

*Plenty of
Recipes*

2020

Gochiso

Ultimate Japanese Gourmet Magazine

Inari-zushi

Make it a Party with
Makizushi (Rolled Sushi)

Seasonal Dessert

Shinmai — Enjoy New Rice Crop

KOJI

Seasonal Soup

Shio Lemon (Preserved Salted Lemon)

Hot salads

Winter omotenashi

Pacific cods from Alaska

Eat miso soup every day

Kombu and Japanese Cuisine

Spring donburi

Myoga ginger — What is Myoga?





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Ultimate Japanese Gourmet Magazine

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2180 West 190th Street, Torrance, CA 90504
 Phone: 310 787 4800 Fax: 310 787 3399
 E-mail: gochiso@nijyamarket.com
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PUBLISHER: NIJYA MARKET
 EDITOR IN CHIEF: Yoshie Ozawa
 EDITOR / WRITER: Ayaka Okada
 ADVERTISING SALES: Yoshie Ozawa
 FOOD COORDINATOR: Gochiso Staff
 DESIGN: Kaze Kobo, Yukari G
 PHOTOGRAPHER: Yukari G, Kaze Kobo, Gochiso Staff
 WRITER: Gochiso Staff

SPECIAL THANKS: Kei Hasegawa
 Asuka Hashimoto
 Yuki Hirota
 Fumi Ozaki
 Dr. Ito
 Reiko Yoshida
 Asami Goto
 Kimiko Matsunaga

Opening our first store in San Diego back in 1986, we at NIJYA 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.

Inari-zushi:

Abura-age fried tofu pockets stuffed with sushi rice



History

Inari-zushi is thought to have been eaten since the Edo period (1603-1868). There is an illustration, dated 1852, of a food stall selling servings cut from long, thin inari-zushi, and a document, dated around 1884, which records the name "inari-zushi". Toyokawa Inari, a temple located in Nagoya, is said to be where the dish originated, and today in Toyokawa there remain many shops selling inari-zushi.

Origins of Name

O-Inari-san is another name for the deity Inari, the patron of grains and agriculture. It was said that the foxes who served as Inari's messengers had a particular fondness for abura-age (deep-fried tofu), which led to this kind of sushi being called inari-zushi. This dish has many names, including: inari, o-inari-san, konkon-zushi, and kitsune-zushi.

Shape

Inari-zushi is often made in the home. In Eastern Japan, it is most often shaped like a bag of rice, in a nod to Inari's being the patron deity of grains, while in western Japan it is usually triangular in shape, recalling a fox's ear. There are various types of inari-zushi such as simply topping the sushi rice with abura-age (rather than stuffing it), or abura-age pockets left open after stuffing and topped with various ingredients.

Cooking Rice for Sushi with Sauce Pan

Ingredients: makes about 24 oz. (4 1/3 cup) cooked rice
1 1/2 cup (300 g, 2 gou) short or medium grain white rice
2" square of kombu seaweed
360 ml water

Directions

1. Wash the rice with water (not in the ingredients) and change water 3 times.
2. Drain the washing water and place rice in the sauce pan. Add 360 ml water to the rice.
3. Place kombu on the top of rice and soak rice for 30 minutes to 1 hour.
4. Place a lid and cook over medium heat.
5. When the rice starts to boil, turn down the heat to low and continue cooking.
6. When the amount of steam decreases from the sauce pan and boiling sound turns to small crackling sound, turn heat off.
7. Keep the lid on and wait for 15 minutes before adding sushi seasoning.

(When using rice cooker, see p. 8 for instruction)



1 gou (180 ml)

• Japanese rice cooker's 1 cup is 180ml (3/4 cup) and counts as 1 "gou".

Sushi Seasoning for Inari-zushi

The abura-age is sweet, so sugar should be used in moderation.

Ingredients: for 24 oz., 4 1/3 cup cooked rice
4 Tbsp. rice vinegar
1/2 Tbsp. sugar
1/4 tsp. salt

1. When rice completes cooking, remove kombu and transfer into a large, wide, shallow dish and loosen with rice spatula. Pour vinegar mixture evenly over rice and fold into rice using the spatula.

2. Cover the sushi rice with a wet cloth or plastic wrap, set aside until room temperature.



How to Simmer Abura-age

We recommend simmering the abura-age the day before you plan to make inari-zushi.

Ingredients: makes 6-12 pieces depending on the size of abura-age used

3 large or 6 small slices of abura-age

<Simmering stock>

- 1 ½ Tbsp. soy sauce
- 1 ½ Tbsp. sugar
- 1 ½ Tbsp. mirin
- 1/2 tsp. Nijiya Wafu Dashi (Japanese dashi powder)
- 1 cup (250ml) water



Nijiya Wafu Dashi



Small abra-age



Large abra-age

Directions

1. Place the abura-age slices on a cutting board and flatten with a rolling pin, pressing down from the top.
2. If using large slices, cut each slice in half. If using small slices, either trim the edges or cut into triangles, as required.
3. Soak the cut pieces in hot water for 1-2 minutes, then drain well of both water and oil.
3. Add all the ingredients for the simmering stock to a pan and heat on medium. Bring to a boil then add the slices.
4. Turn the heat to low then cover with a drop lid, and allow to simmer for around 10 minutes until only a little liquid remains. Turn off the heat and let sit to soak up any remaining stock.

Pre-cooked Abura-age



Recommended ingredients for mixing into sushi rice



Boiled mountain vegetables



Pickles, such as takuwan (pickled daikon radish), pickled green leafy vegetables



Tsukuda-ni (slow-simmered ingredients)



Oba (Green perilla) leaves



Pickled ginger



Lightly pickled vegetables



Powdered nori seaweed



Eel kabayaki (grilled in sweet soy sauce)



Sesame seeds



Sushi seasoning with vegetables. Gomoku ("five items"): e.g. lotus root, shiitake mushroom, burdock root, bamboo shoots, carrots.



Fresh wasabi



Myoga ginger



Pecan Nuts



Walnuts



Sunflower Seed



Mini Inari with Sweet Roasted Chestnut

Ingredients: makes 8

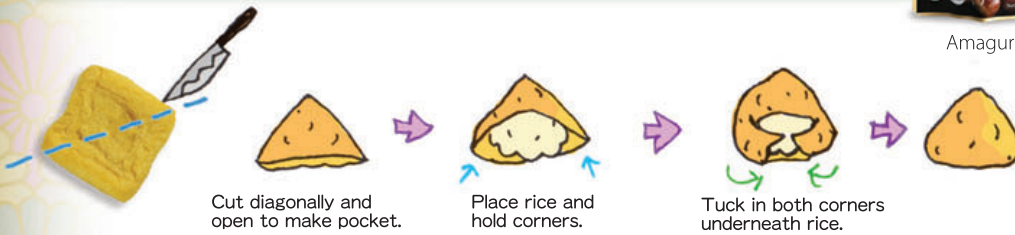
- 4 small slices of seasoned abura-age
- 3/4 cup cooked sushi rice (113g)
- 6 amaguri sweet roasted chestnuts

Directions

1. Cut each slice of abura-age into two triangles.
2. Finely slice the amaguri chestnuts and mix into the sushi rice.
3. Roll the sushi rice into bite size balls and use to stuff the abura-age to form the inari-zushi.



Amaguri



Sesame Kombu Tsukuda-ni

Rolled Inari with Tsukuda-ni (simmered kombu)

Ingredients: makes 4

- 2 large slices of seasoned abura-age
- 3/4 cup cooked sushi rice (113g)
- 1/2 packet sesame-flavored kombu tsukuda-ni

Directions

1. Cut each slice of abura-age into two squares, then make a slit in each square to open.
2. Mix the tsukuda-ni into the sushi rice.
3. Roll the sushi rice into bite size balls and use to stuff the abura-age to form the inari-zushi.



Long Inari with Pickles

Ingredients: makes 4

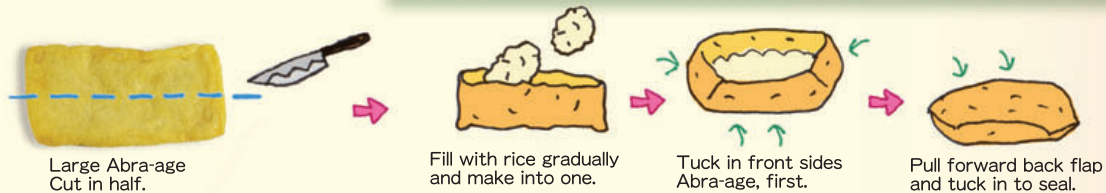
- 2 large slice of seasoned abura-age
- 1 ½ cup cooked sushi rice (225 g)
- 8 Tbsp. sakura-zuke pickled radish



Sakura-zuke

Directions

1. Cut the slice of abura-age into squares, then make a slit in each square to open.
2. Mix the pickled radish into the sushi rice.
3. Gradually stuff the sushi rice into the abura-age to form the inari-zushi.



Large Abra-age
Cut in half.

Fill with rice gradually
and make into one.

Tuck in front sides
Abra-age, first.

Pull forward back flap
and tuck in to seal.



Gomoku (Five Item) Mix

Ingredients: makes enough for 1 ½ cup cooked sushi rice (225 g)

- 1 dried shiitake mushroom
- 3 Tbsp. (45 ml) water
- 2" (5 cm) burdock root
- 1/4 small carrot
- 1 ½ oz. (43 g) boiled bamboo shoots
- Abura-age trimmings (optional)

<Seasoning>

- 1 Tbsp. sake
- 1 Tbsp. soy sauce
- 1 Tbsp. mirin
- 1/2 Tbsp. sugar
- A pinch of salt
- 1/4 tsp. Nijiya Wafu Dashi (Japanese dashi powder)
- 3 Tbsp. (45 ml) water



Nijiya Wafu Dashi

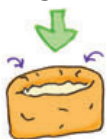
Directions

1. Soak the shiitake mushrooms in 3 tablespoons (45 ml) cold water to reconstitute (use hot water if pressed for time).
2. Julienne the burdock root and carrot, finely chop the other ingredients.
3. Add the chopped ingredients, shiitake soaking water and another 3 tablespoons (45 ml) water to a pan then boil over medium heat.
4. Add the seasoning ingredients and bring to a boil. Turn the heat to low and simmer until the liquid has evaporated.
5. Allow to cool then mix into the sushi rice.

Showcasing rice technique



Place rice in the
Abra-age



Tuck in top edge of
Abra-age to
showcase rice.

Gomoku Inari

Ingredients: makes 8

- 8 small slices of seasoned abura-age
- 1 ½ cup cooked sushi rice (225 g)
- Gomoku mix

Directions

1. Cut open one side of each abura-age slice to create pockets.
2. Combine the Gomoku mix with the sushi rice.
3. Stuff each pocket with a loosely molded portion of rice to the inari-zushi.

Have fun with festive toppings!



Seafood Inari-zushi



Eel Inari-zushi



Chestnuts Red Rice Inari-zushi



Stewed Pork and Seasoned Boiled Egg Inari-zushi



Shrimp Inari-zushi



Salmon Roe Inari-zushi



NIJIYA MARKET Inari-zushi Special Selection

Nijiya prepare tasty inari-zushi, every day.
All hand made and simply delicious.



Gomoku Inari-zushi



Nijiya Basic Inari-zushi

*These are on sale at the prepared meal section. Selections may vary by store. Limited to available stock.



(Rolled Sushi)

Make it a Party with Makizushi

A makizushi party is a great way to enjoy sushi at home. Here we introduce some makizushi recipes that look enticing and taste even better than expected.

Preparing Sushi Rice with Rice Cooker

(When using sauce pan, see p. 2 for instruction)

Ingredients: enough for 13 hosu-maki (thin rolls), 7 chu-maki (medium rolls), or 4 futo-maki (thick roll)

- 2 ¼ (450 g, 3 gou) short or medium grain white rice
- 540 ml water (or follow the instructions for your rice cooker)
- 2 ½" (63.5 mm) square of kombu seaweed

<For the awase-zu vinegar mix>

- 4-5 Tbsp. (60-75ml) rice vinegar
- 1-4 Tbsp. sugar (sushi rice is better prepared less sweet if the filling/topping features seafood)
- 1 ½ -2 tsp. salt



Japanese rice cooker's 1 cup is 180ml (3/4 cup) and counts as 1 "gou".



3/4 cup = 1 gou (180 ml)

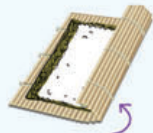
Directions

1. Wash the rice and drain. Add the water needed to cook the rice and the kombu piece then leave for 1 hour. If using a pan, bring to a boil, removing the kombu just before the water reaches the boiling point. If using a rice cooker, remove the kombu after the rice is cooked.
2. Mix the ingredients for the awase-zu well, ensuring that the sugar and salt dissolve into the vinegar. Add this to the cooked rice, mixing well using rapid cutting motions, then let cool. While the rice is cooling, cover with a damp cloth to prevent it from drying out.

How to Make Makizushi

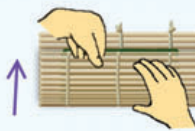
How to Roll

Start roll from front.



1. Lift the front edge of the bamboo mat and nori, roll up to half way and squeeze once.

Side View



2. Hold the mat with one hand, gradually pull away and squeeze with other hand.



3. Continue to pull and squeeze until roll up.



4. Adjust the shape using the mat.



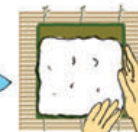
Grab the sushi rice with wet hands, place on nori sheet.



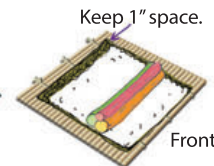
Spread rice by hand from the center to edges.



Prevent the rice from overflowing with other hand.



Spread the rice evenly to the other side with same technique.



Place ingredient contents on center closer to the front edge of rice bed.

Keep 1" space.

Front

Thick Roll Futo-Maki

Shichi-fuku Futo-maki (Seven Lucky Gods Thick Roll)

Ingredients: makes 1 futo-maki roll

- 1 whole sheet (approx. 8 1/4" x 7 1/2" (21 x 19 cm)) nori plus 1 half of a sheet, cut in half across the long side (approx. 4" x 7 1/2" (10 x 19 cm))
- 270 g (about 1 3/4 cups) sushi rice
- 1/4 Japanese cucumber
- Blanched mitsuba leaves, enough for 1 futo-maki; refer to the recipe below
- Piece of atsuyaki tamago (thick rolled omelet), 7 1/2" (L) x 1/4" (W) x 1/4" (D), 19 cm (L) x 1.5 cm (W) x 1.5 cm (D)
- Piece of anago (saltwater eel) prepared in the kabayaki style, 1/3" x 7 1/2" (1 cm x 19 cm)
- Simmered shiitake mushroom, enough for 1 futo-maki; refer to the recipe below
- 7 1/2" (19 cm) long piece of simmered kanpyo gourd; store bought or refer to the recipe below
- 7 1/2" (19 cm) piece of simmered carrot; refer to the recipe below

Simmered gourd, shiitake, and carrot

- 1/3 oz. (10 g) kanpyo gourd
- Pinch of salt
- 4 dried shiitake mushrooms
- 3 strips of carrot, 1/3" (1 cm) x nori width
- scant 3/4 cup (150ml) shiitake soaking water (topped up with water as required)
- 1 tsp. sugar
- 1 Tbsp. soy sauce
- 1/2 Tbsp. mirin

Directions

1. Wash the kanpyo gourd, sprinkle with salt, and rub in well. Wash off the salt then boil in boiling water (not included in the ingredients list) for 10 minutes until soft. Remove from heat and allow to cool before draining. Squeeze out any excess water.
2. Soak the dried shiitake mushrooms in warm water. Once softened, remove the stalks.
3. Add enough water to the soaking water to make a scant 3/4 cup (150ml).
4. Add the soaking water mixture to a pan with the carrots and sugar. Bring to a boil over medium heat then add the kanpyo gourd and shiitake mushrooms, then cover with a drop lid and simmer for 5 minutes. Add the mirin and soy sauce, then replace the drop lid and simmer over low heat until all the ingredients are soft. Simmer until the liquid in the pan has reduced to at least half, then remove from heat and let cool.
5. Once cool, slice the shiitake mushrooms into thin (1/4", 5 mm) slices.



