikon and leave in water for fifteen minutes. After draining the water, cook in boiling water for one minute and squeeze out the moisture.
2. Cut the kiriboshi-daikon into easy-to-eat pieces. In a bowl, add the cucumber and canned tuna. Dress with ponzu soy sauce and mix well.
3. Refrigerate for 30 minutes to blend the flavors. Serve in a bowl topped with the green shiso.



Kiriboshi-daikon & canned tuna salad

Ingredients (serves 2)

- 1.5 ounces (35g) of kiriboshi-daikon
- 1 cucumber, finely sliced
- Two pieces umeboshi (pickled plum), seed removed and mashed
- 1.5 tablespoons white sesame
- Shredded nori, as needed

<Dressing>

- 3 tablespoons mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon sugar
- 1 teaspoon Nijiya Tsuyu Tennen

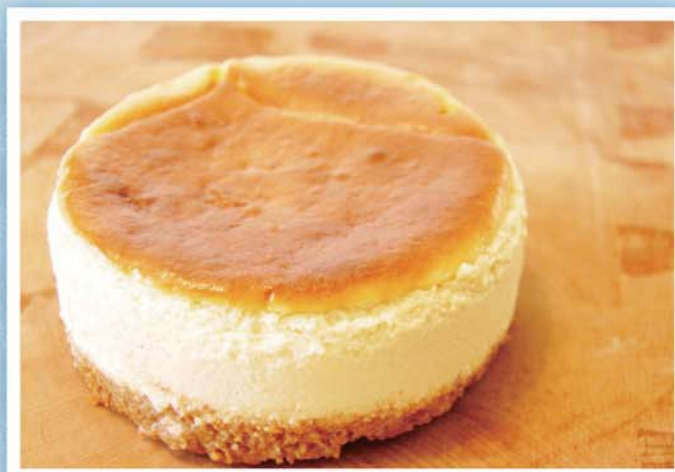


How to make

1. Reconstitute the kiriboshi-daikon by soaking in water for twenty minutes. Drain, and squeeze out the moisture.
2. Mix the dressing ingredients. Combine with the kiriboshi-daikon, sliced cucumber, and umeboshi and mix well.
3. Mix in white sesame and garnish with nori.



WINTER



Yuzu baked cheese cake

The fragrance and flavor of yuzu make this baked cheese cake recipe into a Japanese style dessert.

Ingredients (makes one cake approx. six inch diameter)

- 1/2 cup crackers, crushed
- 1 tablespoon melted butter
- 1/2 lbs. cream cheese, at room temperature
- 1/3 cup sugar
- 1/3 cup yuzu juice
- 1/3 cup unsweetened yogurt
- 1 egg, beaten

<Directions>

1. Apply oil (not included in the ingredients) lightly to a round cake mold using a paper towel. Cut a round sheet of baking paper to fit, and place it at the bottom of the cake mold.
2. Mix the crushed crackers and melted butter and spread well over the bottom of the cake mold of 1).
3. Cream the sugar and cream cheese with a wooden spoon. Whisk well until smooth.
4. Gradually stir in the beaten egg to 3).
5. Add yogurt and yuzu juice to 4) and mix well. Pour the mixture into the prepared cake mold of 2).
6. Pour hot water (not included in the ingredients) to a depth of about 1-1/4 inches in a baking tray. Place the cake mold into the hot-water bath. Bake in a 325°F oven for about 90 minutes.
7. Once baked, wait till the heat subsides and remove from the mold after chilling in the refrigerator for several hours.

Berry au-gratin

This is easy-to-make warm dessert. You can substitute fruits of your choice for the berries used here, and the result will be equally delicious.

Ingredients (makes 4 servings)

- 1-1/2 cups milk
- 2 eggs
- 1/2 cup sugar
- 3 drops vanilla extract
- 2 cups frozen mixed berries

<Directions>

1. Divide the frozen mixed berries into four equal portions and put in oven-proof ramekins of approx. 2 inches diameter.
2. Thoroughly mix the eggs and sugar in a bowl. Gradually add milk.
3. Add the vanilla extract and strain into another bowl.
4. Pour in the mixture of 2) into the ramekins over the berries of 1). Fill to the rim.
5. Place 3) in a baking tray and bake in a 325°F oven for approx. 20 minutes.



Black sesame Shiruko (sweet azuki soup with rice cake)

How would you like some Chinese-style black sesame sweet azuki soup on a cold day?

Ingredients (serves 2)

- 1 cup black sesame
- 6 tablespoons honey
- 2 cups soymilk
- 2 tablespoons kudzu flour (dissolved in a small quantity of water)
- 4 tablespoons shirataamako (rice flour for dumplings)
- 2 tablespoons water (for rice flour dumplings)
- 8 candied chestnuts(kuri kanroni) (for garnish)

<Directions>

1. Knead the shirataamako and water. Shape into dumplings of around 3/4 inches in diameter and boil in hot water (not included in the ingredients). Set aside.
2. Roast the black sesame and grind it well.
3. In a saucepan, mix the black sesame of 2), honey, and soymilk and bring to a boil.
4. Add the kudzu flour dissolved in water and bring to a full boil.
5. Pour the mixture evenly into two containers while warm. Add the shirataamako dumplings and top with candied chestnuts.



Apple dessert

This recipe tops apple filling with crispy rice wafers to create visual and textural contrast.

Ingredients (serves 6)

- 2 apples
- 1 cup apple juice
- 1 tablespoon kudzu flour (powdered arrowroot)
- 2 tablespoons apple juice (to dissolve the kudzu flour)
- 2 sheets of rice wafer paper
- Vegetable oil, as needed
- Maple syrup, to taste
- Cinnamon powder, to taste

Ginger pudding

This pudding is made with ginger, a must in maintaining a healthy body in wintertime. Combined with red beans, it tastes really great.

Ingredients (makes six two-inch ramekins)

- 3 cups milk
- 2 whole eggs
- 2 egg yolks
- 1 cup sugar
- 2 tablespoons grated ginger
- Tsubuan (prepared sweet bean paste containing pieces of beans), as needed
- Shirataamako dumplings (refer to the recipe for black sesame sweet azuki soup), as needed

<Directions>

1. Combine the milk and grated ginger in a saucepan and heat to just below boiling.
2. Add the whole eggs and egg yolks in a bowl and whisk well until smooth but not foamy.
3. Slowly add the milk of 1) to the bowl of 2).
4. Use a net to strain this mixture into another bowl.
5. Divide 4) into six oven-proof ramekins.
6. Place 5) side by side in a baking pan. Pour lukewarm water into the pan to a depth of the halfway point on the ramekins.
7. Bake in a 325°F oven for about 30 minutes or until a knife inserted near center comes out clean. Cool in the refrigerator.
8. Make shirataamako dumplings from the Tsubuan and Black Sesame Sweet Soup recipe and pour on top of the pudding.



What a Wonderful Life!!



Kei Hasegawa

Kei Hasegawa grew up with a love of making things by hand. So, it was logical that he would take an interest in baking and eventually apprentice at confectionary shops and restaurants in Japan and the U.S. He is now the pastry chef at a restaurant in Los Angeles.

As a young, aspiring musician and “full-time” part-timer, Kei saw a colleague skillfully make a birthday cake one day at the shop where he was working. Immediately he fell under the spell of confectionary making. He had never been to cooking school and had never baked before. At 22, he was fairly old for an apprentice, so he had to study under younger chefs. The basics of confectionery-making were all he could think about, and he practiced constantly. He had the will, stamina, and passion to continue baking against all odds. In 2005, when he was finally ready to test his skills on the global stage, Kei traveled to the U.S. After overcoming numerous hardships through sheer willpower, Kei is now busy as a pastry chef at an L.A. restaurant.

So, what makes sweets-making fun for him?

“Some say we can live without things like sweets. That’s true, but sweets make special days —like weddings, birthdays, and anniversaries— even more special. I can help whip up that special day for someone. I can make someone feel happy and joyful with my own sweet creation. How great is that!?”

How does he come up with the original recipes he shares with Gochiso magazine readers?

“These are the sweets I want to eat myself;” he says. It’s very important for any chef to want to make things he would enjoy having.

The restaurant and sweets culture is more vibrant on the East Coast. Why did he choose to try the West Coast instead?

“I admit that L.A. is behind when it comes to sweets, but it also means we have great opportunities. There are abundant ingredients here, so it’s wonderful that local farms can collaborate with restaurants and bakeries. Just like savory cuisine, the secret for success in sweets is to use locally produced ingredients. I’m so excited to be one to tap the possibilities in a non-established market.”

One challenge that Kei set for himself is to participate in pastry competitions in the U.S.

Prominent competitions draw the participation of professional chefs who want to make a name for themselves by winning titles. To take part in a competition, a chef must begin his or her preparations more than six months in advance. Kei actively competes in these events while working his day job.

“Making sweets day in, day out is what I love to do, but I’m also always driven to get better. As a native Japanese, my English isn’t very good, but in terms of skills and techniques I can compete head to head with American chefs. Another appealing [aspect of competition] is that I can make friends with many local chefs.”

After establishing his position as a professional pastry chef, Kei continued to take on new challenges. In 2014 he became the first Japanese to receive the Rising Stars Award in the pastry category.

So what will the future hold for Kei?

“I will still take on challenges to improve myself. Eventually I want to have my own shop. I now spend every spare moment dreaming about what my shop will be like, and it’s really fun. Dreaming is fun, but I must build a solid foundation now in order to make my dream come true. I’m always working toward the next step.”

Mizuna has been a popular vegetable in Japan since olden days. This leafy green belongs to the Brassica family and is a type of mustard like komatsuna, takana, and daikon. Many people enjoy the pungent kick of mizuna. With its powerful antioxidants, mizuna has long played an important role in the health of the Japanese people.

It is said that mizuna originated in Japan, where cultivation began in the Heian period (794 – 1185). Today, mizuna is a designated kyo-yasai (a vegetable certified to be from Kyoto). The popular mustard leaves that grow abundantly in Kyoto are a fixture in kyo-ryori (Kyoto cuisine). Mizuna is eaten throughout Japan, and fields of it are found everywhere.

Seeds are planted in autumn or early spring. After 90 days, when the plants are approximately a foot tall, they are harvested and shipped. Mizuna's appeal is its soft but crunchy texture. A perfect accompaniment to hot pots, mizuna is widely assumed to be a wintry crop. In reality, mizuna is grown throughout the year and in recent years has become available through all four seasons.

Mizuna, when left to grow for more than 90 days, can reach 20 inches or taller. Its stalk becomes as thick as a small chopstick. Tall mizuna retains its crunchiness, softness, and unique

MIZUNA (POTHERB MUSTARD)

fragrance, but only when it's grown organically. Organically grown mizuna, however tall, provides the flavor that's unique to this vegetable. Because agrochemicals aren't used, mizuna can grow taller only during the cold period of winter through spring. This gives mizuna its status as a seasonal vegetable. Mizuna is best when prepared with little or no heat. It's ideal for salads, ohitashi (seasoned boiled vegetables), aemono (dressed chopped vegetables), soup, and zoni (rice cakes boiled with vegetables), where it retains its unique crunchiness.

Mizuna in the U.S.

Surprisingly, mizuna is eaten not only in Japan but is now also found in the salad vegetable sections of supermarkets around the world.

Leading chefs love the unique texture of mizuna, which is different from lettuce and other leafy vegetables, and recently mizuna has found its way to the menus of fine-dining restaurants around the world. Before we knew it, mizuna became a salad ingredient loved by consumers the world over.

The vegetable is described as "Japanese mizuna: tangy and mildly peppery, like mustard greens." It is also recognized for its powerful antioxidant property, like other members of the Brassica family. Today, mizuna is found in many salad mixes—packaged mixtures of arugula, red oakleaf lettuce, green endive, red leaf, mizuna, and other leafy greens for easy salad making.

Nutritional Value

Marketers often characterize mizuna as an ideal food for women because it's an excellent source of skin-beautifying substances and contains abundant nutrients women need.

Don't be fooled by its slender shape and light color. Like carrots, broccoli, and other green and yellow vegetables, mizuna is rich in nutrients that are good for the skin and general health, such as vitamin C, beta-carotene, iron, calcium, and dietary fiber.

Texture and Taste

Mild, crispy, and crunchy, mizuna goes well with any dish, but it's particularly good in salad. Indeed, mizuna adds extra flavor to any ordinary mix. Or, it can be boiled for a few seconds and drizzled with your favorite soy-sauce dressing and dried bonito flakes or topped with sesame. Mix it with boiled pork, chicken, fish, mushroom, or just about anything. Mizuna is also great in all kinds of hot pots, such as mizutaki (chicken and vegetables), yosenabe (meat, seafood, and vegetables), shabu-shabu (thinly sliced meat), and sukiyaki (thinly sliced beef cooked in sweet soy sauce).