Directions

1. Place the half sheet of nori on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Add the filling ingredients and roll up. Remove from the rolling mat and place to one side.
2. Place the whole zenkei sheet of nori on the makisu, with the longest edge running horizontally. Leaving a 3/4" (2 cm) gap from the edge furthest from you, spread the sushi rice evenly over the rest of the sheet.
3. Place the rolled-up fillings from (1) horizontally across the middle of the sushi rice.
4. Lift up the front of the rolling mat (the edge closest to you) and begin to roll. Once the rolled-up fillings have been folded into the roll, squeeze the roll from the top of the mat then lift it up and over to complete the roll.
5. Remove the mat completely from the roll, then place it over the right hand side of the roll and hold in place with your hand. Use your other hand, moistened with a vinegar-water mix, to neaten up any rice sticking out from the other edge of the roll and firm up the shape. Slide the mat to the left hand side of the roll and neaten up the right hand side.
6. Cut into slices of your preferred thickness.

Classic futo-maki fillings

Ingredients: makes enough for 3 futo-maki rolls



Blanched mitsuba leaves

- 1/2 bunch mitsuba (cryptotaenia)
- Pinch of salt

Directions

1. Cut the stalks from the mitsuba and wash the remaining leaves well.
2. Add the salt to a pan of boiling water, then add the mitsuba, stalks first then the leaves, and blanch for 10 seconds before running under cold water.
3. Drain well before use.

Tamago-yaki (Japanese-style rolled omelet)

- 2 eggs
- 1 tsp. sugar
- 1/8 tsp. salt
- 1/2 tsp. shiro dashi (stock liquid concentrate)
- 1 tsp. katakuriko (potato starch), dissolved in 1 tsp. water
- 1 Tbsp. vegetable oil



Directions

1. Crack the eggs into a bowl and add the sugar, salt, shiro dashi, and dissolved katakuriko. Mix well.
2. Add the oil to a tamago-yaki pan or a frying pan and cook the tamago-yaki mix.
3. Allow to cool, then slice to match the carrot and cucumber pieces.

Thick Roll

Futo-Maki

Ingredients: makes 1 roll

- 1 whole nori sheet (approx. 8 1/4" x 7 1/2", 21 x 19 cm)
- 270 g (about 1 3/4 cups) sushi rice
- Sashimi-grade sliced salmon, enough for 1 futo-maki
- Sashimi-grade sliced tuna, enough for 1 futo-maki
- 3 Tbsp. tobiko (flying fish roe)
- Blanched mitsuba leaves, enough for 1 futo-maki
- 2 pieces of tamago-yaki, 7 1/2" (L) x 1 1/3" (W) x 1/3" (D), 19 cm (L) x 8 mm (W) x 8 mm (D)
- 1/4 Japanese cucumber, cut into long stick
- 1 kanikama (imitation crab stick)

Directions

- Place the nori sheet on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Leaving a 3/4" (2 cm) gap from the edge furthest from you, spread the sushi rice evenly over the rest of the sheet.
- Place the ingredients on the sushi rice, starting at the edge closest to you. Arrange them so they cover around 3/4 of the rice.



Ingredients: makes 1 roll

- 150 g (about 1 cups) sushi rice
- 1 half nori sheet, cut in half across the long side (approx. 4" x 7 1/2", 10 x 19 cm)
- 1/4 lb. (100 g) sashimi-grade tuna (akami, red meat)
- 2 tsp. sriracha sauce
- 1 tsp. mayonnaise
- 1/2 tsp. sesame oil
- 1/2 tsp. roasted sesame seeds



Sprinkle sesame seeds on top of rice, then flip.

Rainbow Roll

Ingredients: makes 1 roll

- 150 g (about 1 cup) sushi rice
- 2 kanikama (imitation crab sticks)
- 1/2 avocado
- 1/8 cucumber
- 1 half nori sheet, cut in half across the long side (approx. 4" x 7 1/2", 10 x 19 cm)
- 2 tsp. mayonnaise
- 1 piece sashimi-grade salmon
- 2 slices each of sashimi-grade sea bream and tuna
- 2 boiled shrimp for sushi

Spicy Tuna Roll

Directions

- Pound and finely chop the tuna, then add the sriracha sauce, mayonnaise, and sesame oil and mix well.
- Take a piece of plastic wrap and place it over the entire makisu (bamboo sushi rolling mat), then place the nori sheet, with the longest edge running horizontally. Spread the sushi rice evenly over the entire nori sheet and sprinkle with the sesame seeds. Keeping the mat where it is, flip the whole thing over so the nori is now on top.

Directions

- Cut the avocado in half and remove the skin. Cut one quarter into wedges and the other quarter into thin slices. Julienne the cucumber.
- Place the nori sheet on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Spread the sushi rice evenly over the entire sheet. Take a piece of plastic wrap and place it over the entire rice-covered sheet, then keeping the mat where it is flip the whole thing over so the nori is now on top.

Kaisen-nishiki Futo-maki (Seafood Sensation Thick Roll)

- Roll the futo-maki by lifting the mat from the edge closest to you and rolling away from you. Push down gently as you roll the sheet up.
- Remove the mat completely from the roll, then place it over the right hand side of the roll and hold in place with your hand. Use your other hand, moistened with a vinegar-water mix, to neaten up any rice sticking out from the other edge of the roll and firm up the shape. Slide the mat to the left hand side of the roll and neaten up the right hand side.
- Cut into slices of your preferred thickness.



Inside Out Roll

Ura-Maki

- Arrange the seasoned tuna from step (1) in a single horizontal line across the middle of the nori, then roll everything up starting from the edge closest to you. Once rolled, remove the rolling mat and arrange the roll with the joint at the bottom.
- Take another piece of plastic wrap and place it over the roll from the top. Place the rolling mat over this and press to neaten the shape.
- Remove the rolling mat from the roll then cut, while still wrapped in the plastic wrap, into slices of your preferred thickness.

- Bring the wrap towards the closest edge of the rolling mat. Dab the mayonnaise in a single horizontal line across the middle of the nori, lay out the avocado wedges and cucumber sticks from step (1) and kanikama horizontally over the mayonnaise, then roll everything up starting from the edge closest to you. Once rolled, remove the rolling mat and drape the thinly sliced salmon, tuna, sea bream, and remaining avocado slices over the top of the roll, paying attention to presentation.



Philadelphia Roll

Ingredients: makes 1 roll

- 150 g (about 1 cup) sushi rice
- 1 whole nori sheet (approx. 8 1/4" x 7 1/2" (21 x 19 cm))
- 1/4 cucumber
- 1 piece sashimi-grade salmon, 7 1/2" (L) x 1/2" (W) x 1/2" (D), 19 cm (L) x 1.5 cm (W) x 1.5 cm (D)
- 1 same size of cream cheese as salmon

Directions

1. Julienne the cucumber.
2. Place the nori sheet on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Leaving a 3/4" (2 cm) gap from the edge furthest from you, spread the sushi rice evenly over the rest of the sheet.
3. Place the cucumber, salmon piece, and cream cheese horizontally across the middle of the sushi rice.



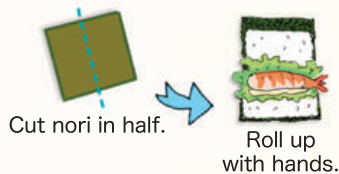
4. Lift up the front of the rolling mat (the edge closest to you) and begin to roll. Once the ingredients have been folded up into the roll, squeeze the roll from the top of the mat then lift it up and over to complete the roll.
5. Remove the mat completely from the roll, then place it over the right hand side of the roll and hold in place with your hand. Use your other hand, moistened with a vinegar-water mix, to neaten up any rice sticking out from the other edge of the roll and firm up the shape. Slide the mat to the left hand side of the roll and neaten up the right hand side.
6. Cut into slices of your preferred thickness.



Salad Roll

Ingredients: makes 1 roll

- 75 g (about 1/2 cup) sushi rice
- 1 half of a whole-size sheet, cut in half across the long side (approx. 4" x 7 1/2", 10 x 19 cm)
- 1/2 piece of lettuce leaf
- 1 large shrimp
- 2 tsp. mayonnaise



1. Wash the lettuce and tear into large-ish pieces. Drain well.
2. Remove the head of the shrimp and de-vein if required. Thread a bamboo skewer along the belly of the shrimp, head to tail, between the flesh and the shell, then boil until cooked through.
3. Once cooked, peel the prawn and remove from the skewer.
4. Place the nori sheet on a flat surface with the longest edge running horizontally. Leaving a 3/4" (2 cm) gap from the edge furthest from you, spread the sushi rice evenly over the rest of the sheet.

5. Lay the torn lettuce pieces and the prawn horizontally across the rice, a little closer to the edge closest to you than at the center, then drizzle with mayonnaise.
6. Roll up from the edge closest to you; this roll can be rolled looser than others, similar to the temaki zushi cones style.
7. Cut into slices of your preferred thickness.



Top-it-Yourself Maki

Ingredients: makes 2 rolls (16-20 slices)

- 540 g (about 3 1/2 cups) sushi rice
- 2 whole nori sheets (approx. 8 1/4" x 7 1/2", 21 x 19 cm)

<Toppings> (Choose from:)
 Sashimi-grade fish, ikura (salmon roe), tamago-yaki (Japanese-style rolled omelet), vegetables, pickles, etc., enough for 2 chu-maki

Directions

1. Place a sheet of nori on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Leaving a small (1 cm) gap from the edge furthest from you, spread half of the sushi rice evenly across the rest of the sheet.

2. Roll up fairly loosely. Repeat for the other sheet of nori and the remainder of the rice.
3. Cut the rolls into even slices, then arrange rice side up. Cover with plastic wrap and use a finger to make a small depression in the middle of each slice.
4. Cut your toppings into easy-to-handle sizes and arrange on a serving platter.
5. Remove the plastic wrap from the roll slices and arrange the slices on a separate plate and serve alongside your toppings. Guests can now choose their preferred selection of toppings.

4. Take another piece of plastic wrap and place it over the roll from the top. Place the rolling mat over this and press to neaten the shape.
5. Remove the rolling mat from the roll then cut, while still wrapped in the plastic wrap, into slices of your preferred thickness.



Thin Roll Hoso-Maki

Tekka-maki (Tuna Roll)

Ingredients: makes 1 roll

- 1/2 cup (about 75 g) sushi rice
- 1 half of a whole-size sheet, cut in half across the long side (approx. 4" x 7 1/2" (10 x 19 cm))
- 7 1/2" (L) x 1 1/2" (W) x 1 1/2" (D), 19 cm (L) x 1.5 cm (W) x 1.5 cm (D) piece of sashimi-grade tuna

Directions

- Place the sheet of nori on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Leaving a 1 cm gap from the edge furthest from you, spread the sushi rice evenly across the rest of the sheet.
- Place the tuna horizontally across the middle of the sushi rice.
- Lift up the front of the rolling mat (the edge closest to you) and quickly lift it up and over the tuna to complete the roll.
- Cut into slices of your preferred thickness.



Nagaimo (mountain yam) maki with oba leaf and ume (pickled plum)

Ingredients: makes 1 roll

- 75 g (about 1/2 cup) sushi rice
- 1 half of a zenkei-size sheet, cut in half across the long side (approx. 4" x 7 1/2" (10 x 19 cm))
- 1 leaf oba (green perilla)
- 1 ume (pickled plum)
- 7 1/2" (L) x 1 1/3" (W) x 1 1/3" (D), 19 cm (L) x 8 mm (W) x 8 mm (D) piece of nagaimo (mountain yam)



Directions

- Remove the stone from the ume plum and finely chop the flesh. Alternatively you can use ready-made ume paste from a tube. Cut the oba leaf in half vertically.
- Place the sheet of nori on a makisu (bamboo sushi rolling mat), with the longest edge running horizontally. Leaving a small (1 cm) gap from the edge furthest from you, spread the sushi rice evenly across the rest of the sheet.
- Dab the chopped ume horizontally across the middle of the sushi rice, top with the oba leaf halves, then lay the nagaimo over the top.
- Lift up the front of the rolling mat (the edge closest to you) and quickly lift it up and over the tuna to complete the roll.
- Cut into slices of your preferred thickness.



Organic Sushi Nori



Regular Irregular Nori



Premium Irregular Nori



NIJYA MARKET

Nori & Rice



Select Irregular Nori



Japan Premium Irregular Nori



Nijiya-Mai Brown Rice



Akita-Komachi Brown Rice



Koshi-Hikari Brown Rice



Nijiya-Mai White Rice



Akita-Komachi White Rice



Koshi-Hikari White Rice

Tips for cutting sushi rolls

Once rolled, it's best to leave the sushi roll for 2-3 minutes before cutting it to allow the nori to adhere to the rice. This helps maintain the shape of the roll when you slice it.



Method 1: Moistening a well-sharpened knife when cutting sushi rolls will help to keep the cuts clean. Pour some cold water in a small bowl, to be used to wet the blade. Dip the tip of the knife into the water to pick up a few drops of water, then raise it vertically to allow the water to roll down the edge to moisten it. Place a moistened paper towel next to the cutting board; if any rice sticks to the blade when slicing the roll, wipe it away with the paper towel and moisten the blade again.

Method 2: Take a length of baking paper and fold it over the knife, spine-first, using a little water to adhere it to the sides. Cut away any excess paper to expose the edge of the blade. This ensures that no rice will stick to the knife and you can keep cutting without having stop.





NIJYA MARKET Makizushi / Rolled Sushi

*These are on sale at the prepared meal section. Selections may vary by store. Limited to available stock.



Tuna Roll



Inside out California Roll



Cucumber Roll



California Roll



Yellow Tail Roll



Brown Rice California Roll



Kanpyo gourd Roll



Futo-Maki



Negi Toro Roll



Brown Rice Futo-Maki



Kombu and Japanese Cuisine



In 2013, traditional Japanese cuisine was inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity as follows: "Washoku, traditional dietary cultures of the Japanese." This has prompted the Japanese cuisine we already know and love to become more widely recognized across the globe. One of the key elements of Washoku is umami. The discovery and utilization of umami enabled Washoku to grow into such an internationally celebrated food culture. The ingredient containing the highest level of umami is kombu (kelp). This is why kombu has long been a treasured and quintessential ingredient in Japanese cuisine, used in everything from our dashi stock to kobu-maki (simmered kombu rolled up with fillings and tied with kanpyo gourd) to tsukuda-ni (simmered kombu) and many more dishes besides.

Japan has a long history of cooking with kombu. The *Shoku Nihongi*, a record of Japan's national history written more than 1,300 years ago, during the Nara period (710-794), reports that kombu was already being presented to the Emperor as tribute by the chiefs of the Yezo people (an ethnic group indigenous to northern Japan). By the Heian period (794-1185), kombu was being taxed and had become an integral component of both Buddhist and Shinto ceremonies conducted by the Emperor. At Shinto shrines, it was offered to deities as sacred food, and was essential to the *shojin-ryori* (vegetarian cuisine) cooked at Buddhist temples. Later, during the Kamakura period (1185-1333), it came to feature in dishes

served to the military class, while the Muromachi period (1336-1573) saw the emergence of many kombu dishes still enjoyed today, such as kobu-maki and tsukuda-ni. By the time of the Edo period (1603-1868), kombu was being used in the *kaiseki* cuisine that had developed as part of tea ceremony culture, and was being shipped in large quantities to Osaka, the biggest merchant city in Japan at the time. Processed kombu products, such as *tororo kombu* (shaved kelp softened in vinegar), were being produced from the Genroku era (1688-1704) onwards.

Kombu is mainly found in the region known formally as Yezo and today called Hokkaido. It is also found in the waters surrounding China and Russia, but surprisingly is seldom harvested in those countries. For this reason, since ancient times kombu was traded with China as a luxury export from Japan. In Japan, it was primarily transported around the country from Hokkaido using sea routes. By the 17th century, the Tokugawa shogunate (military government) had made considerable progress in opening up the Yezo region and the pace of trade within Japan accelerated. A standard shipping route became established, down the Sea of Japan coast, past modern-day Toyama Prefecture, around Shimonoseki City on the tip of Honshu, then through the Seto Inland Sea to Kyoto and Osaka. Today, this route is known as the "Kombu Road" and it played a vital role in the transmission of both traded goods and food culture across Japan. Later, other routes were established, such as an Eastern-bound route that crossed the

Pacific Coast and a route that passed Nagasaki and headed towards Satsuma (Kagoshima) and the Ryukyus (Okinawa); these routes ensured even greater distribution of kombu nationwide. At the time, the Ryukyus and Satsuma exported many goods to Qing dynasty China, so for both regions kombu was a precious resource. In particular, it is believed that the significant finances built up in Satsuma through trade enabled the region to become a driving force for the later Meiji Revolution.

The final stop on the Kombu Road was not Edo, the home of the military government, but rather Osaka. At the time, Osaka had been dubbed "Japan's kitchen", and it was here that the method of using kombu to make dashi was first developed, leading to kombu's becoming a central component of the food culture of the Kyoto-Osaka region. Conversely, in Edo, this method of making dashi from kombu had yet to become established; rather, *katsuo-bushi* transported from the Tosa region on the island of Shikoku was the preferred ingredient for making dashi stock. One reason suggested for this is that of all the kombu transported along the Kombu Road, the finest quality merchandise would be snapped up in Osaka, leaving only the poorer quality kombu to be taken to the Kanto region. What's more, it's said that the water in the Kanto region was less suited to making dashi with kombu, because it was harder than Kansai water. This is supposedly also why dark soy sauce is added to *mentsuyu* soup in Kanto, because the *katsuo-bushi* dashi base made it lacking the umami so abundant

in kombu. Perhaps this is why there is still such a strong association between the Kansai region and kombu-based dashi, such as Osaka's distinctive udon dashi: it can all be traced back to this period of history.

Still, the area boasting the highest level of kombu consumption in Japan is Toyama Prefecture. Toyama played a key role in the operation of the Kombu Road. Toyama Bay, at the base of the Noto Peninsula, is a large bay that harboured many kitamaebune (literally, northern-bound ships) loaded with kombu from the Yezo region. Indeed, Toyama was home to many medicine peddlers and some of those who had made their fortune in the medicine business became ship-owners, directing ships to transport kombu to Osaka and Satsuma. As a result, Toyama developed a local cuisine that made prolific use of kombu. Most of Toyama's sashimi was prepared using the koku-jime technique, in which the fish is cured between layers of kombu. Using kombu to cure the fish matures the flesh and removes any unpleasant odor, as well as enhancing its natural umami. Sashimi prepared in this way is generally eaten without soy sauce. Another typical Toyama specialty is koku-maki kamaboko (steamed fish cakes wrapped in kombu). Fish paste made from pollock is spread over wide strips of kombu and then wrapped into spirals and steamed. The popularity of this local speciality comes from the way in which kombu's naturally-occurring umami works to enhance the umami of the other ingredients. Even onigiri rice balls, which we usually expect to see wrapped in nori seaweed, are more likely to come wrapped in tororo kombu or oboro kombu (finely shaved kelp) when in Toyama, which is testament to just how embedded kombu is into the local diet.

There are various kinds of kombu: some are primarily used to make dashi stock, others are used in cooking, and still others are versatile enough to be used for both. Ma-kombu, primarily harvested around the coast of Hakodate, is representative of kombu used for dashi; it is thick and wide and is



considered a premium ingredient. It makes dashi that is beautifully clear with an elegant sweetness. Rishiri-kombu, primarily harvested around the coast of Wakkanai and around nearby Rishiri Island in northernmost Hokkaido, also results in high-grade dashi that is highly translucent with a pleasant flavor; this type of kombu is widely used in Kyoto in the preparation of banquet cuisine. Rausu-kombu, harvested around the Rausu coast off the Shiretoko peninsula in north-east Hokkaido, is fragrant, soft, and richly toned with a tinge of yellow. Also considered a premium kombu, Rausu-kombu makes rich dashi with a deep flavor and is also well-suited to nabemono (hotpots) and nimono (simmered dishes).

Hidaka-kombu is typical of the kind of kombu harvested in south Hokkaido, around the Hidaka region. Hidaka-kombu is soft, takes well to simmering, and also has a pleasant taste. As such it is used widely as an all-purpose kombu. It is also reasonably priced, making it ideal for a range of dishes such as tsukuda-ni, koku-maki and o-den (ingredients stewed in dashi). Saomae-kombu is sold under the name "Hayani-kombu" (literally, quick-to-cook kombu), and it is harvested one or two months before the kombu is fully matured, meaning it is young and soft. It has a pleasant flavor and softens quickly when simmered, a quality for which it has been nicknamed yasai-kombu (vegetable kelp) and explains its widespread use in many dishes.

There are other types of kombu as well, such as Naga-kombu, Atsuba-kombu, and Hosome-kombu. These are mostly eaten as kombu that has been processed, including koku-maki, tsukuda-ni, and shio-kombu (salted kelp). More recently, as the popularity of foods such as natto (fermented soybeans)

with a nebaneba (sticky and stringy) texture have increased, so too has the popularity of Gagome-kombu, which is naturally very sticky and stringy in texture, as well as nekombu, which is taken from the roots of kombu plants. The numeri (sliminess) of these kombu varieties and parts comes from alginates, polysaccharides called fucoidan, and tiny particles of protein; the kombu also contains many different minerals. The dietary fiber that makes up this numeri is highly soluble in water but difficult to fully digest, meaning that as it passes through the body it helps to remove various waste materials. The nutritional value and functional properties of kombu are increasingly the focus of attention. Many studies are now being carried out on kombu.

Dashi stock is the most important element in Washoku, and kombu has been indispensable to the way Japanese people make dashi. Kombu has spread to every corner of Japan, from Hokkaido to Okinawa via various routes, and it has shaped Japanese cuisine along the way. Today, many types of kombu are harvested and distributed for use in dashi or in cooking, and the nutritional values and functional properties of kombu, such as its nebari texture, are now enjoying previously unknown levels of interest. At the same time, kombu is more than just another ingredient; it also has a cultural role to play, at events such as New Year and wedding ceremonies, as a symbol of a good fortune. Japan's Washoku and umami culture are now recognized worldwide, and kombu is the ingredient at the heart of both. It seems inevitable that, in the future, increasing numbers of people around the world will come to love kombu.

Kombu water

Making kombu water is as easy as covering thinly sliced kombu (kelp) with water and leaving it in the refrigerator. This has become a popular way to make dashi (stock).

Kombu is a rich source of vitamins, minerals, and dietary fiber. It is especially rich in water-soluble fucoidan and alginic acid. Fucoidan is a class of sticky components that exist in abundance in other seaweeds such as mozuku (*nemacystus decipiens*). It is said to enhance gastrointestinal function, improve the complexion, reduce cholesterol, and promote anticancer and antiviral activity. Research into these effects is ongoing. Kombu contains glutamic acid as one of its flavoring (umami) components. This feature is attracting worldwide attention because it allows one to cook delicious food without adding a lot of seasoning. Kombu water is enormously appealing as it is gentle on the body with its reduced sodium effect.

Kombu water is very simple to make. First, finely cut 0.4 oz (10g) kombu in pieces, pouring 1 liter water and leaving in the refrigerator for more than three hours (it is ideal to leave it overnight). Use kombu that is meant to be used for dashi (stock), and as for water, soft

water is preferred as it brings out umami of kombu more.

Kombu water can be substituted for water in any recipe as a way to enhance flavor. It is recommended in the concentrated soup base for somen or cold soba, water for steaming vegetables, curry or stews, vichyssoise, etc. To experience one astonishing benefit of kombu water, use it to cook rice. Besides being tastier, the cooked rice appears to shimmer more than usual.

Beautifying effects by drinking as is!

Kombu contains rich skin-beautifying ingredients. The fucoxanthin in seaweeds such as kombu and wakame is known for its powerful antioxidant action. In addition, the alginic acid works to eliminate fat from the body by adhering to it. Because fat absorbed in the body decreases, this naturally leads to weight loss. Fucoidan works to remove active oxygen in the body. Active oxygen is a substance that promotes aging, and because it causes negative impacts on the whole body not

limited to skin, hair, blood vessel, muscle, etc., one can also expect a restoration of youth as well! Moreover, the slime component of kombu slows the absorption of saccharide (sugar). It suppresses a rise of blood glucose level after meals, thereby supporting a healthy level of blood sugar.

It is particularly effective to drink a cup of kombu water mixed with soda in the morning, or adding it to citrus fruits like lemon or tangerine, etc. The citric acid contained in these fruits works to break down blood clots. The effects of kombu are synergistic.

The benefits of kombu water are not limited to its health and beauty enhancements. The main benefits are that it is so convenient to make and use as dashi (stock) in various cuisines. Food that fits naturally into daily dietary habits is free from the pressure of "must consume." The ease of use of kombu water is beyond compare. Kombu water is always available as dashi to enhance umami in any type of cuisine whether be it miso soup, noodles, or nimono (cooked dishes). Once it becomes a daily habit, the benefits of beautiful skin, improved elimination, weight loss, and antiaging can be experienced with little effort.

It is enormously delightful to have kombu water handy, enjoying delicious food, and improving skin and health. Please try incorporating it in a variety of recipes on a daily basis.



Finely cut 0.4 oz (10g) kombu in pieces, pouring 1 liter water and leaving in the refrigerator for more than three hours (it is ideal to leave it overnight). Use kombu that is meant to be used for dashi (stock), and as for water, soft water is preferred as it brings out umami of kombu more.



SEASONAL DESSERT

SPRING



Recipes by:
Kei Hasegawa



INGREDIENTS: 10 pieces

- 3 Tbsp. yuzu juice
- 1/4 cup sugar
- 1 egg yolk
- 1 whole egg
- 2 1/2 Tbsp. unsalted butter

<Meringue>

- 2 egg white
- 1/3 cup sugar

DIRECTIONS

1. Whisk the yuzu juice, sugar, egg yolk, and whole egg in a pan and heat over medium heat.
2. Let it boil, and keep whisking to avoid burning the bottom.
3. Strain the mixture, mix in the butter, let the mixture cool down, and chill it in the refrigerator.
4. Whisk the egg whites until they increase in volume, add sugar gradually, by thirds, and keep whisking until the mix gets firm.
5. Pour the yuzu juice mixture from step 1 into a glass.
6. Squeeze the meringue into the glass. Caramelize by a blow torch or a heated spoon.

Yuzu and Meringue Dessert In a Glass

This dessert is a harmony of the yuzu curd and the sweet meringue.



Spring Yatsuhashi

Yatsuhashi is a famous Japanese confectionery, popular in Kyoto. Make Yatsuhashi with spring ingredients to feel the taste of spring in your mouth.

INGREDIENTS: 12 pieces

- 1/2 cup shiratama powder (sweet rice flour)
- 3.4 oz. (100 ml) water
- 1/2 cup sugar
- 3/4 cup joshin powder (rice flour)
- 3 pieces strawberries
- 1/2 cup koshian (smooth red bean paste)
- 2 cherry leaves (finely chopped)
- 12 pieces salt pickled cherry blossoms

DIRECTIONS

1. Add water to the shiratama powder and mix thoroughly. Add the joshin powder and sugar to the mixture.
2. Place a tightly squeezed wet kitchen cloth inside a cake pan and set it in a steamer.
3. Pour the mixture into the cake pan and steam it on high heat for about 20 minutes.
4. Carefully remove the dough from the steamer and knead it by hand. Be cautious not to burn yourself.
5. Roll out the dough with a rolling pin until thin, then cut it into 3" squares.
6. Combine the finely chopped cherry blossom leaves and the koshian.
7. Shape and place half" koshian balls in the center of the square dough. Put two or three slices of strawberries on it. Fold the dough in half, using water to seal it.
8. Decorate with the cherry blossoms on the top of it. (Be sure to soak the leaves in water to remove any excess salt, then drain it.)

INGREDIENTS: whole 9" (25 cm) cake

- 8 whole eggs
- 1/2 cup vegetable oil
- 3/4 cup sugar (for egg yolk)
- 1 1/2 cup all-purpose flour
- 1 1/2 tsp. baking powder
- 4 Tbsp. matcha powder
- 8 egg whites
- 3/4 cup sugar (for egg white)

DIRECTIONS

1. Sift the flour, baking powder, and matcha powder.
2. Separate the egg yolk.
3. Beat the egg yolks, sugar, and vegetable oil until smooth and light.
4. Beat egg whites and gradually add the remaining sugar until foamy and glossy.
5. Pour the egg yolk (Step 3) into the egg whites and gently mix with a spatula.
6. Add the flour mixture (Step 1) and beat until blended thoroughly.
7. Pour the batter into a 10" angel food cake pan.
8. Bake it at 375°F for 40 minutes.

Matcha Chiffon Cake

In the springtime, fresh, new tea leaves are often on the market. Enjoy the Japanese style chiffon cake with the tea aroma.



Homemade Strawberry Ice Cream

This is an easy homemade recipe for ice cream, enjoyable throughout any season of the year.

INGREDIENTS: 3 servings

- 1/2 pack strawberries
- 1/2 cup sugar
- 1/2 lemon for juicing
- 1 lb. heavy cream

DIRECTIONS

1. Stem the strawberries and cut them into quarters.
2. Simmer the strawberries, sugar, and lemon juice in a pan until tender on low heat for about 15 minutes, then let it chill in the refrigerator.
3. Whip the heavy cream.
4. Combine the strawberry mixture and whipped cream. Pour it into a container, and store it in the freezer.



Yomogi Shiratama (Japanese Rice Flour Dumplings)

Yomogi is a spring aromatic herb. It is a perfect match with shiratama sweet dumpling, served in kinako powder and brown sugar syrup.