Mizuna is also added to miso soup and other types of soups. Zoni soup, prepared on New Year's Day, contains mizuna in many regions of Japan. At the end of the year, supermarkets sell mizuna by the basketful for use in New Year's dishes.

Cultivation

The cultivation of mizuna begins in mid-September. Soil is tilled into mounds of approximately 8 inches high and 4 feet wide, and a layer of fertilizer is buried at the center of each mound. Two T-tapes are then laid onto the topsoil, and mizuna seeds are planted in four rows on both sides of the tape, with a seed-planting machine. After the seeds are planted, the soil is watered. In three days, small seed lobes begin to sprout in pairs. All the seeds will have sprouted by the end of the week. In the third week the stalks will begin to extend and larger leaves will appear. Soon, you will have healthy mizuna. If there are problems, you'll know after the first week because only a small portion of the seeds will sprout. In the following week, what few seed lobes you had will be gone. When you dig up the seeds and examine them with a magnifying glass, you'll see that numerous mites have

attached themselves to the sprouted seeds and fed on the seed lobes. These tiny insects keep the seeds from sprouting and growing. Mites are insects of 0.3 to 0.5 mm in size—even smaller than aphids—that fly and land on the leaves of eggplant and Jew's mallow at the end of the summer vegetable season. Scattered by winds like powder that can travel through the mesh of screen doors, these tiny parasites change shape into any of seven different forms depending on the environment and the plant on which they live. They're variously called "spider mites," "russet mites," and "dust mites."

Mites are the biggest enemy of organic farming, particularly in the cultivation of winter leafy greens such as spinach, mitsuba, and komatsuna. However, these unloved insects begin to weaken when the lowest nighttime temperature drops to 59°F or so. When the days become this cold, it's time to start planting mizuna.

Organic Farming

The basic principle of organic farming is to prepare and maintain fields in a natural way that allows crops to develop fully. The

downside of organic farming is that this same natural environment is beneficial to injurious insects and weeds.

To prevent the attraction of insect pests and the growth of harmful weeds, it's important to decide exactly when to plant, what shape to mound the soil in, and how to water the seeds/plants.

If the field can be turned approximately three times during mizuna cultivation season when the lowest temperature drops to 59°F or below and mites don't breed, you can expect a great harvest.

Tall, organically grown mizuna is so much crunchier and tastier than conventionally grown mizuna and retains all the natural flavor and nutrients of the vegetable. Because organic mizuna is grown only in the cold season, winter is still the best time to eat this year-round vegetable.



Nagaimo

(Japanese yam)

Raw grated nagaimo has a unique sticky texture. Nagaimo transforms plain rice and noodle dishes into special treats such as mugitoro-gohan (a bowl of boiled rice and barley with grated yam on top) and tororo soba (buckwheat noodles served with grated yam on top). Nagaimo is not only delicious but also offers excellent nutritional benefits.

Nagaimo is a root vegetable from the family Dioscoreaceae. There are three major groups of yams generally referred to as “yamanoimo” (Dioscorea japonica): yamanoimo, jinenjo (Japanese yam), and daijo (water yam). Yamanoimo have been consumed in Japan since the olden days.

People always remark on nagaimo’s stickiness. This sticky substance is mucin, which contains galactan and

mannan bonded with proteins. Mucin aids metabolism and cell proliferation that are linked to anti-aging and preserving the youthfulness of the skin. It is said that eating nagaimo regularly improves basic physical fitness.

Nagaimo is rich in digestive enzymes such as amylase, diastase, etc. These digestive enzymes not only aid digestion of the nagaimo itself but

also help digest foods eaten with nagaimo. Eating nagaimo is said to prevent a heavy sensation in the stomach. While most starchy tubers and roots need to be heated, nagaimo can be eaten raw because of its powerful digestive enzymes.

Nagaimo is also rich in zinc and dietary fiber, vitamin B1, dioscorine, polyphenol, lectin, etc. It can be enjoyed raw, cooked, or grilled.

If your hands get itchy when you touch nagaimo, this is a reaction to calcium oxalate crystallization. The crystallization breaks down when nagaimo is peeled. Simply washing the itchy area with lemon juice or a diluted vinegar solution alleviates the itching.

To store a whole nagaimo, wrap in newspaper and place in a dark place. To store nagaimo that has been cut, wrap in a plastic sheet and keep in the refrigerator. Preserve grated or finely sliced nagaimo by freezing.



Nagaimo-no-buta bara maki

(nagaimo wrapped with boned pork ribs)

- ◆ **Ingredients (serves 2)**
- 4 inches (10cm) nagaimo
 - 6 slices boned pork ribs
 - Salt and pepper, to taste
 - Lemon, as needed
 - 1 teaspoon sesame oil

- ◆ **Directions:**
1. Peel nagaimo and cut into approx. 1/2 inch sticks. Cut boned pork ribs in half and salt and pepper both sides.
 2. Wipe off viscous liquid with a paper towel and wrap nagaimo sticks with the boned pork ribs.
 3. Pour sesame oil in a heated skillet and grill 2) until golden brown. Serve on a plate and garnish with lemon slices.



Nagaimo Juice

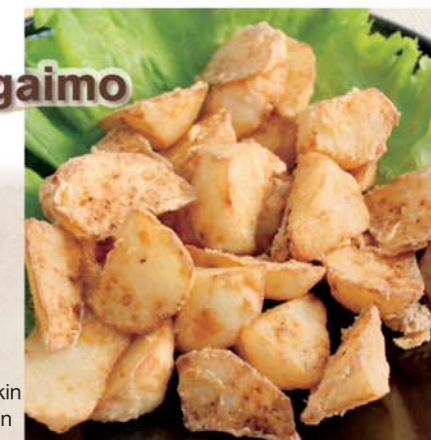
- ◆ **Ingredients (serves 2)**
- 3.5 oz. nagaimo
 - 4/5 cup milk
 - 2 tablespoons honey
 - 3 to 4 ice cubes
- ◆ **Directions:**
- Put all the ingredients together in a blender and then blend until smooth.
- * You can also add apple, banana or any other fruit you like to boost the flavor.



Deep-Fried Nagaimo

- ◆ **Ingredients (serves 2)**
- An appropriate amount of nagaimo
 - 1 clove of garlic, salt (to taste) and vegetable oil (as needed)

- ◆ **Directions:**
1. Wash the nagaimo with the skin on. Remove the root hairs then chop into chunks.
 2. Heat the vegetable oil in a frying pan, and add the minced garlic to the oil for flavoring.
 3. Deep fry the nagaimo until the skin turns golden. Sprinkle with salt.
- * You can peel the nagaimo, if you prefer. Also, for a crispier texture you can dredge the nagaimo in katakuri-ko starch prior to deep frying.



Nagaimo negi-yaki

(green onion-grilled nagaimo)

- ◆ **Ingredients (serves 2)**
- 7 ounces (200g) nagaimo
 - 4 to 5 green onions (finely chopped)
 - 2 tablespoons flour
 - 1 egg
 - 2 tablespoons dried sakura shrimp
 - Dash of sesame oil
 - 1 tablespoon salad oil
 - Ponzu, to taste

- ◆ **Directions:**
1. Grate nagaimo in a bowl. Add the egg, flour, and salt and mix thoroughly. Add the chopped green onions and sakura shrimp and mix well.
 2. Heat the salad oil in a skillet and pour in the mixture all at once. Put a lid on the skillet and cook slowly over medium heat.
 3. When the color of the chopped green onions turns bright, flip the mixture over to cook the other side.
 4. Remove the lid and turn the heat higher. When the mixture turns golden brown, pour off the sesame oil. The nagaimo negi-yaki is done when it is crispy.
 5. Place on a serving dish and serve with ponzu.



Crab

Crab is essential for winter seafood recipes. Everyone agrees that crab is the king of winter flavors. Aren't you filled with anticipation when you think of hot pot or kani suki (crab hot pot) on a cold winter's day?

Nijiya Sticks to Raw Crab!

Crab in American stores is usually cooked or boiled, but Nijiya purchases raw crab not only to keep the original flavor but also to give our customers greater freedom of preparation. Crab is a seasonal food and, usually, frozen raw food has to be special-ordered before the start of the fishing season. Nijiya has its own purchase route, through which we place special orders every year. The most delicious crab of the season comes to us directly from the processing plant.

Jumbo Snow Crab

Snow crab, together with king crab, is one of the most popular crab varieties. The crab that is branded and sold as Matsuba Crab or Echizen Crab in Japan belongs to the snow crab species. The jumbo snow crab, from the Valdai species, is also called "phantom crab" because it's very precious and rarely seen in the general market due to catch restrictions and a limited production area. It is said that snow crab can be found only at a few high-class Japanese-style restaurants in

Japan due to its rarity and value.

Characterized by thick legs, jumbo snow crab meat is plump and fresh! The more you chew it, the more flavor you'll get.



Red King Crab

As the name suggests, red king crab wears the crown.

With the plumpest legs full of meat, the crab tastes sweet, rich, and juicy. Once you get to know the flavor, you will definitely be obsessed with it.

How to Choose Good Crab

Because we eat only the interior of the crab but not the shell, it isn't easy to choose a good one based on external appearance. Here we'll give you some tips on how to identify a crab that will taste great.

1) The color of the shell

If the crab shell looks somewhat transparent, it's likely that the crab molted recently and doesn't have enough meat inside. It is said that a crab with a yellowish or cream-colored shell contains plenty of meat. On the contrary, it is said that uneven coloration on the shell is likely to be caused by gaps in the meat.

2) Heaviness

If the crab is solid, firm, and heavy, it holds plenty of juicy meat.

Nutrition Value

Crab contains an abundance of flavorful extracts. Glutamic acid, glycine, and other amino acids contribute to the unique flavor. Crab contains betaine and homalin, which have remarkable rejuvenation effects on the human body. They help in the production of cells, hormones, and enzymes.

Moreover, crab has more protein but fewer calories compared to other sea delicacies and contains 15% to 20% of high-quality protein. Eating crab is good for weight control, because it is low in fat and sugar. A carotene pigment called astaxanthin, which has a strong antioxidant effect, turns the crab red when placed in boiling water. It is said that the human body converts carotene to vitamin A, which slows the aging process.

Kani Nabe (Crab Hot Pot)



● Ingredients (Serves 4)

1 lb. 12 oz. Crab	1 pack Tofu
6 leaves Nappa Cabbage	1 Shungiku
1 Green Onion	8 Shiitake
1 pack Eringi	

5 tablespoons Miso	2 tablespoons Mirin
3 tablespoons Soy Sauce	1.7 oz. Sake
22 oz. soup stock/dashi	

● Directions

1. Cut the crab diagonally into pieces that will fit into the pot.
2. Cut the mushrooms and other ingredients into bite-size pieces.
3. Put miso, mirin, soy sauce, sake, dashi in another pot. Bring to a boil and add the other ingredients, adding the crab last.

Snow Crab Cream Tomato Pasta



● Ingredients (Serves 2)

7 ounces Pasta	8 pieces Snow Crab Meat
7 oz (approx. half a 14.5 oz can) Diced Tomato	1 clove Garlic, crushed
1 Hot Red Pepper	1 tablespoon White Wine
2 tablespoons Heavy Whipped Cream	2 teaspoon Olive Oil
Dashes of Salt & Pepper	Dash of Parsley

● Directions

1. Put olive oil, garlic, and red pepper in a pan over low heat. When you can smell the pepper, remove it.
2. Cut the crab legs into easy-to-handle lengths, and place in a pan with the wine. Cook over medium heat with lid on for about 5 minutes. Add the diced tomatoes and lower heat to simmer and start boiling the pasta.
3. Remove from heat and add the cream to the sauce. Add salt and pepper to taste. Top the pasta with the sauce and a sprinkling of parsley.

Crab Rice



● Ingredients

<For Dashi (broth)>	
Crab shells: saved from crab used in recipe	Water
2-inch piece of Konbu	
<For the rice cooker>	
2 cups uncooked Rice	Crab meat, desired amount
1 tablespoon Sake	1 tablespoon Mirin
2 tablespoons Soy Sauce	1/3 teaspoon Salt

● Directions for dashi

1. Put the crab shells and enough water to cover in a pot. Cook over medium heat to a point below boiling. Skim the broth to clarify. Lower heat to simmer to create broth. Place konbu in the broth and let rest for several hours in the refrigerator.