INGREDIENTS: 3 servings

- 1 cup shiratama powder (sweet rice flour)
- 3 Tbsp. dried yomogi (mugwort)
- Kinako (roasted soybean powder) to taste
- Brown sugar syrup to taste

DIRECTIONS

1. Mix the shiratama powder, dried yomogi, and water and make it into bite-size balls.
2. Boil water in a pot. Once it boils, place the balls in for about 2 minutes until they float to the surface.
3. Scoop them out and put in a bowl of ice water to let them cool.
4. Drain the water and serve with kinako powder and brown sugar syrup.



SEASONAL DESSERT

SUMMER



Honey Roasted Peach

To keep the shape and taste of the peaches, choose slightly under ripe ones.

INGREDIENTS: 3 servings

- 3 peaches
- 2 Tbsp. honey
- 1 Tbsp. butter
- 1/2 lemon for juicing
- Almond to taste

DIRECTIONS

1. Peel the peach, cut it in half, and remove the seed.
2. Put honey, butter, lemon juice, and peaches in a heat-resistant container.
3. Sprinkle the almonds over the peaches. Bake it in the oven at 350°F for 20 minutes.

Banana Shake

It's the perfect dessert on a hot day.

INGREDIENTS: 2 servings

- 2 bananas
- 4 scoops vanilla ice cream
- 1 cup milk
- 1 cup heavy cream
- 2 Tbsp. sugar
- Cinnamon powder to taste

DIRECTIONS

1. Whip the heavy cream with sugar.
2. Mix the bananas, vanilla ice cream, and milk in the blender, then pour the mixture into a cup.
3. Squeeze the whipped cream (step 1) on the top of the shake.
4. Sprinkle cinnamon powder on it.





Matcha Popsicles



It is an easy recipe; just mix the ingredients. It is a good idea to make this with your kids during the summer

INGREDIENTS: 4 servings

- 4 oz. condensed milk
- 8 oz. milk
- 2 Tbsp. matcha powder

DIRECTIONS

1. Mix the condensed milk with the fresh milk.
2. Split the mixture in half (a) and (b). Pour the first half (a) into the mold halfway, then put it in the freezer to solidify.
3. Mix the matcha powder into the other half (b).
4. When the first half (a) is completely frozen, take it out of the freezer. Pour in your other mixture (b) and let it solidify in the freezer.



Frozen Yogurt

It is easy to make frozen yogurt at home using any container.

INGREDIENTS: 3 servings

- 1 cup yogurt
- 1 cup heavy cream
- 1/4 cup sugar
- 1/2 lemon for juicing



DIRECTIONS

1. Whip the heavy cream with sugar.
2. Mix the lemon juice, yogurt, and whipped cream.
3. Cast your mixture in any mold. Let it chill in the freezer for 3 hours.

Hand-Made Strawberry Jam

Jam making becomes easy after a couple of tries. For long storage, add more than 50% sugar to the weight of the fruit.

*Be careful not to burn yourself during the boiling process.

INGREDIENTS: 16 oz. mason jar

- 2 lbs. strawberry
- 1 lb. sugar
- 1 lemon for juicing

DIRECTIONS

1. Take the stem off strawberries and cut them into quarters.
 2. Put the strawberries, sugar, and lemon juice into a pan, then let it chill in the refrigerator overnight. (Dehydrate the fruits, but this part is optional)
 3. Simmer them with medium heat and stir frequently.
 4. A few minutes after boiling, scoop a small amount and check the thickness of the texture. Turn off the heat when the jam is already thick.
 5. Pour into a sterilized mason jar and lightly close the lid.
 6. Place the jar in a pan with hot water and heat for 20 minutes.
 7. Close the lid tightly and let it cool down at room temperature.
- * Store the jam at room temperature for 2-3 weeks. After opening, store it in the fridge and use it within 3-4 weeks.



SEASONAL DESSERT

FALL



OSATSU (Sweet Potato) Chips with Original Dipping Sauce

Osatsu chips are easy, tasty, and addictive sweet potato chips. They are dipped in an original dipping sauce recipe containing honey and soy sauce. Cooking tip: Frying in low-temperature oil is the key.

INGREDIENTS: 3 servings:

1 whole Japanese sweet potato (Satumaimo)

Black sesame seeds to taste

Vegetable oil (for frying)

<Dipping sauce>

1/4 cup honey

1/2 tsp. soy sauce



DIRECTIONS

1. Thinly slice the sweet potatoes with a Mandoline and soak them in running water for 5 minutes. This process removes the harsh taste of the raw potato.
2. Drain the potato slices and pat them dry with a paper towel. Deep fry them in a pan until it becomes golden brown.
3. Sprinkle black sesame seeds for garnishment.
4. For the dipping sauce: mix the honey and soy sauce.

Pumpkin Yogurt Dessert Cup

Recipe for a healthy dessert with maple syrup. Adding granola or cereal can make for a delicious breakfast.

INGREDIENTS: 2 servings

1/4 piece medium Japanese pumpkin

2 Tbsp. maple syrup

1 Tbsp. butter (room temperature)

1/2 cup yogurt

1 Tbsp. maple syrup

<Decoration>

Small pieces Japanese pumpkin (simmer with water and maple)

Rice crispy or cereals to taste

DIRECTIONS

1. Peel the skin from the pumpkin and remove the seeds. Cut it into thin slices.
2. Put the pumpkin slices in a bowl. Cover the bowl with plastic wrap and heat the slices in a microwave for about 3 minutes until they soften. Let them cool down.
3. Mix the pumpkin slices (step 2), maple syrup (2 Tbsp.), and the butter well until the mixture becomes creamy.
4. Pour the pumpkin mixture (step 3) into cups and chill the cups in the refrigerator.
5. Combine the yogurt and maple syrup (1 Tbsp.), then pour the mixture into the pumpkin cups.
6. Decorate the cups with a piece of pumpkin and cereal (optional) on top.



Roasted Green Tea Sablés (French Cookies)

Sablé is a light and crumbly cookie. The pleasing aroma of the roasted green tea is mixed in as a powder.

INGREDIENTS: 25 pieces

- 1/4 lb. butter (room temperature)
- 4 Tbsp. sugar
- 1 Tbsp. roasted green tea (hōjicha) ground to a fine powder
- 1 cup all-purpose flour
- Granulated sugar (for coating) to taste

DIRECTIONS

1. Cream the room-temperature butter using a spatula.
2. Add sugar to the creamed butter.
3. Sift the all-purpose flour and the powdered tea into the butter, then mix them thoroughly until the powder completely dissolves.

*Cooking tip: Be cautious not to mix the batter too much, as this can cause the cookie to lose its crumbly texture.

4. Put the dough mix (step 3) on a flat table. Roll it into a 1-foot long x 1.5" wide shape. Let it chill in a refrigerator.
5. Remove the dough from the refrigerator when it is completely firm.
6. Sprinkle sugar around the dough and slice it into 1/3" pieces.
7. Lay a baking sheet on a pan and place the dough pieces in an even array.
8. Bake them at 350 °F for 20 minutes.



Black Sesame Chiffon Cake Cup

The pleasing aroma of the roasted sesame chiffon cake can attract many people at a party.

INGREDIENTS: 6 pieces

- 4 egg yolks
- 1/3 cup sugar
- 1/4 cup vegetable oil
- 1 Tbsp. black sesame paste
- 2 Tbsp. ground black sesame
- 1/2 cup all-purpose flour
- 1/8 tsp. baking powder
- 4 egg whites
- 1/3 cup sugar (for egg white)
- Powdered sugar to taste (for dusting)

DIRECTIONS

1. Mix the egg yolks and the sugar. Add the vegetable oil and black sesame seed paste into it, and mix thoroughly.
2. Add the ground black sesame.
3. Beat the egg whites, gradually add the sugar to the egg whites until foamy and glossy.
4. Add 1/3 of the egg white mixture (step 3) to the sesame mixture (step 2) and mix well.
5. Add sifted flour and baking powder to the mixture (step 4), and combine until the mixture looks powerless.

6. Fold* in the rest of the egg white mixture into the mixture from step 5 and try to avoid deflating it.
7. Pour the mixture into cups and bake them at 375°F for 20 minutes.
8. Dust the finished product with powdered sugar.

*The folding technique is a way of mixing where you scrape the walls of the bowl and gently fold the mixture over. Keep repeating the process until it's well combined.

Invisible Apple Cake



The unique name comes from beautiful layers of apple slices. The sliced surface is so smooth that it blends the sponge with the apples. Pear, persimmon, or yam can be substituted instead of apples.

INGREDIENTS:

- 5" x 2" (15 x 5 cm) loaf pan
- 2 apples
- 1 egg
- 1 1/2 Tbsp. sugar
- 1/2 Tbsp. butter (room temperature)
- 1 Tbsp. milk
- 1/2 Tbsp. all-purpose flour
- Vanilla extract to taste
- Brown sugar syrup to taste

DIRECTIONS

1. Mix the egg, sugar, and vanilla extract thoroughly. Combine the sifted flour and mix gently.
2. Add the room temperature butter in first, then the milk.
3. Peel and core the apples. Cut them into thin slices.
4. Combine the sliced apples and the mixture (step 2) gently.
5. Layer the apple slices neatly one by one in the loaf pan. This process is essential to give off a smooth appearance.
6. Pour the rest of the mixture to the loaf pan. Bake it at 325°F for 20 minutes.
7. After cooling, remove it from the mold and slice it into the desired size.
8. Warm it in an oven and serve with the brown sugar syrup.



SEASONAL DESSERT

WINTER



Polvorón (polvorones) with kinako powder

Polvorón is a sweet and crumbly cookie that originates in Spain.

There is a legend that saying “polvoron” three times while eating it will bring happiness.

INGREDIENTS: 6 servings

- 2/3 cup all-purpose flour
- 1/3 cup whole almonds
- 1/4 cup butter
- 1/3 cup powdered sugar
- Kinako powder (roasted soybean flour) to taste

DIRECTIONS

1. Cream the butter at room temperature, then combine it with the powdered sugar.
2. Reduce the almonds to powder (use a food processor, a mill, or chop with a knife).
3. Mix all-purpose flour and the powdered almonds (step 2) and add to the butter mixture (step 1).
4. Let the dough chill in a refrigerator for 30 minutes.
5. Divide the dough into 3/4" (2 cm) balls (if the dough is hard to shape, try to mush it into a ball)
6. Place the balls on cooking sheets in an oven.
7. Bake them in the oven at 350°F for 20 minutes.
8. After baking, let them cool down. Then roll in kinako powder.



INGREDIENTS: 16 servings

- 1 1/2 cup san-on sugar (Japanese light-brown colored sugar)
- 1 1/3 cup butter
- 1 cup chocolate
- 5 eggs
- 1 cup all-purpose flour
- 3 Tbsp. cocoa
- 1 tsp. salt
- 1 cup walnuts

DIRECTIONS

1. Cream the room temperature butter and combine it with the san-on sugar.
2. Beat the eggs and mix them with the butter (step 1) by little portions.
3. Melt the chocolate over a bowl of hot water (approx. 130°F) and combine it with the mixture (step 2).
4. Sift flour, cocoa, and salt together, then combine them with the result of step 3, along with walnuts.
5. Lay a baking sheet on a pan. Then pour the mixture (step 4).
6. Bake the mixture in an oven at 350°F for 25 minutes.
7. Let it cool and cut them in the desired size before serving.

Brownie is a classic American dessert. Warm it up and serve with ice cream for a yummy snack.

Brownie





INGREDIENTS: 6 servings

- 6 tangerine
- 3 cups water
- 1 ½ cup sugar

DIRECTIONS

1. Carefully peel the tangerines' skin, including the pulp.
2. Dissolve the sugar in the boiling water.
3. Simmer the tangerines in the sugar water on low heat for 5 minutes. To cook evenly, cover them with a piece of aluminum foil.
4. Let it chill in the refrigerator.

Tangerine compote

Make a scrumptious dessert with a simple tangerine.



Strawberry shortcake in a mason jar, which makes up for great party food or gifts.

INGREDIENTS: 6 servings

- 3 eggs
- 1/2 cup sugar
- 1/3 cup flour
- 1/8 cup milk
- 2 cups heavy cream
- 1/4 cup sugar (for whipped cream)
- 10 pieces strawberries
- Strawberry jam to taste

DIRECTIONS

1. Combine the sugar and the eggs in a bowl, then stir them over a bowl of hot water (approx. 140°F) until the mixture warms up.
2. Set a hand mixer to whip the mixture at high speed until it is double in size.
3. Gradually add flour to the mixture (step 2). When the flour is completely combined into the mixture, add milk.
4. Lay a cooking sheet on a baking pan, then pour the batter mix (step 3) into the pan.
5. Bake the mixture in the oven at 350°F for 15 minutes. Let the sponge cake cool completely before cutting it.
6. Whip the heavy cream with sugar.
7. Use a cookie cutter (or knife) to cut the cake to match the size of the mason jar. Place it on the bottom of the jar.
8. Layer the strawberry jam, whipped cream, sliced strawberries, and chunked sponge cake within each layer. Repeat the process until each jar is filled.
9. For the finish, top the jar with a spoonful of whipped cream and a strawberry.



Strawberry shortcake parfait



INGREDIENTS: 8 servings

- 2 Tbsp. sugar
- 1 pinch salt
- 1/4 cup water
- 14 oz. koshi-an (smooth red bean paste)
- 1 Tbsp. all-purpose flour
- 1 ½ Tbsp. kuzu powder
- 1/8 cup water (for kuzu-powder)
- 10 pieces chestnuts with syrup

DIRECTIONS

1. Dissolve sugar and salt in boiling water and let it cool to room temperature.
2. Add the koshi-an, then kuzu powder* to the mixture. (*Mix the kuzu powder with water until it is completely dissolved.)
3. Combine the flour (sifted) and chestnuts to the step 2 mixture.
4. Place a cooking sheet on a baking pan, then pour step 3 into it.
5. Steam for 30 minutes.
6. Let chill in the refrigerator.



Steamed Chestnut Yokan

Kuzu powder provides a smooth texture. Plenty of chestnuts make flavorful yokan better.

Spring soups

Shrimp and Tomato Hot & Sour Soup

Ingredients (4 servings)

- 8 shrimp
- 1 tomato
- 4 dried shiitake mushrooms
- 2-½ oz (70g) boiled takenoko (bamboo shoots)
- ¼ tofu
- 1 green onion
- 1 ginger root (about 1 to 1-½ inch)
- 2 cups (450ml) water
- 1-¼ cups (300ml) chicken broth
- 1 chili pepper
- 1 Tbsp soy sauce
- 1 Tbsp katakuriko (potato starch)
- 1 Tbsp vinegar
- 2 tsp rayu (Japanese chili oil)
- pinch of salt and pepper



Directions

1. Rehydrate dried mushrooms by soaking in 2 cups (450ml) of water (liquid will be used as broth). Cube and drain tofu.
2. Peel shrimp, slit the back and remove vein. Dice tomato into ½-inch (1cm) squares, slice bamboo shoots into bite size pieces, slice green onions into ½-inch (1cm) lengths, and julienne the ginger.
3. When the dried mushrooms are rehydrated, lightly squeeze out the water and slice the mushrooms. Pour mushroom broth (soaking liquid) into a pot, and simmer with chicken broth over medium heat.
4. Add chili pepper, shiitake mushrooms, tomato, bamboo shoots, and ginger into the pot and cook on high heat. When it boils, skim the soup, simmer for 5 minutes over medium heat, and add tofu and shrimp.
5. When shrimp is cooked, adjust the taste with soy sauce, salt, and pepper, and set to low heat. Mix katakuriko with an equal amount of water, and pour into pot while stirring. Turn off heat. Add green onion, vinegar, and chili oil, and stir.



Chickpea Potage with Rosemary

Ingredients (4 servings)

- 9 oz (260g) can chickpeas (chickpeas only)
- 8 cherry tomatoes
- 2 anchovies
- 1 clove garlic
- 1 sprig rosemary
- 2-¼ cups (500ml) chicken broth
- 1-½ Tbsp olive oil
- 1 Tbsp white wine
- 1 tsp honey
- pinch of salt and pepper



Directions

1. Pour can of chickpeas into strainer and rinse. Cut cherry tomatoes in half and slice garlic.
2. Put olive oil, garlic, and anchovies in a pot and sauté on low heat. When the aroma rises, turn heat to high, and add chickpeas and cherry tomatoes.
3. When liquid releases from the cherry tomatoes, add white wine, then add chicken broth and rosemary. When the broth comes to a boil, skim, and simmer over medium heat for about 20 minutes.
4. Remove from heat. Remove rosemary, and blend soup in a food processor.
5. Heat again over medium heat, add honey, and season with salt and pepper to taste.





Cold Onion and Cucumber Soup

Ingredients (2-3 servings)

- ½ onion
- ½ cucumber
- 2 tsp Nijiya Wafu Dashi (Japanese soup stock)
- 1 tsp dried wakame seaweed
- pinch of grated garlic and ginger
- 1-¾ cups (400ml) water
- 1 tsp white sesame

[seasoning]

- 1 Tbsp vinegar
- 1 tsp lemon juice
- 1 tsp soy sauce
- ½ tsp sesame oil
- pinch of salt and pepper

Directions

1. Rehydrate dried wakame seaweed with water. After about 5 minutes, squeeze dry to get rid of the water.
2. Slice onion, cucumber, wakame seaweed, and put into bowl. Drizzle with wafu dashi, and add grated garlic and ginger, coating well.
3. Add water and seasoning, mix and cool in refrigerator. Sprinkle with white sesame when serving.



Hamaguri Clam and Canola Blossom Soup

Ingredients (2 servings)

- 6 Hamaguri clams
- 1 stem of (nanohana) canola blossoms
- 1 cup (250ml) water
- 1 (about 2-inch) dashi konbu (dried kelp)
- 1 Tbsp sake
- ½ tsp soy sauce
- pinch of salt



Directions

1. Soak konbu in pot of water for at least 2 hours. Simmer and remove konbu just before boiling.
2. Put washed clams and sake in a separate pan and cook with lid over low heat. When clams open, turn off heat, pour contents into the first pot, and season with soy sauce and salt.
3. Blanch canola blossoms by boiling in a separate pot of salted water, then plunge into cold water. Squeeze out water and cut into 2-inch (5cm) lengths.
4. In the following order, place canola blossoms, clams, and warm soup in bowls. Top with a garnish of flower if available.



Bell Pepper and Potato Potage



Ingredients (4 servings)

- 1 potato
- ½ red bell pepper
- ½ yellow bell pepper
- ½ onions
- ½ celery stalk
- 1 clove garlic
- 1-¾ cups (440ml) chicken broth
- 2 tsp olive oil
- pinch of salt and pepper
- parsley (garnish)



Directions

1. Dice potatoes, bell peppers, and onions into ½-inch (1cm) pieces. Slice celery and mince garlic.
2. Put olive oil and garlic in a pot over low heat. When aroma rises, turn heat to medium. Add onion, celery, potato, and bell pepper, and sauté well.
3. When vegetables begin to soften, add chicken broth and simmer until potatoes are tender.
4. Take about half the ingredients from the pot and put in a separate plate. Place an immersion blender in the pot and blend. When the soup becomes potage-like (thick), return the ingredients from the plate to the pot. Season with salt and pepper to taste. Top with chopped parsley, as desired.



Tempura for Spring

Spring Tempura

Shrimp, Shishito, Nanohana, Shungiku,
Lotus Root, Bamboo Shoot, Satsuma-Sweet Potato

Where does tempura really come from?

Nanban Ryorisho, literally “The Southern Barbarians’ Cookbook” was written around 1639 and includes a recipe for a dish in which fish is coated in batter and fried. This Spanish/Portuguese dish is said to be the origin of what is known in Japan today as tempura. This dish developed over time to better match Japanese tastes, until eventually the uniquely Japanese style of frying that is tempura took on its current form.

Why is tempura so hard to get right at home?

Attempts to cook tempura at home often seem to fall foul of the same problems: the batter is too thick and heavy, the batter slips off the ingredients, the fried ingredients

are too oily, the fried ingredients go soggy once cold. It’s time to think about why these things happen and how we can prevent them from happening.

The role of the tempura batter

Recently, tempura is described as *mushi-ryori*, meaning “steamed cuisine”. This is because the ingredients, protected by an outer layer of batter, are heated from the outside with oil, causing the water content of the battered ingredients to be steamed. This is why it is so important to ensure the ingredients are coated in batter, lightly but carefully, so that it does not slip off during cooking.

The perfect flour for light and crunchy batter

A key component of the great taste of tempura is the flavor of the flour used in

the batter. However, the gluten content of flour means that batter can become sticky, which can result in a heavy, gloopy texture. Minimizing the stickiness caused by gluten in the tempura batter results in a batter with a light, and airy finish and a pleasing crunch. To achieve this, it’s important that the water and egg used for the batter are chilled well, and that the flour and liquid ingredients are mixed together lightly without being overworked.

Other options are to use a blend of gluten-free *katakuri* (potato starch) and rice flour, which results in a beautifully crunchy batter, or to add baking soda to the batter mix, which causes air bubbles to form, which makes for a lighter and crispier texture. Using pre-mixed tempura flour is another recommended solution.

Tips for Successful Tempura

Three types of tempura batter

Choose your favorite by taste or by ingredient.

■ Ingredients: Serves 3-4

(A) Egg batter for optimal taste

- 1 egg
- 1 tsp. salt
- 1/2 cup plus 2 Tbsp. (150ml) cold water
- 1/2 cup (120 g) flour
- 1/4 cup (30 g) katakuriko (potato starch)

(B) Egg-free batter for ease of frying

- 3/4 cup plus 2 Tbsp. (190ml) cold water
- 1/2 cup (60 g) katakuriko (potato starch)
- 1/4 tsp. baking soda
- 5/8 cup (80 g) flour

(C) Still-crispy when cold

- 1/2 cup plus 2 Tbsp. (150ml) cold water
- 1 tsp. soy sauce
- 1/2 cup (120 g) rice flour (joshin-ko)



Organic Soft Wheat Flour



Rice Flour



Pre-mixed Tempura Flour

■ The perfect flour for light and crunchy batter

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■ For slippage-free batter

To stop the batter from slipping off ingredients, try dusting the ingredients lightly with flour before dipping them in the batter.

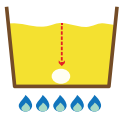
■ Oil

Add small amount of sesame oil to vegetable oil of your choice. High-end Tempura restaurants may use white sesame oil (Taihaku).

● Getting the temperature right ●●●●●●●●●●

If the temperature of the oil is too high, the batter will start to burn before the ingredients can be steamed through. Conversely, if the oil is not hot enough, oil will cling to the tempura and the texture will become heavy and soggy.

You can determine the temperature of the oil by adding a drop of batter to the oil and observing its movement.



Low temperature:
300-320 °F

Low temperature:

(150-160°C)
The batter drops to the bottom of the pan and takes around 6 seconds to rise



Medium temperature:
340-355 °F

Medium temperature:

(170-180°C)
The batter drops to the middle of the oil and rises again quickly



High temperature:
375-395 °F

High temperature:

(190-200°C)
The batter rises immediately and starts to brown

For bend-free shrimp

The most popular tempura ingredient has to be shrimp. But if you want to serve the sort of shrimp tempura you find in tempura restaurants—(almost) straight as an arrow—then you need to take extra steps during preparation.



■ Adding ingredients to the oil

To achieve the distinctive "blossoming flower" effect, in which thick and crispy "petals" of batter "bloom" randomly along the battered ingredient, use a spoon to drizzle blobs of batter over the top of the ingredient frying in the oil.

■ Knowing when it's done

The tempura is ready when the ingredient rises to the top of the oil and the bubbles have become finer. You should hear a high pitched sound from the oil and the batter will feel hard to the touch when moved with chopsticks.

■ Take care to remove excess oil and grease

Once the tempura is ready, lift it from the oil with chopsticks and shake lightly in an up-and-down motion to remove any excess oil. Place on a rack over a tray to drain. Scoop out any drops of batter left in the oil before continuing to fry.

Tentsuyu Tempura Dipping Sauce

■ Ingredients: Serves 3-4

- 2 Tbsp. sugar
- 1/3 cup (75ml) mirin
- 1/3 cup (75ml) soy sauce
- 400 ml water
- 0.2 oz. (6 g) katsuo-bushi (dried bonito flakes)

Directions

1. Add all the ingredients in a pan. Bring to the boil. Remove any brown foam on the surface, turn off the heat, and leave for 3-5 minutes.
2. Strain the mixture through a strainer.



Spring Vegetable Tempura

Ingredients: Serves 1

- 3 stalks nanohana (canola flower)
- 3 slices of bamboo shoot, parboiled
- Shungiku (edible chrysanthemum) leaves
- Flour, for dusting (same flour as used for the tempura batter)
- Tempura batter
- Oil for frying
- Tentsuyu dipping sauce

<Condiments>

- Grated *daikon* radish
- Grated ginger

Directions

1. Dust the vegetables in the flour, then coat in the tempura batter and fry over medium heat.
2. Serve with the tentsuyu dipping sauce and your favorite condiments.

Ingredients: Serves 1

<Kashiwa-ten / Chicken Tempura>

- 1 small chicken breast
- 1 tsp. sugar
- 1/2 tsp. grated garlic
- 1/4 tsp. grated ginger
- 1 Tbsp. soy sauce

<Maitake-Tempura>

- 1/4 pack maitake mushrooms, divided into small bunches
- Flour, for dusting (same flour as used for the tempura batter)
- Tempura batter, as desired
- Oil for frying

<Udon>

- 1 serving udon noodle

<Soup>

- 1 cup (240ml) water
- 1 Tbsp. soy sauce
- 1 tsp. Nijiya Wafu Dashi
- 1/2 tsp. sake (Japanese rice wine)
- 1 tsp. mirin (sweet sake)

<Condiments>

- Shichimi Togarashi (Japanese seven spice) spice mix, to taste



Tempura Udon

Directions

1. Halve the chicken breast lengthways.
2. Place the two strips of chicken into a plastic bag, sprinkle with sugar, and massage the sugar into the meat from the outside of the bag.
3. Add the garlic, ginger, and soy sauce, and continue to rub into the meat. Leave for at least 5 minutes and for up to 1 day (refrigerate as required).
4. Dust the seasoned chicken and small bunches of maitake mushrooms with flour, then coat in the tempura batter and fry over medium heat.
5. Cook the udon noodles according to the packet instructions.



6. In a small saucepan, place all ingredients from <Soup> and bring to boil over medium heat. Turn off the heat.
7. Place cooked udon noodle in a serving bowl, pour the soup from step 6, top with tempura chicken and mushrooms.



Udon Noodles

Tendon Tempura Rice Bowl



Directions

1. Add all the <dressing> ingredients to a pan. Bring to a boil, then remove from the heat.
2. Dust the tempura ingredients with flour, then coat in the tempura batter and fry over medium heat.

Ingredients: Serves 1

<Dressing>

- 2 Tbsp. soy sauce
- 2 Tbsp. mirin
- 1 Tbsp. sugar
- 1 tsp. Nijiya Wafu Dashi (Japanese Soup Stock powder)
- 1/3 cup (80ml) water

<Tempura>

- 3 shrimp tails
- 1 shishito pepper
- 2 slices lotus root
- 1 shiitake mushroom
- 2 leaves oba (green perilla)
- Flour, for dusting (same flour as used for the tempura batter)
- Tempura batter
- Oil for frying

- 1 portion cooked rice

3. Pile the cooked tempura onto the rice then drizzle with the dressing to taste.



Nori-Wrapped Sea Urchin Tempura

Take a 1/16th strip of a standard sheet of nori seaweed and add two or three blobs of sea urchin, then roll up tight. Fry quickly at high temperature. Serve topped with shredded oba, if desired.

Tencha: Green Tea Over Tempura Fritter Bowl

Ingredients: Serves 1

- 3 scallops (sashimi quality)
- 1/2 bunch mitsuba
- Flour, for dusting (same flour as used for the tempura batter)
- 3 Tbsp. tempura batter
- Oil, for frying
- 1 portion cooked rice

<Condiments & Tea>

- Grated daikon radish
- Grated ginger
- Wasabi
- Pinch of salt
- Strong green tea, as desired

Directions

1. Cut each scallop into 4-6 pieces. Roughly chop the mitsuba leaves.
2. Add the scallops and mitsuba leaves to a bowl and dust with flour, then add the tempura batter and mix gently to coat the entire fritter mixture.
3. Heat the oil to medium then use a spoon to gently pour the fritter mixture from the side of the pan into the oil.

4. Once the fritter has firmed up on one side, flip it over and use chopsticks to poke some holes to allow it to cook more easily.
5. Once the fritter is ready, lift it out of the oil. Place on the cooked rice and garnish with condiments.
6. Sprinkle with salt then pour over the tea.



Tenzaru: Tempura with Chilled Soba (Buckwheat) Noodles

Ingredients: Serves 1

<Dipping Sauce>

- 2 Tbsp. soy sauce
- 2 Tbsp. sake (Japanese rice wine)
- 2 Tbsp. mirin (sweet sake)
- 1 tsp. sugar
- 1/2 cup water
- 1 tsp. Nijiya Wafu Dashi (Japanese Soup Stock powder)

<Tempura>

- 3 shrimp tails
- 1 shiitake mushroom
- 1 leaf oba (green perilla)
- Flour, for dusting (same flour as used for the tempura batter)
- Tempura batter
- Oil for frying
- 1 portion soba (buckwheat) noodles

<Condiments>

- Grated daikon radish
- Grated ginger

Directions

1. In a small saucepan, place all ingredients from <Dipping Sauce> and bring to boil over medium heat, then remove from the heat. Rest to room temperature, then chill in a refrigerator. You can make it in advance.
2. Cook the soba according to packet instructions, then rinse with cold water.
3. Dust the shrimp, shiitake mushroom, and oba leaf with flour, then coat in the tempura batter and fry on a medium heat.
4. Serve the noodles and tempura with the dipping sauce and condiments.



Nagaimo Mountain Yam Tempura with Seaweed

Add some aonori (dried green seaweed) to the tempura batter before frying, then garnish with more to serve.



Tempura Appetizer

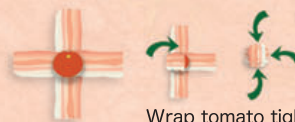
Egg Tempura

Freeze the egg for at least 24 hours before cooking. Remove the shell under cold running water, dust and batter, then fry at a low temperature, around 320°F (160°C). Make sure not to touch the egg immediately after it has been added to the oil. Serve with a sprinkling of shichimi seasoning, if desired.



Pork belly-wrapped Cherry Tomato Tempura

Wrap cherry tomatoes in slices of pork belly then coat in batter to fry as tempura.



Wrap tomato tightly.