● Directions for the rice

2. Put all the rice cooker ingredients into the rice cooker. Instead of plain water, use the broth from Step 1 to fill the rice cooker to the cooking line. Cook the rice as usual. When cooking is done, mix immediately.
* You could also add shimeji, enoki, or kinoko*

Kani Tama



● Ingredients (Serves 4)

6 Eggs	3 1/2 ounces Crab Meat
2 Shiitake	1/2 Green Onion
4 tablespoons Canned peas	Cooking Oil, as needed
Dashes of Soy Sauce, Pepper, and Salt	

Ingredients for the sweet and sour sauce (Amazu-An)
 Soup (6.8 oz. hot water and 2 teaspoons granulated Chinese soup stock)
 1 tablespoon soy sauce 1 1/2 tablespoons sugar
 1 tablespoon rice vinegar Dash of pepper
 2 teaspoons Potato Starch (dissolved in water)

● Directions

1. Shred the shiitake, and cut the green onion diagonally.
2. Make the sweet and sour sauce (Amazu-An). Place the ingredients (except for the starch) for the sweet and sour sauce in a pot, and heat. Add the starch after the mixture is heated.
3. Heat the oil in a pot, sauté the shiitake and green onions. Season with soy sauce and pepper. When cooled, add the peas, salt, and crab meat. Pour in the eggs.
4. Heat oil in a pot. Add the mixture of Step 3 and stir as it cooks thoroughly.
5. Put the mixture on a plate, and pour the sweet and sour sauce (Amazu-An) on top.

Oysters

As the weather turns cold, hot-pot dishes appear frequently on the dinner table. Family and friends enjoy gathering around a delicious hot-pot dish. There are many kinds of hot-pot dishes: sukiyaki, shabu-shabu, chanko-nabe, motsu-nabe, etc. The most popular versions of these are seafood hot-pot dishes such as crab-nabe. When salmon, codfish, monkfish, etc. are put in the pot with a variety of vegetables, the umami of the ingredients is definitely enhanced. We recommend putting oysters in seafood hot-pot dishes. A melting, soft and syrupy umami from the oysters fills the mouth. Here, we are going to talk about oysters, which are also called “the Milk of the Sea.”

What are oysters?

Certain foods cause people to speculate that those who ate them for the first time must have been very hungry; oysters are one of these foods. Oysters are bivalves with rugged, hard shells that stick to rocks. Oysters live in rocky reef regions. Depending on the surrounding environment, density of their habitat, etc., the shape of their shells changes, turning angular or roundish. The harsh-looking shells hardly look like anything you would want to pry open to eat the contents raw. In spite of their seemingly off-putting appearance, oysters have been consumed all over the world for thousands of years. Although Westerners are surprised to see Japanese people eat raw seafood, Westerners themselves have been eating raw oysters since olden days. European historical figures such as Caesar, Napoleon, and

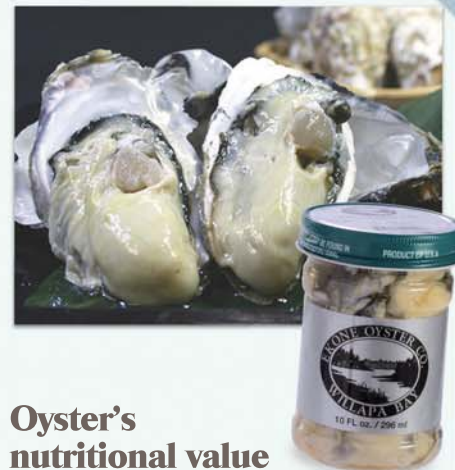
Bismarck, for example, must have enjoyed oysters. Oysters have been closely related to human history throughout the world.

Degree of freshness is different with Nijiya's oysters

At Nijiya, we order bottled raw oysters that are freshly harvested and flown in from Washington State twice a week, on Tuesdays and Wednesdays. The oyster farm we contract with has implemented Japanese technology; there is no smell to the oysters because they are cultivated in a clean water environment.

The freshly shucked oysters are packed in jars.

The taste is rich and creamy with a hint of sweetness. They are of the best quality, thus appropriately named “the Milk of the Sea.”



Oyster's nutritional value

The high nutritional value of oysters also qualifies them as “the Milk of the Sea.” What is most unique about them is that they contain a lot of zinc. Zinc is an essential mineral that plays an important role as a component of enzymes and insulin. Oysters are also abundant in vitamins and minerals including the vitamin B group, calcium, and magnesium. As a rich source of taurine, oysters are an unmixed blessing indeed, enhancing stamina, aiding in recovery from fatigue, suppressing the rise of cholesterol, etc. Oysters detoxify the acetaldehyde produced when alcohol is drunk and relieve alcoholic poisoning in the form of hangover symptoms. The high quality proteins in oysters also protect the liver from alcohol. Let us enjoy eating oysters and maintain our health at the same time.

Oyster Chanchan-yaki



● Ingredients (Serves 2)

- | | |
|--------------------------|---------------------------|
| 7 oz. Oysters | A) 3 tablespoons Red Miso |
| 1 Green Onion | 1 tablespoon Sake |
| 1-½ inch piece of Carrot | 2 tablespoons Mirin |
| 4 leaves Cabbage | ½ tablespoon Sugar |

● Directions

1. Wash the oysters with salt water, and dry. Slice the carrot and green onion. Cut the cabbage into chunks.
2. Mix the ingredients of A) in a bowl.
3. Put cabbage, carrots, and green onions, topped with oysters and the sauce you made in Step 2 on a sheet of aluminum foil. Fold the aluminum foil closed and place on a cookie sheet to bake.
4. Bake in a 360°F degree oven about 20 minutes. Stir the mixture after about 10 minutes of baking.

Masago

Capelin Roe

Fish are certainly good to eat and enjoy but fish eggs are also delicacies. Caviar, sturgeon roe, is well known for being a very expensive variety of fish eggs.

The fish eggs that appeal to the Japanese palate are ikura, salmon roe. Ikura is perfect over hot, steamed rice. Its thick, succulent, consistency offers a unique texture and bouncy sensation in your mouth.

Masago (capelin roe) and tobiko (flying-fish roe) are smaller fish eggs. Both come in a beautiful orange color.

At first glance, they look similar, but tobiko has a firmer consistency and is used as imitation caviar. Masago, roe from the smelt family, is small and soft. When you compare the two side by side, the distinction is evident.

Though tobiko is more often consumed in Japan, masago is more readily available abroad.

These small roe add accent to food and enliven mealtimes with their bright orange color. The crispy sensation that explodes in the mouth and the hint of sweetness that spreads gradually are indeed addictive. There are a variety of



ways to enjoy masago. You can eat these in hand-rolled sushi, makisushi, chirashi sushi, gunkan-maki, etc., or use them as toppings for sushi or salads. Masago can also be marinated in soy sauce and served as side dishes to rice or as sake relish.



Masago Pasta

■ Ingredients (serves 2) ■

- 1.8 oz. Masago
- 2 Green Onions, cut into small pieces
- 1 tablespoon Olive Oil
- 1 Tablespoon Butter
- 1 teaspoon Soy Sauce
- 5.6 oz. Pasta
- Shredded Nori (as desired)
- Kaiware-daikon (as desired)

■ How to make ■

1. Mix the masago, green onions, olive oil, butter, and soy sauce in a bowl.
2. Boil the pasta, and add it to the mixture of Step 1.
3. When the butter has melted, put the pasta on a plate. Top with nori and kaiware- daikon.

Hotate

(Japanese scallop)

When you think of shellfish, many varieties such as asari clams, shijimi clams, abalone, oysters, ark shells, etc., may come to mind, but you cannot ignore “hotate.” Hotate is delicious either raw or broiled. With the discovery of hotate shells in the shell mounds of the Jomon period (Prehistoric time dating back 12,000BC), it is known that they have been enlivening the mealtimes of the Japanese since ancient times.



What is Hotate?

Hotate scallops live scattered at a depth of 20 to 30 meters in sandy, muddy ocean substrates with larger grains of sand than those where asari and hamaguri clams are found. Hotate scallops are bivalve mollusks that make their habitat in the cold water floor; they are known to prefer solitude. The Chinese characters for “hotate” mean “raise a sail.” This describes the way they move on the ocean floor, like a sailboat being pushed by the wind as they open and raise one of their shells. In the Edo period (1603-1868), hotate became a commodity of the Shogunate, who

formally presented them to China in straw bags. Hotate is a food valued in wide-ranging directions.

Nijiya's Hotate

Nijiya's hotate is a natural product from the Sea of Okhotsk in Hokkaido. It is purchased directly from Japan. Scallops for sashimi and boiled hotate with ridges are sold over the counter 365 days a year. The hotate stocked over the past several years have been notably high-quality, large, and plump. We proudly present each one with confidence for flavor, food texture, and quality. Please enjoy the umami sweetness unique to hotate by taking

advantage of the opportunity to try Nijiya's hotate.

Hotate's nutritional value

Hotate is a rich source of protein, calcium, vitamins, and iron. Of these nutrients, protein, vitamin B1, and taurine are attracting attention in health foods. Taurine is particularly noteworthy as an aid to development of the eyes and the brain, to rid the body of bad cholesterol, and to reduce blood pressure.

Hotate is also considered a diet food for its high-protein, low calorie content and abundant vitamins and minerals.

Scallop and Ikura Carpaccio



● Ingredients (Serves 2)

3 Scallops
1 tablespoon Ikura
1 tablespoon Olive Oil
1 teaspoon Sake
Salt and Pepper (to taste)
Lemon (as desired)

● Directions

1. Slice each scallop into 3-4 pieces.
2. Mix the ikura with the sake.
3. Top the scallops with salt, pepper, oil, and ikura. Add lemon as desired.

Gari

pickled ginger

Chances are that many of us are not familiar with the word, gari.

“Sushi shoga = ginger” may be the more familiar term in America.

Gari is thinly-sliced, sweetened pickled ginger and is an indispensable garnish with sushi. Because its crispy texture and refreshing and piquant taste eliminate the smell of fish, it makes sushi consumption an enjoyable experience. When eaten between bites of sushi, it cleanses and renews the

palate.

Demand for gari has rapidly increased along with the sushi boom in America. It is safe to say that the appreciation of gari has already spread among others besides Japanese.

It appears that the origin of the word, gari, stems from the crunchy “gari-gari” sound produced when you bite into the ginger. The moniker is used in sushi restaurants just as soy-sauce as “murasaki,” sushi rice as “shari,” and tea as “agari”

all came to be generally accepted.

Aside from its role of cleansing the palate, gari works to sterilize. It is a good idea to eat gari with sushi to prevent food poisoning. Furthermore, because it is effective in enhancing appetite and/or warming the body, it is indeed a perfect match with sushi.

Gari is not merely an accompaniment for sushi. It can be used in a variety of dishes in many inventive ways. It can be tempura-fried by squeezing out the moisture or added to tartar sauce by slicing the gari into fine pieces. Gari is easily made at home by soaking sliced strips of ginger root in sushi vinegar. Please try gari in a variety of ways.



Gari Chirashi-zushi

■ Ingredients (serves 2) ■

- 2 cups cooked rice
- 3 tablespoons sushi vinegar
- 1/2 cucumber, julienned
- 1 ounce pickled ginger (gari), julienned
- 3 pieces inariage (seasoned deep-fried tofu pockets), julienned
- 1/3 pack radish sprouts
- Imitation crab (as desired), shredded into strips

■ How to make ■

1. Add vinegar gradually to warm rice. Fan the rice to cool or stir gently with a hard spatula.
2. Squeeze out the moisture from the cucumber and sprinkle with salt (not listed in ingredients).
3. Cut the radish sprouts in half.
4. Mix the imitation crab, cucumber, gari, and inariage into the rice. Garnish with the sprouts.

Kinki



American Kinki

The kinki (channel rockfish) is in the Scorpaenidae family. The formal Japanese term for it is kichiji, but it appears on the market in Japan under a more popular name: kinki. The fish has become a luxury, as the amount that

can be caught in Japan has been reduced in recent years. The delicious kinki however, can also be caught here in America. They make their habitat as far north as Alaska, as well as on the West and East coasts of the continent, and many are exported to Japan. Fatty,

frozen kinki from Alaska, as well as those fresh-caught locally, arrive at Nijiya stores. The kinki, among white fish is exceptionally fatty and juicy, and its intense sweetness is delicious. It is perfect for nabe (one-pot dish) during the cold months.

Simmered Kinki (Channel Rockfish)



● Ingredients: (Serves 2)

- 2 kinki fillets
- 1 package of hon-shimeji mushrooms
- 6 green beans
- Small amount of finely cut strips of ginger
- 2 tablespoons mirin (sweet Japanese cooking wine)
- 100ml sake
- 4 tablespoons soy sauce
- 1.4 oz. sugar
- 200ml water

● Directions:

1. Combine all the seasoning ingredients and the ginger in a pot and boil until the alcohol evaporates.
2. Add the kinki to the pot, and simmer over low heat for about 20 minutes with a drop lid (or a sheet of aluminum foil) placed directly on the ingredients.
3. Remove the drop lid, add the hon-shimeji mushrooms and simmer for another 10 minutes, while pouring the broth over the ingredients.
4. Quickly cook the green beans in the remaining broth. Arrange the fish and the hon-shimeji mushrooms nicely on a plate, and garnish with the beans.

The kinki is a bottom fish found at depths that range between 200 and 500 meters. It primarily feeds on shrimp, in which a color pigment called astaxanthin is found and is said to provide the red color in the fish. Astaxanthin has this natural pigment and with properties similar to those of β -carotene, is considered to be nature's most powerful antioxidant.