Tempura Dessert

Apple Tempura

Fry thinly sliced apple rings then dust with cinnamon sugar.

Gourmet Seasoning for Tempura Matcha Salt



Mix two parts matcha to one part salt.



Daifuku Tempura

Fry well-chilled daifuku quickly at a high temperature.



Spring donburi

Tofu and jako (small dried fish) donburi

Ingredients (2 servings)

- 2 donburi bowls of hot cooked rice
- 1 block tofu (soft texture)
- 1 Tbsp sesame oil
- 1 oz (30g) chirimen-jako (dried young sardines)
- 1 small quantity ginger (minced)
- 1 inch (3cm) pickled radish (minced)
- 1 Tbsp soy sauce
- 4 green onions (finely chopped)

Directions

1. Wrap tofu in paper towels and leave for ten minutes to drain.
2. Heat sesame oil in a skillet and sauté chirimen-jako until it turns crisp.
3. Put tofu, ginger, and pickled radish in a bowl. Add 2 while it is still hot and stir in the soy sauce.
4. Pour 3 over each bowl of hot rice. Sprinkle with green onion.



Oyako teri-teri donburi

Ingredients (2 servings)

- 1 large chicken thigh (cut into bite size pieces)
- ½ Tbsp salad oil
- A: 2 Tbsp each mirin, sake, soy sauce / 1 Tbsp each soy sauce, balsamic vinegar / ½ Tbsp honey
- 2 donburi bowls of hot cooked rice
- ½ bundle mitsuba (chopped into ½ inch (1cm) lengths)
- B: 3 eggs / 3 Tbsp milk / dash of salt
- 2 Tbsp butter
- ½ sheet roasted nori (shredded)

Directions

1. Heat salad oil in a skillet and grill chicken meat with the skin down. When browned, turn over. Add A and cook over medium high heat to glaze the chicken until most of the juice dissipates and flavor is blended in.
2. Serve rice in a bowl setting aside mitsuba for decoration and mix the rest with the rice.
3. Mix B in another bowl. Heat butter in a separate skillet. Pour B into the heated skillet and make scrambled eggs.
4. Serve 2. in a donburi bowl and sprinkle with roasted nori. Place the chicken meat of 1. and eggs of 3. on top in that order and garnish mitsuba that was set aside. If the sauce from cooking the chicken is left over, pour it as desired, and it is completed.



Pork miso butter donburi

Ingredients (2 servings)

- | | |
|------------------------------------|-------------------------|
| 3-½ oz (100g) thinly sliced pork | ½ clove garlic |
| ½ piece water-boiled bamboo shoots | 2-½ tbs (10g) butter |
| Canola blossoms or spinach | 2 tbs miso |
| 2 eggs | 2 bowls hot cooked rice |
| Pinch of salt | |

Directions

1. Cut pork into bite sized pieces and season with salt and pepper.
2. Thinly slice the bamboo shoot, cut canola blossoms into bite sized pieces, quickly boil in hot water and drain. Crush the garlic.
3. Beat eggs with a little sugar and salt (not in the ingredients) to make scrambled eggs. Place on top of the donburi bowls of rice.
4. Heat butter in a skillet and add garlic. When the aroma of garlic begins to emerge, remove it and sauté the pork in the same skillet. Add bamboo shoots after the pork is cooked, sautéing for one or two more minutes. Place bamboo shoots on top of rice. Put the garlic back into the skillet adding miso and pork. Place on top of rice. Garnish with canola blossoms or spinach.

Mackerel & cabbage curry-flavored donburi

Ingredients (2 servings)

- 1 can water-boiled mackerel
- 3 leaves cabbage
- 0.4 cup (100ml) dashi broth
- For stock: 1 tsp curry powder, ½ Tbsp each soy sauce and sake
- 2 bowls hot cooked rice
- ½ Tbsp salad oil
- ½ Tbsp flour

Directions

1. Drain liquid from the can of mackerel.
2. Cut cabbage into chunks.
3. Heat salad oil in a skillet over medium heat and sauté cabbage.
4. When softened, sprinkle in flour so to blend in thoroughly. When the flour is no longer visible, add dashi broth and bring to a boil.
5. Add seasonings for the stock putting mackerel and cook for two minutes while separating the pieces, and then remove from the heat.
6. Place equal portions of 5 onto the two bowls of rice.



Seafood salad donburi

Ingredients (2 servings)

- 7 oz (200g) sashimi (tuna, salmon, salmon roe, etc. as desired)
- 2 leaves lettuce
- ½ pack canola blossoms
- ¼ th onion
- ½ avocado
- 3 cherry tomatoes
- 2 bowls hot cooked rice
- Nijiya mentsuyu, as desired



Directions

1. Dice sashimi and avocado into ½ inch (1cm) pieces.
2. Parboil canola blossoms and cut into bite size pieces. Shred lettuce into easy-to-eat pieces.
3. Thinly slice onion and wipe off moisture. Cut cherry tomatoes into quarter sizes.
4. Top each bowl of hot rice with lettuce and onion. Garnish with the remaining ingredients in a colorful way.
5. Pour men-tsuuyu on top and enjoy.

For your
optimal skin,
mind and soul

Spring has come! How about some #skinfriendlyfoods?

We all know the phrase, “You are what you eat”. Our daily routine and healthy eating habits are a pivotal part of who we are that makes us feel physically fit and mentally strong.

As a skincare therapist, I know that eating a hearty meal three times a day is an essential part of my daily regimen. Our diet is the foundation of wellness, promoting skin rejuvenation and enriching body and soul. When I have a nutritious meal, my skin is nourished, and my body performs efficiently when I render professional services to clients.

Did you know that our eating habits are the gateway to sustaining beautiful skin? It is essential to be mindful about how we can optimize skin health. Regardless of age, many of us are conscious of current beauty trends and want to know more about skin rejuvenation. As we are flooded with the many advanced beauty technologies available in the current market, I believe that the most imperative secret to maintaining true beauty comes from within and what we intake from our food and dietary habits.

To support the basis of health and beauty, we must incorporate better nutrients into the body. This will help

bring results that lead to beautiful skin. Eliminating free radicals and oxidative stress in the body can have a significant effect on the aspects of our skin that fluctuate each day, such as glow, firmness, dullness, blemishes, acne, congestion, and dryness, to name a few.

Maintaining beautiful skin is a creative process, just like an exercise routine for living well.

It would be ideal to begin readjusting your skin health gently, without any pressure. Studies have shown that 75% of our optimal skin health is based on lifestyle, environment, and quality of sleep; 25% is based on what we apply topically during our daily skincare regimen. On days that we may feel tense, receiving professional services such as a facial or a massage will help adjust the skin health cycle to a positive setting.

Based on years of professional experience with clients, I believe that there are two simple rules to living well and sustaining optimal skin health. First and foremost is strengthening the body’s immune system; second is detoxification. Our skin functions like a mirror of what is going on inside the body. The way our skin feels depends on what has been digested during the 28-day skin cycle. Hydration is also key to flush away any toxins in the body that will impact skin texture.

With work, family, and the craziness in our daily lives, it may seem a bit challenging at first to maintain a good balance between your lifestyle and eating habits. Listening to your skin and your body will lead to future skin wellness. Since it’s a daily process, be sure to keep it simple and sweet so that you can continue for the long run.

Your skin will thank you for taking in foods that are rich in antioxidants such as Vitamin C, meat or poultry for skin hydration, and fresh vegetables for skin rejuvenation. “Glycation” (sugar) has become a buzz word as studies have shown that excess sugar intake leads to dull skin. Foods and drinks with cane sugar must be taken in moderation but let’s admit that there are days we crave sweets. Alternating to a healthier snack choice with low glycation such as fruits and nuts would be ideal.

“Superfoods” and “antioxidant nutrients” have attracted much attention in recent years regarding their bountiful health and beauty effects leading to radiant skin health. For example, walnuts, which contain omega-3 fatty acids, will help prevent wrinkles and increase moisturizing ability (*see recipe 2*), ginger is a top notch ingredient for detoxification (*see recipe 2*), amaranth (*in recipe 3*) is an excellent ingredient that will help repair rough skin, quinoa (*in recipe 1*) is rich in vitamin E to help plump up the skin.

There are many more skin-friendly food ingredients that will complement you and your guests this spring. With a little thought and creativity, the choice is absolutely yours.

Skin Tips

When it comes to skincare, preventing UV-rays is a year-round must.

As we live in a low humidity climate, the balance between water retention and moisturizing ability is often lost. Sun damage is mainly caused by UV-rays while driving and extreme skin dryness due to air conditioning. Applying a liberal amount of toner, serum, moisturizer, and skin cream can instantly bring a glow to any skin type or condition. Applying a good SPF (Sun Protection Factor) of 40 or above is strongly recommended. And for added UV protection, wearing a wide-brimmed hat or a visor while driving or going outdoors will help protect your skin from environmental damage.

FUMI OZAKI

Board Certified Esthetician, Electrologist,
Master Educator for Beauty School Training

With 16+ years of highly effective cosmetic, spa, skincare marketing, product development, training, and public relations experience, Fumi is committed to making customer satisfaction her #1 priority. This approach has rewarded her with a high degree of client loyalty.

On top of her professional background, Fumi is also known for her meticulous hands-on skills in rendering high quality esthetic, electrology, and makeup artistry at her private studio in Redondo Beach, California. Born in Yokohama, Japan and raised in Orange County, California, Fumi’s love of cooking is inherited from her late father who worked as a master chef specializing in traditional Japanese cuisine.

• Website: <http://FumiOzaki.com> • Instagram and Twitter: @odekirei



1) HOMEMADE QUINOA SALAD WITH EDAMAME



Rich in vitamin E, quinoa is an excellent food for beautifying skin. With protein and vitamin C, edamame and daikon radish help create strong collagen production. Toss in some beta-carotene rich carrots for skin regeneration. Sprinkle with goji berries and curry powder to help minimize skin irritation. Restore yourself and your skin health with this easy-to-make salad!

Ingredients (Serves 3)

3-½ oz quinoa (cooked)
1 bag edamame (frozen edamame in pods)
1 medium carrot
7 oz daikon radish
Goji berries, as needed
Curry powder, as needed

2 types of dressing to choose from:

★ Spicy

2 Tbsp sesame oil
2 Tbsp Nijiya 30% reduce sodium soy sauce
1 Tbsp Vinegar
1 tsp Chili bean sauce

★ Light

3 Tbsp plain yogurt
3 Tbsp vinegar
1 tsp honey
2 Tbsp Olive oil
Salt and pepper, as needed

Directions

1. Choose your favorite dressing (recipes shown above).
2. Julienne the carrot and daikon radish, then cut them crosswise into equally-sized diced pieces.
3. Bring a large pot of water to boil, add edamame to the boiling water and boil for 4-5 minutes. Drain edamame in a strainer, cool under cold running water. Gently squeeze the pods with your fingers to release them.
4. Place all ingredients including goji berries and curry powder in a bottle or a container with a lid. Add your favorite dressing and put on the lid. Shake well before serving.

2) STUFFED NAPPA CABBAGE ROLL

Ingredients

(approximately 14 pieces)

14 oz ground chicken
3 oz walnut halves
1 large onions (minced)
1 piece fresh ginger (grated)
14 leaves from a large head nappa cabbage
1 Tbsp potato starch
1 canned diced tomato
1 pouch Kayanoya® original dashi stock
3 Tbsp Nijiya 30% reduced sodium soy sauce
2 Tbsp red wine
Water, as needed
Salt and pepper, as needed
½ fresh lemon juice

Directions

1. Bring a deep pan of water to a boil, immerse the nappa cabbages leaves for 1 minute, then cool under cold water.
2. Place the ground chicken in a large mixing bowl and add the minced onion, grated fresh ginger, walnut halves, and potato starch. Gently combine well and sprinkle with salt and pepper. Divide into 14 equal parts and shape into rounds for the filling.
3. Wrap and roll each filling inside a nappa cabbage leaf. Wrap tightly and close with a toothpick. Place side by side in a large frying pan.
4. Add the diced tomatoes, red wine, soy sauce, and the dashi stock pouch. Carefully add water and cover the pan to simmer over medium heat for 40 minutes.
5. Remove the dashi pouch. Add fresh lemon juice to the entire pot before serving.



Lycopene, which is linked to various beneficial effects, is an antioxidant found in red vegetables such as tomatoes. It is also thought to play a role in enhancing the water retention function of the skin. This recipe includes vitamin and mineral-rich walnuts. Collagen can be found in ground chicken for bountiful health and skin benefits in connective tissue. Add some grated ginger for detoxification and sprinkle some vitamin C with lemon juice to enhance the flavor. These nutrient-full ingredients will sure to be a crowd-pleaser at your next gathering.



Spring has come! It's a perfect time to add canola flower to your spring recipes especially in a rice platter for guests. It's as simple as boiling them with a hint of salt. Adding amaranth to cook with rice can enhance its flavor and is also known as an excellent contributor to skin rejuvenation and moisture. Make this your favorite kind of rice platter while satisfying your optimal skin health!

3) SPRING BLOSSOM RICE PLATTER

Ingredients

3 rice cooker cups Japanese short-grain rice (about 4 oz per serving after cooked)
Canola flower, as needed (Other options are available by substituting 6 pieces of oba leaves and 5 pieces of mitsuba parsley or komatsuna spinach.)

Japanese rolled omelets: 2 eggs with a sprinkle of salt and pepper

Pickled sushi ginger, as desired
2 Tbsp Nijiya Amaranth
1 pouch Kayanoya® original dashi stock

Directions

1. Place the uncooked Japanese short grain rice in a large bowl. Rinse once and discard the water. Transfer the rice into the rice cooker bowl. Add cold water to the 3 cups line. Add the amaranth and the dashi stock pouch and press the 'start' button on the rice cooker.
2. Bring a large pot of water to a boil, add salt to the boiling water and immerse the canola flower for 30 seconds. Drain in a strainer, wait to cool before slicing into small pieces.
3. Place the eggs in a bowl and beat well using a whisk. Add a little salt. Place a small amount of cooking oil in a small frying pan and bring to medium heat. Carefully add a small amount of the egg mixture at a time into the frying pan to create an omelet. Wait to cool before slicing into small strips.
4. Chop the sushi ginger and place aside.
5. After the rice is fully cooked, remove the stock pouch. Serve the cooked rice in a bowl, garnished with Canola flower, sliced omelet, and sushi ginger.

Spring eggs

Eggs are an excellent source of energy

Proteins are made up of twenty types of amino acids. Eight of these cannot be made by our bodies and must be obtained in the foods we eat. These are called the “essential amino acids.” Eggs contain these amino acids in excellent balance to enhance our immunity. Choline, which occurs in the lecithin in eggs, is especially important. It activates the brain and is thought to prevent aging of brain tissue. Choline is known to be effective in adjusting the amount of neutral fat and preventing and improving hypertension and hypercholesterolemia, fatty liver, etc. Eggs also contain vitamins A, B₆, and E, which are considered effective in suppressing the production and removal

of active oxygen.

Eggs are an easy-to-handle ingredient used in a wide variety of dishes including sweets. Please make use of eggs in box lunches and during busy morning hours.

● Basic boiled eggs

1. Remove eggs from the refrigerator and bring them to room temperature for thirty minutes.
2. Place the eggs in a saucepan and fill the pan with cold water, covering the eggs.
3. Place over medium heat. When the water comes to a boil, reduce the heat and boil for about ten minutes.
4. Remove the pan from heat. Using a ladle, take out one egg at a time and set



in a bowl of cold water, replacing the water a couple of times.

* By cooling the eggs quickly, peeling the shell becomes easier. Allow the eggs to cool completely in cold water for fifteen minutes. Then peel under cool running water.



Nokke Tamago & Aji-tama

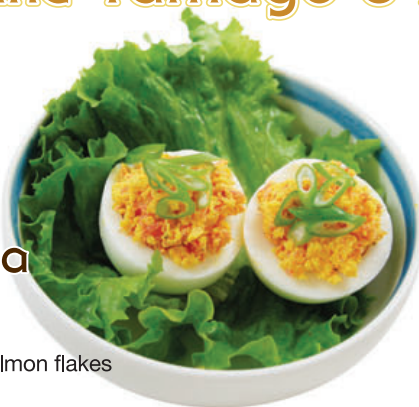
Salmon Nokketama

Ingredients (1 serving)

- 1 hard-boiled egg
- 1 Tbsp off-the-shelf salmon flakes
- 2 tsp mayonnaise
- Pinch of sugar, pepper
- Small amount of green onions, sliced diagonally

Directions:

1. Cut the hard-boiled egg in half and carefully remove the yolk, placing it in a bowl. Use the back of a spoon to mash the yolk into a fine crumble.
2. Add mayonnaise, sugar, pepper, and salmon flakes and mix well.
3. Heap generous mounds of the mixture into the egg white cavities and garnish with green onions.



Curry Aji-tama

Ingredients (1 serving)

- 1 hard-boiled egg
- ¼ tsp curry powder
- ¼ tsp Worcestershire sauce
- ½ tsp sugar
- Small plastic bag
- Sliced cheese as desired (optional)

Directions:

1. Place curry powder, Worcestershire sauce, and sugar in one corner of the plastic bag and add a peeled, hard-boiled egg.
2. With the bag closed, press gently to spread the seasonings evenly without damaging the egg. Release air from the bag and then reseal. Refrigerate overnight.
3. Remove the egg and cut it in half crosswise. Cut sliced cheese in strips and place on top of the egg.





Basic tartar sauce

Ingredients (2 serving)

- 3 hard-boiled eggs
- 2 Tbsp finely chopped onion
- 1 Tbsp finely chopped parsley
- 2 tsp lemon juice
- 2-½ Tbsp mayonnaise
- ⅔ tsp sugar
- Pinch of salt, pepper

Directions:

1. Place the onion in water and squeeze the water out with paper towels, etc. Add all the ingredients in a bowl except for the eggs and mix thoroughly.
2. Cut the hard-boiled eggs in half by hand and remove the egg yolks. Add in the bowl by coarsely mashing them. Add the egg whites by holding and crumbling by hand and quickly mix and garnish together.



Adapted versions

Pork shabu-shabu miso tartar

Ingredients (2 serving)

- Basic tartar sauce
- 1 tsp miso (soybean paste)
- 2 or 3 leaves lettuce (washed)
- 5.36 ounces (150 g) pork for shabu-shabu
- Dash each of sake, salt

Directions:

1. Mix miso into the basic tartar sauce.
2. Squeeze water from the lettuce and tear into bite-size pieces.
3. Heat water in a saucepan, adding sake and salt just before boiling. Add the pork and bring quickly to a boil.
4. When the pork color has changed, empty in a colander, and let it cool down by covering with a paper towel.
5. Arrange the lettuce, pork, and tartar sauce in a serving dish.

Quick in the microwave oven



Ingredients (1 serving)

- 1 Japanese sausage (Arabiki)
- ¼ green bell pepper
- 1 egg
- Pinch of salt, pepper
- Ketchup, as desired

Directions:

1. Thinly slice sausage diagonally. Remove the seeds from the green bell pepper and finely slice.
2. Beat egg in a heat-resistant bowl with salt and pepper. Add the mixture from Step 1 and blend.
3. Cover the bowl loosely with plastic wrap and heat in the microwave for one minute or until the egg is soft boiled to the desired consistency. Serve with a ketchup garnish, if desired.

How to make On-Tama (onsen tamago):

1. Remove eggs from the refrigerator and bring them to room temperature for 30 minutes.
2. Pour water in a saucepan that can be tightly closed with a lid (amount of water covering the eggs). Once it is brought to a boil over high heat, turn off the heat. Pour ¾cup (200ml) of water and swiftly mix.
3. Place eggs one by one with a ladle and close the lid after gently letting them sink in the hot water. Leave as is for 18 to 20 minutes.
4. Place in cold water by picking eggs with a ladle one at a time and replace the water a couple times.
5. Leaving as is for 15 minutes or so and gently crack into a dish after completely cooled down.



Mizuna greens salad with on-tama

Ingredients (2 serving)

- 1 bundle mizuna greens
- 1 deep-fried tofu
- 2 on-tama
- <Dressing>
- 2 tsp soy-sauce
- 1 tsp vinegar
- 1 tsp sugar
- 1 tsp sesame oil

Directions:

1. Wash mizuna greens under a running water and cut off the roots. Cut into 1-½ inch pieces and squeeze out water. Separate into two equal portions.
2. Mix together all the ingredients for the dressing.
3. Cut the deep-fried tofu in half lengthwise finely slicing them crosswise, and roast in a frying pan till crisp.
4. Drop one on-tama each on top of the mizuna greens, scatter deep-fried tofu and put the dressing on by swirling around.



Summer soups

Clam & Lemon Somen Noodle Soup (Chilled soup)

Ingredients (2 servings)

- 8 clams
- ½ lemon (sliced for garnish and squeezed for juice)
- 1 clove garlic
- 1 bundle of somen noodles
- ¾ cups (200ml) water
- 2 Tbsp Nijiya mentsuyu
- 1 Tbsp white wine
- olive oil, as desired
- parsley, as desired

Directions

1. Put clams, minced garlic, and white wine in pan. Cover, and cook over high heat.
2. When the clams open, remove from heat. Add water and Mentsuyu, and chill in the refrigerator.
3. Boil somen noodles and rinse. Drain well and drizzle with olive oil.
4. Place noodles and soup into a bowl, and garnish with a round lemon slice on top. Add lemon juice to taste, and finish with sprinkles of minced parsley.



Ratatouille-Style Vegetable Soup (Cold or hot)

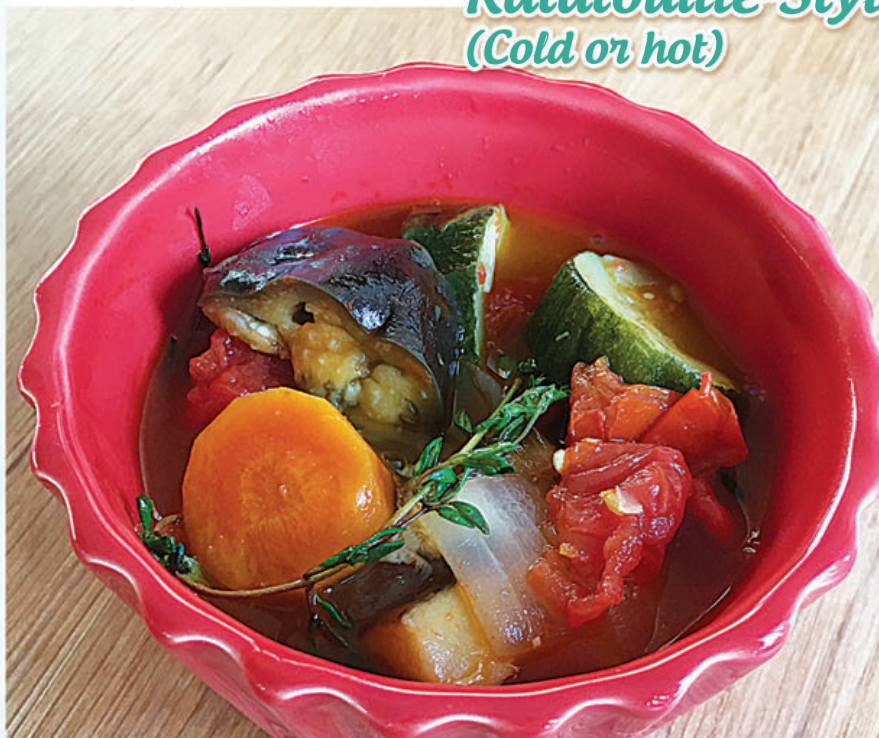
Ingredients (2 servings)

- 1 Tbsp olive oil
- ½ clove garlic
- ½ eggplant
- 2 shiitake mushrooms
- ½ green bell pepper
- ½ red bell pepper
- ½ celery stalk
- ½ carrot
- ¼ onion
- 1 tomato
- 1-¼ cup (300ml) chicken broth
- 1 tsp salt
- pinch of pepper
- 1 sprig fresh thyme

Directions

1. Cut all vegetables into bite size pieces.
2. Heat olive oil and thin slices of garlic in a pot, add vegetables other than tomatoes, and simmer.
3. When the vegetables begin to soften, add tomatoes, fresh thyme, chicken broth, and simmer over low heat.
4. When the vegetables are tender, add salt and pepper, as desired.

* For cold soup, refrigerate before serving.



Gazpacho (Cold soup)

Ingredients (2-3 servings)

- 1 tomato
- ¼ celery stalk
- ½ cucumber
- ⅓ red bell pepper
- ⅓ orange bell pepper
- ½ oz (15g) bread
- 4 tsp (20ml) water
- ¼ cup (50ml) tomato juice
- 2 clove garlic
- 1 tsp red wine vinegar
- 2 tsp olive oil
- pinch of salt
- pinch of cayenne pepper (or dash of Tabasco)

Directions

1. Dice a portion of the cucumber and bell pepper into ½-inch (5mm) pieces and set aside for topping.
2. Chop all remaining ingredients and blend in food processor (or blender) for 2-3 minutes.
3. Pour soup into bowls and top with diced vegetables from 1..



Taramo Vichyssoise (Cold soup)

Ingredients (2-3 servings)

- 1 tsp (5g) butter
- ⅓ onion
- 1 potato
- 1 cup (250ml) chicken broth
- 7 Tbsp (100ml) milk
- 2 Tbsp heavy cream
- pinch of salt
- pinch of pepper
- 1 piece mentaiko (pollock roe)



Directions

1. Melt butter over medium heat, then add and sauté thin slices of onions and potatoes.
2. Add chicken broth and simmer on low until vegetables are tender.
3. Put 2. into food processor (or blender), puree, and pour back into pot. Add milk and cream, simmer over low heat and season with salt and pepper to taste.
4. Ladle soup into bowls and chill in refrigerator. To serve, top with mentaiko cut into halves or thirds.



Edamame and Tofu Sesame Potage (Cold soup)

Ingredients (4 servings)

- 1 oz (30g) edamame (can be frozen)
- 7 oz (200g) silken tofu
- 3-½ oz (100ml) dashi soup
- 2 tsp white sesame paste
- 1 tsp light soy sauce
- pinch of salt



Directions

1. Boil edamame and remove beans from pod. Set aside 12 beans for topping.
2. Put edamame and all other ingredients into a food processor (or blender), and mix about 30 seconds.
3. Pour into bowl and chill in refrigerator. Garnish with remaining edamame, using 3 beans per serving.



Eels

(unagi)

Eels for summer! During the height of a hot summer season, let's eat eel rich in vitamins to give ourselves added vigor.



Currently, a Japanese food boom is bursting all over the world. The first type of food you probably associate with Japan is sushi. And in the world of sushi, one of the most popular fish is eel.

Eel is a generic term for fish that belong to the order Anguilliformes and suborder anguilloidei. Many Japanese people assume that eel is a Japanese fish as it is strongly connected to Japanese food culture through “kabayaki” (broiled eel). Actually, this fish is widely distributed in many tropical and, sub-tropical regions of the world. There are two types of eel that have existed in Japan since time immemorial. These are the Japanese eel and the giant mottled eel. The giant mottled eel has an overall length of 2m and weighs 20kg. It is not generally consumed as food. The one we regularly eat is the Japanese eel.

The European eel inhabits Europe. Its flesh is thick and tasty, containing plenty of fat. It used to be popular in Japan, but of late, as it is recognized as an endangered species it is no longer imported to Japan.

France has a regional fish stew called “Matelot” where the eel is cut into round slices and cooked with wine and bouillon. In Spain, young eels are eaten

by lightly sautéing them with olive oil and garlic. In Germany and Denmark, smoked eel is enjoyed between slices of bread. In Asian countries as well, including China, Taiwan, Korea, etc., eel is prepared with a variety of cooking methods. Eel is a popular fish enjoyed by many around the world.

Eel contains a lot of DHA, which promotes brain activity. It also contains EPA, which is useful in preventing diseases associated with blood vessels and in controlling levels of cholesterol and/or triglycerides. Above all, it is a rich source of vitamins A, B₁, B₂, D, and E, which prevents fatigue from summer heat. A full day's supply of vitamin A can be provided with one helping of kabayaki.

The custom of “Doyou” (canticular days) was established so that people would mark the turn of seasons. It refers to the eighteen days prior to the beginning of each of the four seasons, spring, summer, fall and winter. Eating eel on the day of the ox in midsummer has been the custom in Japan since the Bunsei era (1818 to 1830) of the Edo Period. Among the many theories about the origin of this custom is the story of Hiraga Gennai, an Edo Period (1603-1868)

scholar, inventor, and writer who coined the phrase for an eel shop sign stating “today is the midsummer day of the ox,” which became the invitation for Japanese people to eat eel.

How best to prepare eel

To use a grill or a frying pan, remove the eel from the pack, place it on aluminum foil skin side down, and warm it over a low flame. To enhance the aroma, you can coat the eel with the sauce during heating. The eel is ready to eat when the savory aroma begins to emerge as the flesh turns plump.

To heat in a microwave oven, remove the eel from the pack and place it in a heat-resistant dish. Sprinkle about a teaspoon of Japanese sake or cooking sake and cover with plastic wrap before heating. The sake makes the flesh more plump. As a rule of thumb, heat for about two minutes at 500w but please watch carefully and adjust accordingly as the outcome may vary depending on the model of your microwave.

A large quantity of carefully selected, delicious eel is delivered at Nijiya Market every year. Please be sure to enjoy Nijiya specialty eel as a way to survive those hot summer days.



Full-scale charcoal fire eel kabayaki with no chemical additives

This is a healthy eel dish using special sauce without any chemical additives. Nijiya's eel kabayaki is manufactured at a designated factory in China's Guangdong Province using the latest health maintenance system. Nijiya strictly controls the quality of the raw ingredients and the grilling technique through frequent communication with the producer.

The use of charcoal in grilling imparts a savory aroma and keeps the flesh plump and juicy. This is a kabayaki for connoisseurs. Production is entirely made to order so that only fresh eels are delivered to Nijiya Market. A safe and secure specialty product, Nijiya's eel kabayaki is a highly recommended food for connoisseurs.

Kagoshima-made charcoal eel kabayaki

Kagoshima is currently the largest producer of eels shipped in Japan. Among their eel kabayaki products is a kabayaki grilled with a special sauce and using Binchotan charcoal. The method of slow grilling over high heat imparts a savory aroma to the eel. The surface is crispy and flavorful while the inside is plump and juicy. The special quality of Kagoshima-made charcoal eel kabayaki is experienced at first bite.