The kinki is believed to be most delicious during the winter season. When simmered, the IPA and DHA contained in the fish are released and absorbed into the broth. Cooking it with ingredients that contain a lot of dietary fiber, such as wakame (brown seaweed) and gobo (burdock), make the dish nutritious and seal in the umami (a pleasant savoriness).

Sakura Denbu

Sakura denbu refers to mashed, seasoned fish that is colored light pink with red food coloring. The pink color evokes the blossoms of Japanese cherry trees, called “sakura,” in Japanese. Sakura denbu is mainly used to add color to rice and sushi dishes. It gives off an airy mouth-feel with a lightly sweetened and gentle flavor. Denbu is often mistaken for “oboro,” but oboro uses shrimp and/or salmon. Denbu is soft and fluffy while oboro is crumbly. Either can be used to add color or as a topping for sushi, etc.

Though “denbu” is rarely eaten in large quantity, it is indispensable for its role in adding eye-pleasing color to many dishes. You may wonder what denbu is made from. The flesh of white fish such as snapper, codfish, flounder, etc. can be used but generally, codfish is the basic ingredient. The codfish is normally boiled, placed on a cloth, and rubbed under running water to wash and remove excess fat. After the moisture is squeezed out, it is ground in a mortar with sugar, salt, red food coloring, etc. It is then slowly cooked



over low heat in a pan or in a double-boiler. Codfish is low in fat and rich in vitamin A, which promotes eye health.



Pink rolled eggs

Leftover Sakura denbu is perfect for making fried rolled eggs.

Ingredients

- 2 eggs
- 1 tablespoon of Sakura denbu
- Olive oil (as needed)

How to make

1. Beat the denbu and eggs together.
2. Heat the olive oil in a rectangular omelet pan. Pour ¼ of the egg mixture into the pan and spread evenly.
3. When the mixture begins to set, roll it from back to front. Pour more egg mixture onto the open area while letting the mixture seep below the egg mixture being cooked.
4. Shape into a roll while it gently cooks.
5. Adjust the shape into a neat roll while repeating the process until all the egg mixture is used.



Let's make Sakura denbu!

For good-quality Sakura denbu, it is essential to start with carefully selected ingredients. Let us make Sakura denbu using codfish. The advantage of making Sakura denbu from scratch is being able to adjust the sweetness and control the amount of food coloring used. Even children who dislike fish will surely be fans of Sakura denbu.

Ingredients (easily handled amount)

- | | |
|-----------------------|-------------------------------------|
| Two pieces of codfish | 2.5 tablespoons of sugar (to taste) |
| 1 tablespoon of mirin | 1 tablespoon of sake |
| Dash of salt | Red food coloring |

How to make

1. Bring water to a boil in a saucepan. Add salt and codfish and boil for ten minutes.
2. Place the boiled codfish in cold water. Separate the flesh from the skin and bones. Wash the flesh under running cold water to remove fat.
3. Wrap the washed flesh in a paper towel and thoroughly squeeze out the moisture. Flake the fish with fingertips. (Disregard flesh that cannot be flaked from the bone.)
4. Put the sugar, mirin, and sake into a saucepan. Dilute a few drops of the food coloring, depending on the shade of pink you like, in a small amount of water. Add this liquid and the fish from Step 3. Mix while cooking over to low-to-medium heat till the liquid is gone. (Mixing is easier when four long cooking chopsticks are used.)
5. When all the liquid is gone, you have the finished, fluffy Sakura denbu.

Make tasty fish ever more flavorful

NIJIYA'S SHIO-KOJI (NIJIYA'S SALT-MARINATED RICE MALT)



FISH AND SHELLFISH ARE ABUNDANT IN MANY HEALTHFUL INGREDIENTS: VITAMINS, MINERALS, DHA, EPA, ETC. SEAFOOD CONTAINS HIGH-QUALITY ANIMAL PROTEINS AND IS LOW IN CALORIES, SO IT SHOULD BE A REGULAR PART OF A HEALTHY DIET. FISH CAN BE DIFFICULT TO PREPARE, HOWEVER. MANY PEOPLE AVOID SEAFOOD BECAUSE THEY DO NOT KNOW HOW TO COOK IT. HERE, THEN, COMES NIJIYA'S SHIO-KOJI TO THE RESCUE.

Shio-koji is a traditional flavor enhancer from Japan where rice-malt, salt, and water are combined, fermented, and matured. Since olden days, it has been used as a bed for pickling vegetables and fish. Today, shio-koji is known as “a magical flavor enhancer making any food delicious,” simply by using it as a salt substitute. Since its introduction at Nijiya Markets, shio-koji has been a popular product with diverse uses. Nijiya's shio-koji has a homemade, natural flavor with the focus on quality. As a fermented food, shio-koji is packed with many healthy nutrients. Women appreciate its effectiveness in combating fatigue, reducing stress, eliminating constipation, and in providing anti-aging and skin-beautifying results. With Nijiya's shio-koji, you can easily enjoy fish while avoiding the hassle in preparing it.

Basics of marinating fish in shio-koji

Thoroughly cover fish fillets with 1 to 2 teaspoons of Nijiya's shio-koji. Wrap in plastic sheets and marinate in the refrigerator for a half to a full day. Remove from plastic and grill. With this simple shio-koji marinade, you can enjoy grilled fish fillets that are soft and umami enhanced.

For sashimi, cover the sashimi with about a teaspoon of Nijiya's shio-koji. Wrap in a plastic sheet and refrigerate between two hours and half a day (according to your taste). Serve the

sashimi sprinkled with yuzu pepper or other condiment.

Fish that go well with Nijiya's shio-koji

■ MACKEREL



Mackerel is so nutritious that it is called “the king of blue-skinned fish.” Although it is often described as fatty, this fat is rich in DHA and EPA and is good for the body.

Mackerel's dark red meat contains many vitamins and minerals, especially iron. These nutrients act to prevent anemia, gastrointestinal diseases, etc. Vitamin B₂, which beautifies the skin and prevents hardening of the arteries, is most abundant in blue-skinned fish. The calcium in mackerel works to form healthy bones and nails. Of all the blue-skinned fish, mackerel offers the most nutrients.

■ SALMON

Salmon is flavorful as well as healthy. Its high-quality proteins are good for digestion and absorption, and its fats, containing EPA and DHA, are mainly



unsaturated. It is also abundant in vitamin B complex, which promotes metabolism, and in vitamin D, which aids in the absorption of calcium by the bones. Another healthy characteristic of salmon is that it is rich in vitamin E, which protects cells with its anti-oxidation power.

■ GINDARA (sablefish)



“Gindara” may be thought of as a type of cod, but it is a different species of fish. Its white meat contains more fat than protein, and the fat has high-quality omega-3 fatty acids, which work to prevent lifestyle diseases. Gindara is a rich source of vitamin A, which many people are deficient in, and its vitamin E is a beauty-enhancer.

■ HOTATE (Japanese scallop)



Hotate is unique in that it is extremely rich in protein and low in fat. Amino-acids such as succinic acid and glutamic acid, abundant in all shellfish, make it light yet rich. Seafood in general contains a lot of taurine, but hotate offers more taurine than any other fish or shellfish. There is no need for concern about side effects for consuming too much because the body eliminates surplus nutrients. Taurine is effective in recovering from eyestrain and preventing low vision.

Narazuke

vegetables pickled in sake lees

Have you noticed a mysterious-looking brown item lined up in the pickle section? It looks really strange, and for those of you who have never tried it, its appearance hardly invites you to reach for it. This is a form of pickle called “Narazuke.”

Narazuke refers to vegetables of the gourd family that are pickled in sake lees. It is said to have originated in the Kansai region of Japan. At one time, it was apparently a very expensive food that only those in the upper class could enjoy. Later, in the Edo period (1603-1868), it came to be widely consumed by the general public.

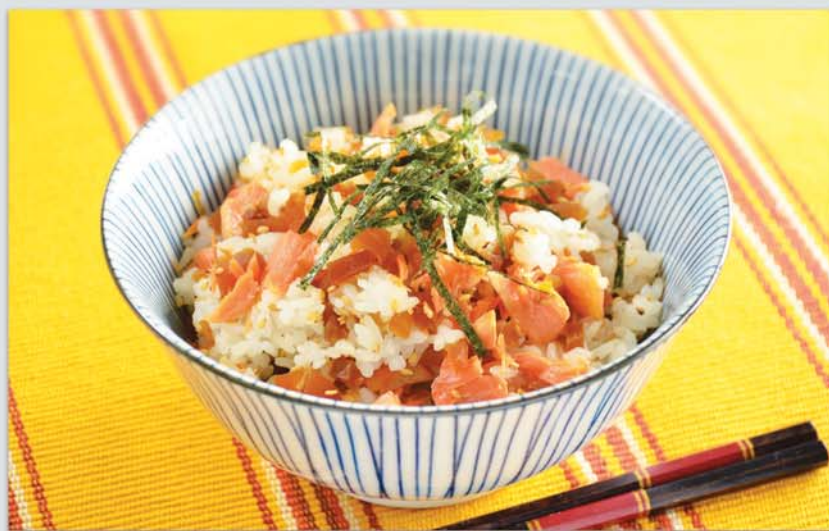
It is said that the first fast-food restaurant in Japan was the “Ochazuke-ya,” serving narazuke = restaurant serving cooked rice soaked in hot tea with narazuke. Observing the crowds visiting the Kannon-sama (Buddhist deity of

mercy) in Asakusa, Tokyo, a man in the Edo period opened a food stand that became a big hit. His menu included an ochazuke served with narazuke. It became hugely popular to consume something that could be eaten quickly while enjoying the activities and shopping around the Kannon. For entrepreneurs of all ages, it is crucial to come up with an innovative idea like this.

Narazuke is usually made by soaking vegetables in sake lees for a long time and replacing the lees over and over until the vegetables mature. During soaking, the saltiness transfers to the sake lees, and the umami and alcohol in the narazuke permeate the vegetables.

Preparing narazuke requires an enormous amount of time and care. Enzyme action via fermentation generates nutrients that turn narazuke into a highly nutritious food. Narazuke made

with natural ingredients alone contains enzymes such as lactic acid bacteria and live yeast, and fermented foods with live bacteria are exceptionally tasty. The lactic-acid bacteria in narauke has been shown to reduce stomach acid in the intestines. The natural amino-acids in narazuke are sources of umami that cannot be produced chemically. As a food rich in plant lactobacillus and dietary fiber, narazuke is the perfect addition to your daily diet.



Narazuke mixed Rice

■ Ingredients (serves 4) ■

2 Cups Cooked Rice
1 oz. Narazuke
1 piece Salted Salmon
Ground white sesame (to taste)
Shredded nori (to taste)

■ How to make ■

1. Bake the salmon, and remove the skin and the bones.
2. Slice the Narazuke and mix into the rice.
3. Mix the salmon and sesame into the rice and top with nori.

OSHIRUKO

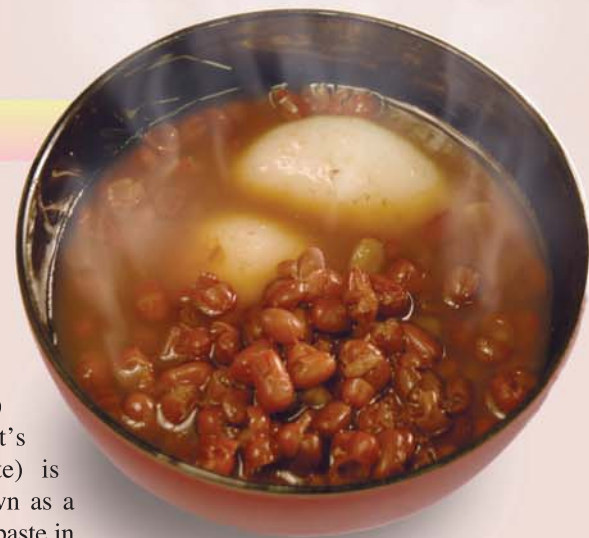
(Red Bean Soup with Rice Cakes)

Excellent dessert

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

Generally, in the Kanto region a soup

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



are other distinctions such as *gozen shiruko* and *inaka shiruko*.

OSHIRUKO

Ingredients (serves 4):

- 4/5 cup (roughly 5 oz.) Nijiya's organic azuki beans (red beans)
- 3/5 cup (roughly 2.5 to 4 oz.) sugar
- Pinch of salt
- Adequate amount of round or square rice cakes



How to Cook

1. Removing scum

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

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

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

2. Simmering beans

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

3. Seasoning beans once they become tender

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

4. Broiling rice cakes

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

OSHIRUKO'S SUPPORTING CAST

Mochi (rice cakes)

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

Shiratama (rice-flour dumplings)

The recipe is simple.

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



Sobagaki (buckwheat flour kneaded with hot water)

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

Kuri Kanroni (candied chestnuts)

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

Kabocha (kabocha squash)

Cut kabocha into bite-size pieces and cook them for about 15 minutes. Legend has it that you won't catch a cold if you eat *oshiruko* made with kabocha on the winter solstice.

Satsumaimo (sweet potatoes)

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



Tsukemono (pickles)

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

FUN RECIPE

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

Yokan Oshiruko

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



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

UNESCO Designates Japanese Cuisine as an Intangible Cultural Heritage

In December 2013, washoku (the traditional dietary culture of the Japanese, or simply Japanese cuisine) was listed as an intangible cultural heritage by the United Nations Educational, Scientific and Cultural Organization (UNESCO). Japan has developed its unique food culture through the combination of the country's diverse natural beauty and four distinct seasons together with the delicate sensitivity inherited by Japanese people since ancient times. Indeed, washoku is a product of the close interaction among people, nature and seasons. Thus, a wonderful blend of distinctive elements is abundantly deserving of its designation as an intangible cultural heritage.

UNESCO's intangible cultural heritage list is intended to include and protect customs, traditional arts and crafts such as dances and songs, and other intangible properties a community or group of people recognize as part of their cultural heritage. Earlier, Mount Fuji was added to the "World Heritage" list, which covers tangible sites, such as natural landmarks and the remains of ancient civilizations.

Surprisingly, it was only several years ago that a "cuisine" or "food culture" was first designated as an intangible cultural heritage. It was the designation of French cuisine, or the "French gastronomic meal," in 2010. The gastronomic meal is a social custom used in celebrations of child-births, marriages, birthdays and other important moments in life by feasting over many hours on elaborately prepared food. Since then, the UNESCO has added Mediterranean cuisine as jointly proposed by Spain, Italy, Greece and Morocco, Mexican cuisine and Turkish traditional dish Keşkek (a type of wheat congee) to its list of intangible cultural heritages.

We wonder how it happened that the Japanese food we eat every day was proposed and designated as an intangible cultural heritage. Living in the U.S., when they say "washoku," we



think of the popular dishes that even the locals love at Japanese restaurants, such as sushi, shabu-shabu and certainly ramen. For those of us who remember what life in the U.S. was like 10 or 20 years ago, the transformation has been remarkable. It's amazing to consider the extent to which Japanese dishes have become part of local food culture. It isn't too much to say that Japanese food has taken root in the U.S.

When the application of Japanese cuisine (as washoku) was filed for inclusion on the UNESCO list, however, the Japanese government didn't mention or include specific dishes like those named above. Neither did it emphasize the global popularity enjoyed by Japanese food today. Instead, Japan referred to all dishes collectively and described "washoku" as a culture—specifically, a "traditional food culture of Japan"—without

regard for how it's viewed in the present day. Furthermore, the cuisine is regarded not as a dish but more characteristically as a custom associated with the consumption of food that reflects the Japanese disposition toward "respect for nature." Four specific characteristics are mentioned:

1. A diverse range of fresh food ingredients and respect for their natural tastes

The archipelago of Japan stretches from north to south. It has coastal areas, mountains and plains blessed with many different natural environments, so it isn't surprising that each region has its own diverse set of food ingredients. Cooking techniques and kitchen utensils/tools have also been developed to make use of the natural flavors of those ingredients.

2. Healthy, nutritionally balanced diet

The traditional menu of Japanese dishes, which basically consists of one soup and three vegetable offerings, is said to provide an ideal nutritional balance. Japanese dishes are also characterized by the clever use of umami (savoriness) to produce flavors with less use of animal-based oil, which certainly contributes to the longevity and healthy fitness of the Japanese.

3. Expression of natural beauty and changing of seasons through food

A unique attribute of Japanese cuisine

is that we believe meals are a way to express our home country's natural beauty and changing seasons. For example, we use seasonal flowers and leaves to decorate the dishes or use seasonal objects or tableware to reflect the season.

4. Closely associated with New Year celebrations and other traditional events

Japan's food culture has developed in close association with traditional events held throughout the year. The food with which nature has blessed us is shared and eaten together by family members and people in local communities, which helps them to build closer bonds.

All these definitions have significant meanings that may sound high-minded. However, when we take time to think about each one of these points we realize that every claim ingeniously expresses the characteristics of washoku that we have come to understand, albeit unconsciously, as we've grown up. Washoku is an integral part of the geography, seasons and lifestyle of Japan and its people.

Geography and Seasons of Japan

The Japanese archipelago has distinct climates enjoyed by the coastal regions on the Pacific side and the Sea of Japan side, as well as different temperatures character-

izing the coastlines and mountain ranges. Each region produces a different set of food ingredients. That's why local specialties have traditionally been held in high regard. Particularly in the Edo period, the Sankin Kotai system—which required local feudal lords to reside in Edo (now called Tokyo) every other year—brought local food cultures to the capital and spread its food culture to different parts of Japan, helping develop a unique food culture.

Japanese today are still interested in the food ingredients and dishes specific to different regions. The number of TV programs and magazine articles introducing local food cultures seems to be ever-increasing. Do a bit of channel surfing on TV, and you'll certainly find a show that explores food. Moreover, the bustling crowds of people at local food fairs, held at department stores in Japan, are something you'll never see here in the U.S. The unique character of the food in each region extends the breadth and depth of Japanese cuisine.

The regional diversity of food ingredients is attributable to geographical factors, particularly the different climates, but the diversity of seasonal food offerings is also treasured in Japan. It is said that Japan has four distinct seasons as compared to other nations. People in Japan, since ancient times, have been aware of and fascinated by the seasons—spring, summer, fall and winter—and found enjoyment in each. For example, the linked verses recorded in "Manyōshū (The Anthology of Myriad



Leaves)” and haiku—whose form was completed in the Edo period—express seasons with the use of kigo, or words and phrases reflecting the season.

Numerous food ingredients available only in specific seasons are precious gifts of nature grown and harvested according to the seasonal cycle. Some items remain in season only for a few weeks or a couple of months—the period called “Shun” in Japan when a seasonal item is the tastiest—which is why Japanese attach importance to the freshness of food ingredients. The phrase, “Shun o ajiwau (enjoy the food in season)” reflects a key element of Japanese cuisine, which is to take pleasure in creating different menus by focusing on “shun.”

Dashi and Food Culture

The Japanese have used dashi (soup stock made from fish, kelp and vegetables) for many years. Dashi is a key to extracting the natural umami (savoriness) from food ingredients. Different components of umami are known today, each associated with a different amino acid. The three key components of umami are glutamic acid, inosinic acid and guanylic acid. They are contained in the representative food ingredients of washoku. Glutamic

acid is contained in kelp, inosinic acid is found in dried bonito and small sardines, and guanylic acid comes from shiitake mushrooms. Whichever the case, the first step is to dry the source ingredient in order to reduce the water content and concentrate the component of umami. The dried ingredient is then cooked or simmered in hot water so that the umami slowly emerges.

It isn’t coincidental that these three components of umami have developed in Japan. Kelp is harvested primarily in Hokkaido and the Hokuriku region, where records suggest that kelp was eaten in Hokkaido as early as in the Jomon period. While inosinic acid can be taken from dried bonito and small sardines, etc., bonito are caught not in the northern region, but mainly in the southern part of Japan around Kagoshima, etc. In the spring, bonito travel north toward the Hokuriku region from the waters south of Kagoshima, and in the autumn they head south. Shiitake mushrooms containing guanylic acid are grown or cultivated in the mountainous regions where airiness and moderate temperatures make for quality produce. Japanese have found umami in different food ingredients produced in geographically different parts of the country, such as its northern and southern waters, and its seas and mountains.

Kelp was transported throughout Japan primarily by sea but not overland. The sea routes along which kelp was transported were called konbu (kelp) roads. A drying method was developed in the Muromachi period, and kelp found its way from Hokkaido to all parts of Japan. A majority of shipments (dried kelp) headed south from Hokkaido along the Sea of Japan coast, going through Shimonoseki and proceeding to Osaka and Kyoto—the center of Kamigata (the current Kyoto and Osaka) culture, where the Imperial Court was located. The remaining kelp was loaded onto vessels and transported to Edo from Osaka. This is cited as a reason that premium-grade kelp product such as Ma Konbu and Rausu Konbu rarely reached Tokyo and why the custom of cooking stock from kelp is found mostly in the Kansai region. Another interesting point is that the prosperous kelp trade between the merchants of Sakai (now Osaka) and their counterparts in Okinawa is attributable to the status of the latter as Japan’s top kelp-consuming prefecture.

So, what does it mean that umami helps “produce flavors with less use of animal-based oil, which certainly contributes to the longevity and healthy fitness of the Japanese”? It is said that umami has the effect of stimulating the satiety center of the

brain. In other words, we could feel full after consuming a small but appropriate amount of food having umami taste. The same meat or fish doesn’t make us feel full if it isn’t cooked in a manner that produces umami, unless such umami-limited meat/fish dish is eaten in a larger quantity. Also, because dashi contains umami extracted from food ingredients, vegetables and other ingredients, it can be cooked deliciously without having to add oil and salt more than necessary, thereby contributing to a healthier, more balanced diet.

Meals and Key Events Throughout the Year

As mentioned earlier, Japanese treasure the four seasons and appreciate food ingredients in shun. Naturally, we have created various dishes for key events held in the respective seasons. For example, it’s customary to eat clams at the Doll’s Festival in March. Clam meat is cooked in clear soup and offered on this auspicious day as a wish for girls to find suitable partners, like clam shells that fit perfectly. On the night of the full moon in autumn (Jyu-go-ya, or the fifteenth night from the new moon), tsukimi dango, or moon-viewing dumplings, are prepared—a custom that reportedly began in the Heian period to thank the moon for the harvest, and later became a popular celebration in the Edo period. Fifteen dumplings, each shaped in a perfect sphere like the moon, are stacked up high, as if to reach the moon. The dumplings

are garnished with silver grass to represent stalks of rice. In the Japanese food culture, there is meaning even in the shape of the food and how it is presented, such as in the use of specific plates and decorations.

The most important event of the year for Japanese is arguably the New Year celebration, for which osechi (traditional New Year dishes) are prepared. Various ingredients are used to cook different dishes, each having an auspicious meaning, for good luck. Black beans are eaten for health, hoping that we can work industriously till we become browned under the sun, while tazukuri (small dried sardines caramelized in soy sauce) symbolizes abundant crops because the name sounds like “growing a rice paddy.” Kazunoko (salted herring roe) symbolizes prosperity for descendants, kurikinton (mashed sweet chestnuts) is believed to bring money as the sweets look like golden nuggets, and kamaboko (steamed fish paste) is associated with the first sunrise of the year due to its semicircular shape. A customary rule is to prepare each food in an odd number for good luck and put them in three special lacquered boxes that stack atop each other.

Additionally, since osechi dishes are prepared using the proper seasoning and cooking methods they have great preservation qualities. Thus, the family and friends can spend the first three days of the New Year relaxed, free from cooking

meals. Also, these New Year dishes are prepared from various food ingredients including vegetables, grains, eggs, meat and fish, as well as with different cooking techniques. They are indeed a comprehensive compilation of Japanese cuisine. Osechi has an important cultural meaning in that food ingredients grown and harvested in the range of climates unique to Japan are cooked and shared by many who are united by hope and great prospects for the coming year.

Japanese Cuisine Enjoyed Around the Globe

We now understand that washoku means more than just sushi, tempura and ramen. We probably don’t think about the climate and seasons of Japan or even the cultural meanings of these dishes when we eat them. We also welcome the fact that sushi, tempura and ramen have sparked a boom in Japanese food around the world. However, there are aspects of washoku that aren’t yet familiar to people in other countries. The designation of washoku as a UNESCO intangible cultural heritage is a great opportunity for people the world over to learn what washoku truly means. It’s also a great opportunity for us Japanese to rediscover our cuisine. We should be proud of the long history and uniqueness of washoku. Hopefully, more people around the world will try, and be inspired by, Japanese cuisine. Washoku is a heritage of which we can be very proud of.

Nijiya Brand



Nijiya Brand ~Quality Products~

Products that are safe and reliable: foods that provide an excellent source of nutrition while offering distinctive, traditional flavors: one of Nijiya Market's main efforts lies in the development of private brands that demonstrate such qualities. Since we released Nijiya (Organic) Rice, our first private-brand product, we have continued to expand our selection of Nijiya brand products. Currently we have about 100 types of original products on our store shelves. We strive to develop products that will make customers say, "No matter what the choice, we can't go wrong with a Nijiya product".

The characteristics of quality Nijiya-brand products are:

- They're healthy.
- They can be consumed with no concerns.
- The manufacturer, factory and production process are transparent.
- The ingredients are carefully selected.
- They're delicious.

We adhere strictly to these guidelines. Nijiya brand products are created and placed in stores only after passing a rigorous internal inspection process. Some products go through the research and development process repeatedly over a period of several years, and others are regretfully canceled in the final stages because of a compromise we choose not to make. These carefully developed Nijiya-brand products come to fruition in the hands of satisfied customers. Below,

we introduce some of the quality products that bear the Nijiya name.

USDA-Certified Nijiya Products

Among the many Nijiya brand products, some carry USDA organic certification.

In the United States, organic food certification is conducted by the Department of Agriculture (USDA) and the National Organic Program (NOP). Government-approved examiners inspect the products to ensure that standards are met. A report must be submitted each year. Only products having at least 95% organic content can receive the USDA organic mark (label), and they must also pass a very strict inspection. A tough approval system means that the resulting mark can be trusted.



Nijiya Organic Miso

This is a carefully made organic miso (fermented soybean paste) that uses organic soybeans and organic rice as basic ingredients. It's completely free of additives and preservatives. The two types available are Aged Koji (rice malt) and Komekoshi (pureed rice). Aged Koji is aged slowly to create the traditional flavor of miso. Komekoshi is a miso that uses rice malt to make a finely textured, light-colored miso.



Nijiya Organic Tofu

We carry the kinu-goshi (silken) and momen (firm) types of tofu, which are both commonly used in Japanese cuisine. They're made from tasty, carefully selected organic soybeans, which are of course non-genetically modified. Even you eat Nijiya organic tofu as is, you can enjoy its traditional taste and natural soybean flavor.



Nijiya Flour Series

We carry hard and soft flours. We carefully select high-quality organically grown wheat -always the very best obtainable. Our Tempura Batter Mix (powder), Okonomiyaki Mix, Takoyaki Mix and Hotcake Mix use this organically grown wheat.

NIJIYA-BRAND




Nijiya Organic Soy Milk

We have been providing organic soy milk long before soy milk became widely popular. Our product has many loyal, long-term fans. Only carefully selected, non-genetically modified organic soybeans are used. Because it is a plain soy milk, the original taste of the soybeans remains intact. There are two types: regular and sweet. The regular soy milk is particularly useful for baking (sweets, etc.) and cooking.



Nijiya Organic Nori (Dried Seaweed) Series

Nori (dried seaweed) is a nutritious staple of Japanese cuisine. Because it contains protein and is rich in vitamins, we recommend regular consumption for health benefits. Among the Nijiya seaweed products, those that have received USDA certification are the sushi nori and kizami (chopped) nori. Take a bite, and the aroma and natural flavors come to life.

The list of Nijiya-brand products goes on. So, try the products with the  mark at your nearest Nijiya store. You'll be sure to enjoy the fine-quality products offered, with pride, by Nijiya.

Nijiya's Special Dressing Series

For your fresh salad, wouldn't you want a fresh dressing?
A variety of tasty dressings based on original recipes
are now available at Nijiya Market.

Shio-Koji Ginger Dressing

This item is a healthy non-oil dressing with the rich flavors of shio-koji (salted rice malt) and ginger. The stinging taste of ginger brings a refreshing accent to the taste. This dressing is excellent not only for salads but also for cold tofu, sashimi, yakiniku, and broiled fish dishes.

Chinese Dressing

This item is a soy sauce based dressing with the appetizing scent of sesame oil. A subtle flavor of mustard accents the taste. This dressing is excellent not only for salads but also for Hiyashi Chuka (chilled ramen noodles), steamed chicken, and somen salads.

Asian Sweet Chili Dressing

Similar in taste to many Thai dishes, this item has a sweet, spicy, and ethnic flavor. Fish sauce brings forth the delicious taste. This dressing is excellent not only for salads but also for Japanese vermicelli and spring rolls! This dressing goes well with fried dishes too.



Shio-Koji Ginger Dressing

Shoga Yaki



Ingredients (Serves2):

5.3 oz. pork loin specially sliced
1/4 onion
5 tablespoons Nijiya shio-koji shoga dressing
1 tablespoon cooking oil
salt and pepper (to taste)

Directions:

1. Lightly season the thin-cut pork with salt and pepper. Marinate the pork and sliced onions in the shio-koji shoga dressing for 30 mins.
2. Put oil in a fry pan on medium heat. Add the pork and then the onions.
3. Pour the dressing from Step 1 over the pork and onions and serve.

Katsuo Tataki Salad



Ingredients (Serves2):

5.3 oz. katsuo tataki (seared bonito)
2~3 leaves lettuce
kaware daikon (daikon radish sprouts) (as needed)
4 tablespoons Nijiya shio-koji shoga dressing

Directions:

1. Cut the katsuo into 0.2 inch pieces. Marinate it in the shio-koji shoga dressing for 10 mins.
2. Arrange the lettuce leaves on a plate. Place the katsuo tataki over the lettuce, and garnish with the kaware daikon. Top off the dish with the dressing.

Nijiya's Special Dressing Series

Chinese Dressing

Shirataki Noodle



Ingredients (Serves2):

1 pack (330g) shirataki
1/8 red paprika
1/8 green pepper
1 teaspoon soy sauce
1 teaspoon sesame oil
6 tablespoons Nijiya Chinese style dressing

Directions:

1. Cut the red and green peppers into small pieces and marinate in a mixture of the sesame oil and soy sauce.
2. Boil the shirataki, rinse out the water, and season with Chinese style dressing.
3. Top the noodles with the ingredients from Step 1.

Teriyaki Chicken



Ingredients (Serves2):

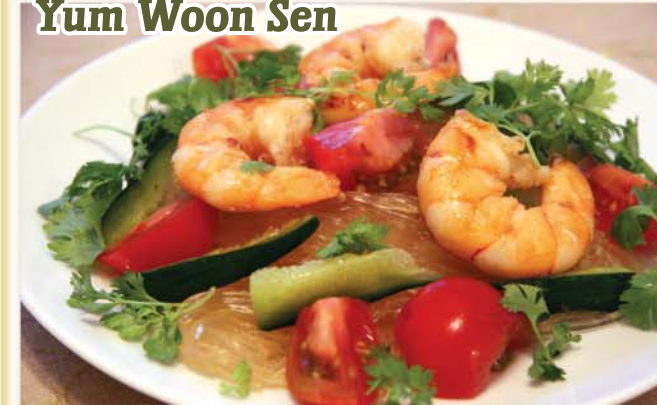
2 chicken thighs
salt and pepper (to taste)
1/8 green pepper
3 tablespoons Nijiya Chinese style dressing
1 tablespoon cooking oil

Directions:

1. Stab the chicken thighs with a fork several times to make holes, and add the salt and pepper. Marinate the chicken in the Chinese style dressing for about 30 mins.
2. Put the oil in a frying pan on medium heat. Place the chicken into the pan. When one side lightly browns, flip it over.
3. Remove the chicken from the oil. Serve it with the dressing.

Asian Sweet & Chili Dressing

Yum Woon Sen



Ingredients (Serves2):

6 Shrimp
1.8 oz. harusame (clear noodles)
1/4 cucumber
1/2 tomato
2 sprigs cilantro
2 tablespoons Nijiya Asian sweet & chili dressing
1 tablespoon sesame oil
pepper (to taste)

Directions:

1. Cut the cucumbers lengthwise and season with salt. Cut the tomatoes into bite-size pieces. Separate the cilantro leaves from the stems. Peel the shrimp and rinse well. Season with salt and pepper.
2. Spread the sesame oil in a frying pan and cook the shrimp on medium heat. (Cover the pan with a lid to make sure the center of the shrimp heats thoroughly.)
3. Cook the harusame. Rinse well. Put the harusame and ingredients from Steps 1 and 2 in a bowl. Add the Asian sweet & chili dressing, and the pepper. Mix well and serve.

Kara-age Salad



Ingredients (Serves2):

5 Nijiya chicken kara-age
4 leaves cabbage
10 grape tomatoes
4 tablespoons Nijiya Asian sweet & chili dressing

Directions:

1. Julienne the cabbage and spread it on a plate. Surround it with grape tomatoes.
2. Cut each piece of Nijiya Kara-age into 2 to 3 pieces and arrange on the plate from Step 1. Top with Asian sweet and chili dressing.



Koji



A variety of fermented foods such as sake, soy sauce, and miso have been supporting the diets of Japanese people since ancient times. An essential ingredient in these fermented foods is the edible fungus called koji (*Aspergillus oryzae*). Shio-Koji, made with salt, and Shoyu-Koji, made with soy sauce, are both handmade by Nijiya. Shio-Koji is made with Kome-Koji (rice malt) that breeds from koji on steamed rice. We do not use any unnecessary ingredients. The result is a safe and secure all-purpose seasoning.

Koji is good for beauty and health and contains the nine essential amino acids. Women may especially favor these benefits:

- 1: Relief of Fatigue (through vitamin B6)
- 2: Stress Reduction (through amino acids such as GABA)
- 3: Eliminate Constipation (through lactic acid bacteria)
- 4: Anti-Aging (through antioxidants)
- 5: Fair Skin Effect (through antioxidants and improvements to intestinal flora)

Koji is not only good for your body but it tastes good too. It is said that products using koji, enhance the immune system and help remove allergens. That is why we recommend eating Koji every day even if it's only a small amount.

Cooking with koji makes foods last longer without preservatives. The addition of koji in recipes creates a richer taste. Koji can be used with any cuisine as an all-purpose seasoning.



Shio Koji Mayo Potato Salad

Ingredients: (Serves 4)

- 1 potato
- 10 clusters of broccoli
- 2 boiled eggs

[Sauce]

- 2 Tbsp. mayonnaise
- 1 Tbsp. shio koji
- 1/2 Tbsp. whole-grain mustard



Directions:

1. Peel the skin from the potato, and cut into bite-size pieces. Boil until soft, drain out the boiling water and put the pot on high heat till the remaining water evaporates.
2. Before the potato cools, mix the sauce ingredients together and blend half of it with the potato.
3. Cut the broccoli into easy-to-eat pieces and boil. Put the broccoli into a strainer and let it cool under some running water, then dry.
4. Separate the egg whites and the yolk from the boiled eggs (boiled in medium heat for 12-13 minutes). Mix the remaining half of the sauce, broccoli and egg whites (torn into small pieces) with potato from Step 1.
5. Serve in a bowl and sprinkle the boiled egg yolk on top.



Kinoko Gohan

Ingredients: (Serves 4)

- 21oz. rice
- 7oz. your favorite kinoko (mushrooms)

[A]

- 1-1/2 Tbsp. shio koji
- 1 Tbsp. shoyu
- 1-1/2 Tbsp. mirin (sweet cooking rice wine)
- 1/2 Tbsp. sesame oil
- 864ml of water

(Adjust scale marks /refer to the rice cooker level)



Directions:

1. Put the rinsed rice into the net. Cut the mushrooms into small pieces.
2. Put all the ingredients in [A] into the rice cooker. Add water, and then add the rice. Mix well. Add the mushrooms and cook the rice.



Shio Koji Mitarashi Dango

Ingredients: (Serves 4)

- 4 oz. dango flour
- Warm water (as needed)

[Sauce]

- 1 Tbsp. shio koji
- 1 Tbsp. soy sauce
- 1 Tbsp. sake
- 2 Tbsp. sugar
- 2 Tbsp. mirin (sweet cooking rice wine)
- 2 Tbsp. potato starch



Directions:

1. Follow the instructions on the package of dango flour for the amount of water. Knead. Roll into 1 inch diameter balls.
2. Boil the dango in a pot. When they start to float continue boiling for another 2 minutes. Remove with a slotted spoon or strainer, rinse with water, and then slide 3 to 4 dango onto a skewer.
3. Put the sauce ingredients except potato starch in a pot, and heat on medium. When the mixture starts to boil, lower the heat, and mix in the potato starch dissolved in water (1 to 1 ratio) to thicken the sauce. Coat the dango with the sauce and serve.



Grilled Salmon Shoyu Koji Pasta

Ingredients: (Serves 2)

- 1 fillet grilled salmon
- 6 oz. pasta
- 10 stalks mitsuba
- 1 clove garlic
- 1 Tbsp. olive oil
- 1-1/2 Tbsp. shoyu koji



Directions:

1. Cut the grilled salmon into easy to serve pieces. Cut the mitsuba into pieces of about 1 inch. Slice the garlic. Cook the pasta according to package directions.

2. Spread olive oil in a pan; add the sliced garlic on low heat. When the garlic becomes aromatic, raise the heat and add the cooked pasta with 4 tablespoons of cooking water. Add the other ingredients and serve.

Tataki-Cucumbers and Kani-kama Shoyu Koji Salad

Ingredients: (Serves 2)

- 1 Japanese cucumber
- 2 pieces kanikama (Imitation crab meat)

[Sauce]

- 1 Tbsp. shoyu koji
- 1 tsp. vinegar
- 1 tsp. mirin
- 2 tsp. sesame



Directions:

1. Cut the cucumbers into easy-to-eat pieces and sprinkle with salt. Wait a few minutes. Then wrap the cucumbers in a paper towel and press to remove moisture. Peel the kani-kama into thin strings.
2. Mixing the sauce ingredients together. Add the cucumbers and the kani-kama to the sauce.

Recommended!! Spicy Garlic Shoyu Koji

Put round slices of togarashi (red chili pepper) and one garlic clove (sliced) into the Shoyu Koji bottle. Shake well. Refrigerate overnight.

It goes well with a bowl of rice or can be used as seasoning for dishes that need some spicy garlic flavor and aroma.





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Nijiya's Chicken Kara-age

Nijiya's Kara-Age is hand-made and fried with care.

Fried foods are best when fresh, but our workers strive to make Nijiya's Kara-age taste delicious even when it's reheated.

Secrets to the Delicious Taste

It is said that the secret to the delicious flavor of Nijiya's Kara-age comes from its sauce. The chicken is marinated in a sauce overnight. This technique gives the chicken its exceptional flavor.

We adjust the oil temperature when we fry it, and we fry each piece twice. Allowing time between the first and the second frying sessions makes the chicken crispier.

Although it's delicious served alone, with these simple recipes, you will find even more enjoyment from Nijiya's Kara-Age.

Fried chicken with vinegar and tartar sauce

◆ Ingredients (Serves 2):

8,7 oz. Nijiya's Chicken Kara-age

(vinegar sauce)

- 120ml vinegar
- 30ml water
- 1-1/2 tablespoon sugar
- 1 tablespoon mirin
- 2 teaspoons soy sauce

(tartar sauce)

- 3-1/25 oz. mayonnaise
- 2 boiled eggs
- 1 tablespoon sweet pickles
- 1oz. onion
- 1 teaspoon parsley
- 1 tablespoon lemon juice
- Salt, pepper (as desired)

◆ Directions:

- ① Mix all the listed ingredients for the vinegar sauce and set aside.
- ② Mince the boiled egg, onions, and parsley.
- ③ Put the ingredients from step 2, mayonnaise, and lemon juice into a bowl and mix well. Add salt and pepper.
- ④ Pour the vinegar sauce and the tartar sauce over the heated kara-age.



Kara-age with Tarako-Mentaiko Salad

◆ Ingredients (Serves 2):

- 7 oz. Nijiya's Chicken Kara-age
- 0,5oz. mentaiko
- 3oz. mayonnaise

◆ Directions:

- ① Mix together the mentaiko and mayonnaise.
- ② Pour the sauce over the heated Kara-age and vegetables (optional).



Vegetable and Kara-Age Kabob

◆ Directions:

Assemble the vegetables and kara-age on a skewer.



Nijiya Brand

Additive-Free

Wafu Dashi Stock

(Japanese-Style)



Makurazaki City, in Kagoshima Prefecture, is known as Japan's top producer of katsuobushi (smoked, dried bonito). Our Wafu Dashi stock is made with an abundance of katsuobushi, produced in Makurazaki without the use of chemical seasonings (including MSG), artificial colors, etc. Thus it boasts more savory character (umami), flavor and mellow sweetness that come from quality fish and natural ingredients. In this article we'll talk about this additive-free Nijiya Wafu Dashi stock.

“Arakibushi” – Makurazaki Brand Katsuobushi

Arakibushi is a type of katsuobushi made from one whole bonito fish (honbushi) that doesn't undergo the mold-growth process. (Smoked, dried bonito produced without the mold-growth process is called arabushi.) A unique feature of katsuobushi made in Makurazaki is that as much as possible of the dark meat is removed to minimize the fishy smell and allow the pure, savory character (umami) of the bonito to concentrate. Another feature of Makurazaki's katsuobushi is the use of the baikan (smoke and dry) method called the “Makurazaki Method,” by which the fish is dried over smoke that rises naturally, creating intense flavor and aroma.

Nijiya additive-free wafu dashi stock uses quality low-fat bonito, caught in warm seasons. Low-fat bonito is ideal for making katsuobushi because the smell of the oxidized fat generated in the smoking process affects the bonito's natural flavor. A problem in producing dashi is that when dried fish is crushed into powder,

the smoky aroma released from the surface of katsuobushi may become too intense. Our dashi stock shaves a thin layer from the smoked surface to maintain a delicate balance of the authentic bonito flavor and the smoky aroma. When katsuobushi with the mold-growth process is crushed into powder, the unique flavor created by that process is often lost and only the smell of the mold remains. This is why our dashi stock uses mold-free katsuobushi. This attention to detail helps maximize the natural bonito flavor.

Blending Shiitake Mushroom and Konbu Dashi Stock

Nijiya additive-free wafu dashi stock is blended with shiitake mushroom extract and konbu (dried kelp) extract for added umami. Katsuobushi, shiitake extract and konbu extract contain different substances (amino acids) that create flavor. The source of umami is inosinic acid from katsuobushi, guanylic acid from shiitake, and glutamic acid from konbu. One characteristic of amino acids is that when combined, they enhance the resulting

flavor and savory character. This synergistic effect of multiple umami sources ensures the rich, delicious taste of our dashi stock.

Granular-type Dashi Stock That's Easy to Use

Nijiya additive-free wafu dashi stock comes in granules that dissolve easily. The powder type sometimes collects at the bottom of the pan, if the powder isn't fully dissolved. Our granular type eliminates this problem and can be used in all kinds of dishes such as miso soup, chawanmushi (pot-steamed egg custard), noodles and other dishes where dashi stock plays an important role, as well as nimono (simmered dishes) such as nikujaga (Japanese-style beef-and-potato stew), and takikomi-gohan (rice seasoned and cooked with various ingredients).

Dashi stock is the basic ingredient of Japanese cuisine, so we all want easy to use dashi stock that creates traditional flavor. We highly recommend our additive-free wafu dashi stock because it's made with great attention to convenience, satisfaction and food safety.

Story of Amazake



Amazake seems to have been a popular drink for quick nourishment in the Edo period. Back then, amazake was drunk cold on a hot summer day. Amazake could be made two different ways: mixing sakekasu and sugar together, or mixing rice and koji together. If made by mixing rice and koji, the rice starch is broken down into glucose and produces delicious zero alcohol amazake.

Efficacy of Amazake

The glucose in the amazake does not contribute to weight gain; instead, it turns in to energy. Amazake contains Vitamin B, necessary for carbohydrate metabolism, lipids and protein. Also, amazake also provides each of the nine essential amino acids. By incorporating these nutrients into your diet, you can expect effects such as: lower blood pressure, lower cholesterol, obesity prevention, amnesia suppression, and heat fatigue prevention. Rather than taking medication after you get sick, we recommend that you eat right and maintain good health so that you are less likely to become sick. Drink amazake every morning and evening, even if it's just a glass for better health.

Let's make amazake!

Ingredients:

Uncooked Rice, 900ml Water, 10-1/2 oz. Kome Koji

Directions:

1. Wash rice in a net and set aside for 20 minutes.
2. Put the rice and water into a rice cooker and make porridge.
3. Mix the cooked rice well. Turn off the heat and wait until the porridge cools to 140°F (60°C).
4. Add the kome koji to the rice and mix well. Using the keep warm mode on the rice cooker, heat for 6-8 hours with the lid slightly open to ferment. Mix every 2 hours.
5. Transfer the mixture into a pot. Bring to a boil to stop fermentation.
6. Transfer to a clean container. Allow it to cool; then store in the refrigerator for about one week.

Please Note:

- * Koji mold is killed at 60°C, because it does not ferment.
- * Because the finished product has a rough texture, blend it down for a smoother product.
- * You may finish without boiling at the end (Step 5). It is possible to eat the amazake without stopping fermentation, but the acidity will be stronger so you should consume it quickly.



Nijiya's Delicious Cold Sweet Potato Amazake

If you use sweet potato instead of rice, the amazake is even healthier. No sugar or alcohol is added, so even small children can enjoy sweet potato amazake! You can enjoy Sweet Potato Amazake as is, dilute it with water, or use as a topping for yogurt.

Soy milk is delicious!

The nutritional and health benefits of soy milk



Recently, soy milk has drawn increasing attention from health-conscious people. Because it is plant-derived, it's low in fat and has zero cholesterol. For people who want the health benefits of soybeans but don't actually want to eat them, soy milk is a great alternative because it lets you take in all the abundant nutrients of soybeans efficiently. Its most notable

nutrient is soy isoflavone, which plays an important role in maintaining hormonal balance and preventing osteoporosis. Soy milk is also rich in B-complex vitamins, vitamin E, and minerals. One glass a day can support the health of people of all ages. Over the years, the flavor and aroma of soy milk has improved, thus making it easier to drink. Soy milk is a very versatile

beverage; you can just drink it as it is, or use it in dishes and desserts.

Tan Tan Udon (udon noodles in spicy soup) with Soy Milk

Ingredients (serves 2):

- 2 servings of frozen udon noodles (or 7 oz. *somen* noodles)
- 3.5 oz. ground pork
- 1 head *chingensai* (baby bok-choy)
- $\frac{4}{5}$ cup Nijiya Organic Soy Milk (regular)
- 1 $\frac{1}{5}$ cup chicken broth
- $\frac{2}{3}$ green onion, chopped
- 1 teaspoon garlic, chopped
- 3 tablespoons white *surigoma* (ground sesame seeds)
- 2 teaspoons *tobanjan* (Japanese chili paste)
- 1 tablespoon sesame oil
- 2 tablespoons Nijiya Organic Miso



Cooking Directions:

- [1] Cut off the ends of the chingensai and pull off each leaf. Cut the leaves to separate the leafy parts from the tough stems. (Cut the stems in half lengthwise.) In a pot, bring water to a boil. Blanch the chingensai; put in the stems first and then the leafy parts. Take the chingensai out and dip in cold water.
- [2] Heat the sesame oil in a frying pan over medium heat, and add the ground pork. Cook until it crumbles. Add the green onions and garlic. Once you smell a strong aroma, add the tobanjan, surigoma, and miso and continue to stir fry. Pour in the soy milk and chicken broth. Bring to a boil.
- [3] Cook the udon or somen noodles and put in serving bowls. Pour the results of step [2] over the noodles and place the chingensai on top.

Spicy Soy-Milk Nabe (one-pot dish) with Beef and Winter Vegetables

Ingredients (serves 4):

- $\frac{1}{2}$ head *Nappa* cabbage
- 1 bunch of Tokyo *negi* (green onions)
- 10.5 oz. beef (thinly sliced)

• Soy Milk Soup •

- 2 $\frac{1}{2}$ cups Nijiya Organic Soy Milk (regular)
- $\frac{4}{5}$ cup *dashi* soup stock
- 4 tablespoons Nijiya Organic Miso
- 1 to 2 tablespoons *kochujang* (Korean chili paste) (optional)
- 2 tablespoons *sake*
- 1 tablespoon soy sauce
- 1 to 2 teaspoons grated garlic



Cooking Directions:

- [1] Cut the Napa cabbage coarsely into about 2-inch lengths.
- [2] Slice the negi at an angle into several pieces.
- [3] In a nabe pot, combine all the ingredients for soy milk soup and bring to a boil. Once the soup has reached a boil, add the beef and cabbage. Simmer for 7 minutes. Add the negi before serving.

Kintoki-imo Pudding (Japanese sweet potato)



Ingredients (for 4 to 5 pudding cups):

- 3.5 oz. *Kintoki-imo*
- For pudding batter**
- $\frac{4}{5}$ cup Nijiya Organic Soy Milk
 - 5 tablespoons whipping cream
 - 1.4 oz. *sanontou* (Japanese brown sugar) or sugar
 - A few drops of vanilla extract
 - 2 large eggs
 - The yolk of one large egg
 - Honey (to taste, optional)
 - Butter (to taste)

Cooking Directions:

- [1] Thoroughly wash the kintoki-imo and then pat it dry. Cut into slices $\frac{1}{2}$ inch thick. Place the kintoki-imo slices in a microwave-safe shallow dish, and cover with plastic wrap. Microwave for 4 minutes (till tender). Remove the skin, being careful not to burn yourself. Strain the kintoki-imo.
- [2] Butter the inside of each pudding cup.
- [3] Heat the soy milk, whipping cream, sanontou, and vanilla extract in a saucepan over medium heat. Turn off the heat just before it reaches a boil.
- [4] In a bowl, beat the eggs and egg yolk. Whisk the results of step [3] into the egg mixture. Add the results of step [1] and mix well. Using a strainer, strain the pudding mixture into another bowl.
- [5] Pour water into a frying pan to a depth of $\frac{3}{5}$ and bring it to a boil.
- [6] Pour the results of step [4] into the cups, and skim any small air bubbles away from the surface.
- [7] Place the cups in the hot water in the frying pan [5]. Cover and steam for about 10 minutes. (Wrapping the lid with cloth will prevent water from dripping onto the pudding, which will cause small holes on the surface.)
- [8] Gently shake the pudding cups. When the center wiggles a bit, it's done. Let it cool down and refrigerate for about 30 minutes. If you like, pour honey over the top.

Six Great Flour Products from Nijiya Taste and Safety Guaranteed!

Hard flour (organic)



Grown for rich flavor and perfect chewiness
Ideal for baking bread
Make your own bread filled with the wholesome goodness of nature.
Made from 100% organically grown wheat

Soft flour (organic)



Doughy soft but doesn't lump together.
For cakes, white sauce, batter for frying and meuniere
Mix with hard flour to make all-purpose flour for noodles and suitor (flour dumplings boiled in soup).
Made without harmful agrochemicals, so you can eat it every day.
Made from 100% organically grown wheat

Tempura flour (organic)



You can make crispy restaurant-quality tempura without the hassle.
Enjoy freshly-fried, steaming tempura in the comfort of your home.
Made from 100% organically grown wheat

Okonomiyaki flour



Making fluffy okonomiyaki has never been this easy.
Made from 100% organically grown wheat and dashi (soup stock) as well.

Takoyaki flour



Enjoy a festival right at home!
Making takoyaki (octopus filled dumplings) has never been easier!
Made from 100% organically grown wheat--a perfect combination with Nijiya's succulent octopus.

Pancake mix



Simply add water, and you can make delicious pancakes in no time.
Also ideal for cupcakes, doughnuts, and pastries
Of course, it's made from 100% organically grown wheat!

Nijiya Sakekasu

Sakekasu is made from steamed rice and kome-koji (rice malt). During the fermentation process that produces sake, the solids, or lees, that remain after the liquid is captured is called sakekasu.



Sakekasu has health as well as cosmetic applications. It contains protein, carbohydrates, dietary fiber, vitamins, organic acids, and minerals. It also provides folic acid and amino acid peptides, Aspergillus, and yeast-derived β -glucan. Sakekasu may also prevent osteoporosis and constipation and may lower bad cholesterol levels. Since it is said to fight against modern disease, sakekasu is a food that we want to eat routinely. It also has benefits as a skin moisturizer and is widely used as a raw material in soap and cosmetics. Sakekasu can be used as a face pack and in bath water. By using a great deal of sakekasu, you'll see effects inside and out.



Kasu Jiru

Ingredients (Serves 4):

1/2 pack Nijiya Sakekasu	2 Taro
2 slices Salmon	1/4 Burdock
2 leaves Chinese Cabbage	1/2 Pack Shimeji
1/6 Daikon	1 Tablespoon Miso
1/3 Carrot	1 Pack Nijiya Wafu Dashi
	750ml Water

Directions:

1. Put in sakekasu and 250ml of water into a pot and let it dissolve on medium heat.
2. Cut the salmon into bite-size pieces and the cabbage into 2cm widths. Slice the daikon and carrot as desired. Cut the taro into bite size, then quickly boil. Slice the burdock thinly and soak in water. Trim the ends of the shimeji.
3. In another pot, put in the rest of the water and the dashi. Add all the other ingredients except the salmon. Cook on medium heat. When the vegetables soften, put the salmon in.
4. Put in the sakekasu from Step 1. Stir in the miso, and serve.

[Preservation Method]

Store it in a cool and dark space such as the refrigerator. If you notice a white powder appearing on the surface, it is just crystallized tyrosine, an amino acid. This is not a problem. For large quantities of sakekasu, it's a good idea to freeze it in small portions soon after purchase.

—Nijiya Amazake—

Amazake can be made with water and sakekasu in a pot by adding sugar, etc., but with Nijiya's amazake, you can have delicious rice wine easily – just heat it up!

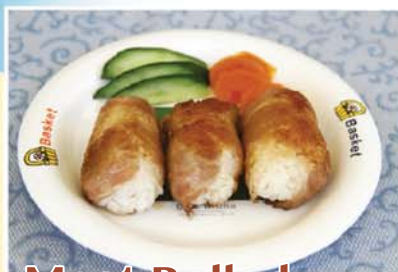


NIJIYA'S YAKINIKU SAUCE



Nijiya's special yakiniku sauce invokes the sensations of homemade flavors. The secret ingredients that create the unique taste are freshly grated pear and additive-free seasoning. Pears have a lot of digestive enzymes, which promote the digestion of meat dishes.

It would be a shame to use the sauce for only Yakiniku! The carefully blended flavors of Nijiya's Yakiniku Sauce go with many other dishes. Here are some recipes you may try with Nijiya's Yakiniku Sauce!



Meat Rolled Fried Rice Ball

Ingredients (Serves 4):

10 ½ oz. sliced pork
2 servings of rice
sesame seeds
5-6 tablespoons
Nijiya Yakiniku Sauce
sesame oil

Directions:

1. Sprinkle sesame seeds onto cooked rice and make a rice ball. Wrap meat around it.
2. Spread sesame oil on a frying pan and grill the rice ball.



Yaki Udon

Ingredients (Serves 3-4):

3 ½ oz. pork
1 carrot
½ onion
¼ cabbage
3 serving of udon noodles
200 ml Nijiya Yakiniku Sauce
salt and pepper (to taste)

Directions:

1. Slice the pork thinly. Cut the carrots into 0.4 inch lengths. Slice the onions, and cut the cabbage into 0.4 inch widths.
2. Spread oil onto the frying pan and add the ingredients from Step 1.
3. Add the udon and the sauce.



Ground Beef Salad Bowl

Ingredients (Serves 4):

½ head of lettuce
3 ½ oz. ground beef
1 clove garlic
1 clove ginger
4 tablespoons
Nijiya Yakiniku Sauce
1 tablespoon sesame oil
2 teaspoons potato starch
1 tomato
½ cucumber
4 serving of cooked rice

Directions:

1. Mince the garlic and ginger and cook in a frying pan with sesame oil. Add the meat. When the meat is cooked, add the Yakiniku Sauce.
2. Mix the potato starch with 2 teaspoons water, and stir it into the pan.
3. Arrange the lettuce on the rice and top with the meat. Slice the tomato and cucumber into 0.4 inch lengths and sprinkle over the meat.



Niku-Jaga (Meat and Potato Stew)

Ingredients (Serves 4):

7 oz. beef
2 potatoes
2/3 carrots
1 onion
½ shirataki (konnyaku noodles)
1 tablespoon oil
2 cups hot water
5 tablespoons of
Nijiya yakiniku sauce

Directions:

1. Slice the beef and the potatoes into bite size pieces, and rinse with water. Slice the carrots and onions. Pour the hot water over the shirataki and cut.
2. Put oil in a pot, and cook the potatoes, carrots, and onions. Add water to the shirataki, and let stand 5 minutes.
3. Add the meat to the pot and cook on high heat.
4. Add the Yakiniku Sauce, and lower the heat. Simmer until the vegetables become soft.

Teriyaki Chicken

Ingredients (Serves 4):

17 ½ oz. chicken thighs
yakiniku sauce (to taste)
salt and pepper (to taste)
oil

Directions:

1. Slice the meat into easy-to-eat pieces. Add salt and pepper.
2. Pour oil into a frying pan, and cook the meat.
3. Pour Nijiya Yakiniku Sauce onto the meat, and serve.



Nijiya Homemade

Nori Tsukudani



New items added to our popular “Nijiya Small Bottle” series are Nori Tsukudani and Nori Tsukudani with Shiitake. Nori tsukudani is made with simple ingredients-nori seaweed and seasonings; Nori Tsukudani with Shiitake has added shiitake mushrooms. Nori seaweed is rich in protein, vitamins, and minerals. We make it without MSG and thickener so you can feel its natural, smooth texture.

Enjoy Nijiya homemade Nori Tsukudani on steamed rice and of course with onigiri (rice balls)!



Nori Tsukudani and Mushroom Rice

Ingredients (Serves 3-4):

2 cups rice
3 tablespoons Nori Tsukudani with Shiitake mushrooms (as needed)
mitsuba (trefoil) (as needed)

Directions:

1. Put rice into your rice cooker as you normally do. When it is ready to cook, add Nori Tsukudani with Shiitake and raw mushrooms. Mix well with rice and turn on the rice cooker.
2. Scoop out the rice when it's done and sprinkle with mitsuba to serve.



Nori Tsukudani Rolled Egg

Ingredients (Serves 2):

3 eggs
1 tablespoon Nori Tsukudani
Salt and pepper (to taste)
Oil (as needed)

Directions:

1. Break eggs into a bowl. Add salt and pepper. Mix well.
2. Pour oil in a frying pan over medium heat. Add seasoned eggs little by little. As they cook, continuously roll the eggs to the side of the pan. While rolling the eggs, add Nori Tsukudani little by little. Continue rolling until eggs are fully cooked.
3. Put the cooked eggs on a plate.

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 the few places that offers brown rice sushi, which is popular and known for being especially healthy. We recommend the Vegetable roll and the *Natto* roll for vegetarians. 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 for 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 all 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



BROWN RICE
VEGETABLE ROLL



SHRIMP TEMPURA ROLL



KAISEN CHIRASHI



CALIFORNIA SPICY ROLL
WITH NIGIRI



DIAMOND
CHIRASHI



DX SALMON BENTO



TOFU AND BROWN RICE BENTO



SPICY
CHICKEN BOWL



COLD BUCKWHEAT NOODLES
(OR UDON) COMBO



DX CHICKEN TERIYAKI BENTO

Freshly Made Fresh 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 *Shake* (salmon) bento, *Nori* bento, *Tonkatsu* bento, and Grilled Fish bento. We offer a rich and voluminous Deluxe bento series, the Medium bento series (just the right amount for women), and 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 handmade 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!

*At participating stores only.

NIJIYA Private Brand

What is Private Brand?

“Private Brand” products are those purchased in bulk usually by a large retailer from the manufacturer and distributed under the retailer’s name only at specific stores.

Historically, private brand products started appearing more and more around the 1980s, and were typically positioned as lower-priced but inferior in quality compared to national brand products. However, recently many private brand products are being positioned as “premium” brands to compete with national brands because of more freedom and flexibility in pricing and product development, and more control over the products’ quality as well as the inability to reduce the quality gap between them.

There are various benefits of private brand products to everyone in the distribution channel. One of the benefits for the consumers is lower-pricing, which often contributes to consumers switching to private brands from national brands if the quality of private brand products is the same or superior

Nijiya Brand

Nijiya Market is making a daily effort to provide safe, healthy and delicious food products to our customers because we believe that consuming a better quality of food items helps us become healthier in body and mind. As a part of this effort, we have been developing

“Nijiya Brand” products starting with “Nijiya-mai” rice, and we now offer more than 100 varieties of “Nijiya Brand” products at our stores. Our main focus in creating Nijiya Brand products is to develop those that are not only safe, healthy and delicious but are also traceable (knowing the origin) and made with selected or premium ingredients. We set a high standard in product quality, and only the products that have passed our guidelines are available at the stores. Some of our products have taken years to achieve this process, from finding the right ingredients, to developing the products, to being available on our store shelves while many items haven’t made it due to unsatisfactory quality results. Because we are very serious about developing the Nijiya Brand to provide better products for customer satisfaction, we proudly offer Nijiya Brand products.

Nijiya Market offers various private brand products including rice, nori (seaweed), miso (soy bean paste), tofu, soy sauce, soup stock, soy milk, natto (fermented soy bean), eggs, coffee, and so on. One of our popular Nijiya brand products is our rice; Nijiya-mai, Akita Komachi, and Koshihikari rice. Our rice is cultivated by our contracted, organic-certified farm in California to ensure a quality product. Akita Komachi and Koshihikari are premium short grain rice that are well suited for sushi rice. The newest variety of our rice, Koshihikari is

one of the most popular varieties of rice in Japan. Our Koshihikari is very smooth on the tongue, has delightful texture and sweeps the palate with its sweetness, which is an enjoyable experience.

Our nori (seaweed) products are another popular product line at our stores. Nori is typically used to wrap sushi or onigiri while seasoned nori is more likely consumed as a snack or garnish. We offer sushi nori as well as crispy organic sushi nori and kizami nori (shredded seaweed) at affordable prices. Because our organic nori is grown and manufactured by OCIA (Organic Crop Improvement Association), a certified grower and processor in China, our high-quality nori is offered at lower prices than that in Japan. Nori is a good source of rich nutrients. It contains protein, dietary fiber, vitamins, and a great deal of calcium and iron. Because the grade and price of nori are determined by the production site, species, texture, color, crispness and other factors, and because it is also hard to tell or see the differences amongst similar grades of nori, please try our nori product line and discover what you like.

Nijiya Market offers more than 100 Nijiya Brand products, all of which can not be introduced here. If you are concerned about where your food comes from or how it is handled, or if you are health conscious or agree with our belief that consuming a better quality of food items helps us become healthier in body and mind, please try our selected product lines and enjoy our organic products. You will enjoy the real flavor of authentic Japanese cuisine enhanced by the natural and healthy food products of the Nijiya brand.d products of Nijiya brand.