Nijiya Eel sauce



Unagi Inari Sushi

- Ingredients** (16 pieces)
 1 pack broiled eel "kabayaki"
 16 pieces inariage (seasoned fried tofu pouch)
 1 egg
 4 oba (green perilla) leaves (sliced)
 — sushi rice —
 1-½ rice cooker cups (uncooked)
 sushi vinegar: quantity listed on the product
 1 Tbsp roasted white sesame

Directions

1. Cook the rice.
2. Drain the inariage juice.
3. Cook Kinshi-Tamago (shredded egg crepe).
 *cooking tip: Beat 1 egg and make sheets of thin crepes on medium heat, then slice into strips.
4. Cut the eel into thirds. Slice the center portion into 16 pieces, and the rest into ½" (1 cm) pieces.
5. When the rice is cooked, mix the sushi vinegar, white sesame, and the ½" eel pieces. Gently shape the rice into 16 balls.
6. Stuff the rice balls in the inariage.
7. Top with the egg, sliced oba leaves, and the remaining eel pieces.



Uzaku

- Ingredients** (4 servings)
 ½ grilled eel
 1 cucumber
 2 Tbsp vinegar
 2 Tbsp mentsuyu (dashi flavored diluted soy sauce)
 1 Tbsp roasted white sesame
 1 small piece ginger
 1 piece myoga ginger

Directions

1. Shred the cucumber and the myoga ginger. Cut the other piece of ginger into strips. Slice the eel in half vertically, then into ½ inch (1cm) pieces.
2. Mix all the ingredients in a bowl.



Avocado eel bowl with onsen tamago (poached egg)

- Ingredients** (1 serving)
 ½ grilled eel
 ½ avocado
 1 Nijiya onsen tamago (poached egg)



kizami nori (shredded nori), to taste
 1 bowl cooked rice

Directions

1. Cut the eel into bite size pieces. Slice the avocado into ½ inch (1cm).
2. Place the rice at the bottom of a bowl, followed by the eel, avocado slices, onsen tamago, and kizami nori. Top it with your favorite sauce, such as eel sauce, soy sauce, or wasabi sauce.

Myoga ginger

What is Myoga?

————— Narikazu Ito, D.C.



Myoga ginger is a vegetable of the Zingiber genus of the Zingiberaceae family. It is closely related to ginger and is treated as a complementary ingredient. Myoga is said to be native to wetland areas across East Asia, including Japan, but there is also a theory that its cultivation in Japan began after it was introduced from Eurasia. Myoga is widely distributed across East Asia but it is cultivated for edible use only in Japan. This aromatic quintessentially summer vegetable is

cultivated throughout Japan and is also found in the wild from Hokkaido to Okinawa. It has been claimed that the name myoga comes from two terms in ancient Japanese used to refer to ginger as either strongly fragranced (senoka) or lightly fragranced (menoka). Over time, senoka and menoka contracted and changed to shoga (ginger) and myoga respectively. It's also said that eating too much myoga can make you stupid; this superstition derives from a story about Shurihandoku, a disciple of the Buddha in ancient

India. Shurihandoku was renowned for his forgetfulness. After his death, myoga began growing at the site of his grave; if eaten, it caused people to become stupid. This led to the belief that eating myoga makes you forgetful. Don't worry though, the suggestion that eating too much myoga will make you stupid is nothing more than superstition; there's no problem with it at all.

Now let's take a look at myoga's nutritional properties. Myoga's uplifting fragrance, with its unique ability to

Quick Dressing of Myoga and Oba Leaves



Ingredients (serves 2)

2 pieces myoga ginger
6 oba (green perilla) leaves
1 piece abura-age (fried tofu)
Wasabi paste, to taste
Soy sauce, to taste

Directions

1. Heat a frying pan over a low heat and fry the abura-age well, without adding any oil. Once crispy, cut in half lengthways then cut into 0.6 inch (1.5cm) strips.
2. Slice the myoga finely lengthways and cut the oba leaves into bite size pieces. Plate up the abura-age and dress with the myoga and oba leaves. Combine the wasabi and soy sauce and drizzle over to serve.



stimulate the appetite, is thanks to an essential oil component called alpha-Pinene. This component works on the cerebral cortex, helping to curb sleepiness and make you feel refreshed. Taking in alpha-Pinene when you want to concentrate on work or studies helps keep your mind switched-on and improves efficiency. Alpha-Pinene is also found in hinoki cypress; inhaling it while relaxing helps improve circulation. It is also effective in improving lung function and blood circulation, and in easing symptoms of menstrual disorders, period pain, and menopause. Alpha-Pinene also helps to promote appetite, aid digestion, and remove heat accumulated internally while still warming up the body. Myoga also

contains potassium, which helps to remove excess sodium accumulated in the body alongside urine, and to expel toxins accumulated in the kidneys. These nutrients have a synergistic effect; by encouraging both urination and perspiration, they have a strong detoxifying effect on the body and also help to prevent high blood pressure. Myoga's characteristic magenta color hue comes from a pigment called anthocyanin. This pigment is a type of polyphenol, which has an antioxidative effect and helps rid the body of reactive oxygen species. Polyphenols also aid in the resynthesis of rhodopsin, a protein found in the retina, thus helping to relieve tired eyes, improve visual function, and prevent eye disease. Myoga is also a source of camphene, which

has antibacterial and anti-inflammatory effects and helps to relieve canker sores and throat pain and to prevent colds. Finally, geraniol helps calm nerves and relieve stress.

When selecting myoga, look for buds which are white at the axis (base), nice and plump along the inflorescence (the body), and vividly crimson along the tips of the leaves wrapped around the body. Myoga is quick to spoil, so if storing in the fridge, it's best to keep it wrapped in kitchen paper that has been sprayed with water to moisten.



Chilled Soup with Myoga and Tinned Mackerel



Ingredients (serves 2)

1 can tinned mackerel in brine
1 piece myoga ginger
½ cucumber
4 oba (green perilla) leaves
2 bowls cooked rice

1 Tbsp Shiro Dashi
1 Tbsp ground white sesame seeds
1 Tbsp miso
a pinch of salt
1-¼ cups (300ml) cold water

Directions

1. Cut the cucumber into rounds, sprinkle with salt and rub in gently. Wait until the cucumber wilts a little, then squeeze out excess water. Julienne the myoga and tear the oba leaves into generous pieces.
2. Make the soup stock: mix together the miso, ground white sesame, and Shiro Dashi until all ingredients are dissolved well, then add the cold water and mix well again.
3. Drain the tinned mackerel, tip into a bowl, and roughly separate. Add the ingredients from step 1 and mix lightly.
4. Add some cooked rice to a bowl, top with the mixture from step 3 then pour the chilled soup from step 2.



Summer is the perfect season to try mineral-rich seaweed

In summer it can be easy to feel fatigued by the heat and to have less appetite; that's precisely why this is the perfect season for seaweed. Seaweed is rich in minerals, as well as dietary fiber, which is what gives certain foods their distinctive *nuru-nuru* (slippery) or *neba-neba* (sticky and stringy) textures. Seaweed has natural umami, slides down easily, and what's more is simple to prepare, so it is certainly worth trying in summer. Seaweed might not look particularly exciting, which is perhaps why it is often overlooked, but summer is a great time to rethink the many benefits it has to offer.

A treasure trove of minerals: the ocean

The waters of our seas, from where life first emerged, are inherently abundant with dissolved minerals. In addition, minerals on land are dissolved by rainwater into rivers and ultimately carried out to sea. This means that seaweed harvested from the sea contains many more types of minerals in much higher levels than food harvested on land.

Seaweed is often compared to beta-carotene-rich land vegetables. It contains high levels of vitamins, minerals, and dietary fiber. As a country surrounded by sea on all four sides, Japan has long made seaweed a part of its everyday lifestyle and diet. Studies have even shown how Japanese people in regions where there is a culture of eating seaweed in large quantities tend to have greater than average life expectancies.



WAKAME



MOZUKU



MEKABU

● Wakame

Wakame is a brown algae (from the family of Alariaceae, of the order Laminariales). In Japan, air-dried wakame is enjoyed in *sunomono* (vinegared salads), in miso soup and in salads. Compared to kombu, wakame has weak tissue structure and is very soft; it is therefore often sold salted. Salted varieties should be rinsed in running water to remove excess salt and soaked in cold water for around 3 minutes, then drained well in a colander before using.

* The weight of reconstituted wakame will be 2.5-3 times that of dried wakame.



● Mozuku

Mozuku is a brown algae (from the family Spermatochnaceae, of the order Chordariales); in Japan it is harvested for human consumption. It is primarily enjoyed in a vinegared dish called *mozuku-su*, fresh mozuku is also eaten battered and fried as *tempura*, in *suimono* (clear soups), and *zosui* (rice soups). More recently, the ability of fucoidan, a type of dietary fiber found in mozuku,

to improve immune function has been widely reported. As a result, increased attention has been focused on mozuku.



● Mekabu

Mekabu refers to the sporophyll (foliage) that sprouts above the root of wakame. It is available both fresh and as a dried or salted food. Previously, mekabu was removed and discarded from harvested wakame, but it is now retained and consumed as it is understood to contain many beneficial properties. Mekabu has no particular flavor, but it is popular nevertheless thanks to its pleasant, slippery texture that makes it easy to eat.





Grated yam, okra and mekabu medley

Ingredients (serves 4)

1 pack (60g) flavored mekabu
3.5oz.(100g) nagaimo (Chinese yam)
3 okra
Soy sauce, to taste

Directions

1. Boil the okra then rinse in cold water. Drain well and cut into rounds.
2. Grate the nagaimo into a bowl, then add the flavored mekabu and okra.
3. Season to taste with soy sauce and mix well.



Japanese style pasta with tuna and mekabu

Ingredients (serves 1)

1 pack (60g) flavored mekabu
1 can (80g) tuna
5oz.(140g) pasta
1 clove garlic
2 tsp olive oil
Salt and pepper, to taste
Chopped green onions, to garnish
Shredded nori, to garnish

Directions

1. Cook the pasta al dente (1 minute less than indicated on the packet).
2. Heat the olive oil and minced garlic in a frying pan and on low. Once you can smell the garlic, turn the heat to high and add the cooked pasta and ½ cup of cooking water.
3. Add the tuna and mekabu and stir well, then season to taste with salt and pepper.
4. Plate up the pasta and garnish with chopped green onions and shredded nori.



Wakame-loaded Poke

Ingredients (serves 4)

0.5oz.(13g) salted wakame
5oz.(150g) Fresh tuna (sashimi)
3 green onions
1 avocado
1½ Tbsp soy sauce
1 Tbsp sesame oil
1 Tbsp ground white sesame seeds
Salt and pepper, to taste

Directions

1. Rinse the salt from the salted wakame and soak in water for around three minutes. Drain well then cut into bite size pieces.
2. Cut the tuna and avocado into ½-inch(1.5cm cubes), thinly slice the green onion.
3. Mix all the ingredients well in a bowl.



Wakame and Squid Vinegared Salad

Ingredients (serves 4)

0.5oz.(13g) salted wakame
1 squid
1 cucumber
1 Tbsp ground white sesame seeds
3 Tbsp vinegar
2 Tbsp mirin
1-½ Tbsp soy sauce
Salt, as needed

Directions

1. Rinse the salt from the salted wakame and soak in water for around three minutes. Drain well then cut into bite size pieces.
2. Cut the cucumber into thin rounds and sprinkle with a little salt, leave for a few minutes, then squeeze out the excess water.
3. Remove the guts from the squid, boil, then slice into rounds. Cut the tentacles into easy-to-eat lengths.
4. Add all the ingredients to a bowl and mix well.



Hot and Sour Mozuku Soup

Ingredients (serves 4)

2 cups of flavored mozuku
5oz.(150g) silken tofu
1.6oz.(45g) boiled bamboo shoots
¼ pack shimeji mushrooms
500ml water
2 tsp Nijiya's Chuka Dashi (Chinese-style stock)
1 tsp soy sauce
½ tsp ra-yu (chili oil)
Salt and pepper, to taste
1-½ Tbsp katakuriko (potato starch)
1 egg, beaten

Directions

1. Thinly slice the bamboo shoots, cut the tofu into ½-inch (1cm) blocks, and separate the shimeji mushrooms into small bunches.
2. Heat the water and Chuka Dashi in a deep pan on medium. Add the bamboo shoots and shimeji mushrooms and bring to a boil. Then, add the tofu and mozuku, along with any juices.
3. Bring to a boil again then season with the soy sauce, ra-yu, and salt and pepper. Mix the katakuriko with 1-½ Tbsp water and add to the pan. Stir to thicken the mixture.
4. Add the beaten egg to the mixture and turn off the heat.

Summer Ginger!



Ginger is generally thought of as a winter ingredient, something that makes you feel toasty and warm when you eat it. But freshly grated ginger is also an ideal condiment for many summer dishes, such as hiyayakko (chilled tofu cut into blocks) or noodles such as somen (thin wheat noodles). Fresh ginger helps to remove excess heat from the body and also has bactericidal properties; this makes it great to use in summer when ingredients are quick to spoil. Fresh ginger is rich in gingerol, a compound that promotes perspiration and metabolism, so eating fresh ginger helps us sweat and reduces fever. Ginger contains compounds with strong bactericidal properties that help to boost circulation and carry heat to the hands and feet. Fresh ginger is an ideal choice when you want to prevent colds and flu and to directly improve your immune system.

Conversely, when ginger is dried or heated, the level of a constituent in ginger called shogaol increases, which in turn enhances the ability of ginger to stimulate the gastric mucosa and create heat from the body's core. That's why adding dried ginger to kuzuyu (arrow-root tea) or shogayu (ginger tea) or adding heated or dried ginger to soups and hotpots in winter can help raise your body temperature and boost your

metabolism and immune strength: it's the optimal way to consume ginger in winter. In summer, using fresh ginger as a condiment will increase your intake of gingerol, promoting perspiration and enabling your body to cool down, as well as helping your body detox by ridding itself of excess waste products. Thus, ginger can help our bodies regulate throughout the year.

Give Pickled Ginger a Try

Pickled ginger is a versatile condiment made with ginger, vinegar, and honey. It is a powerful condiment, combining the many properties of ginger with vinegar, help blood flow smoothly, and honey which is rich in oligosaccharides that promote gut health. Pickled ginger is believed to have many beneficial effects, from helping improve metabolism and immune strength, to supporting weight loss, anti-aging, and to helping prevent lifestyle diseases.

Recipe: Pickled Ginger

Ingredients

3.5oz.(100g) ginger
100ml black vinegar
(use rice or apple cider vinegar if preferred)
1Tbsp (20g) honey
Glass jar for storage



Directions

1. Wash the unpeeled ginger well then pat dry.
2. Mince or thinly slice the ginger without peeling.
3. Place the prepared ginger in a clean and dry jar.
4. Pour the vinegar into the bottle (the ginger should be completely covered).
5. Add the honey and mix gently.
6. Store the jar for at least one night in the refrigerator.

*The pickled ginger will keep for up to two weeks in the refrigerator.

If you are going to use the pickled ginger as a general condiment, we recommend mincing the ginger. If you are using it as a topping, sliced ginger is ideal. The most nutrient-rich part of the ginger is just under the peel, so we

recommend using the ginger unpeeled as long as it organically grown. You can use whichever type of vinegar you prefer, be that rice or apple cider, so long as it is additive and preservative free.

Recommended daily intake and ways to eat

You should aim to intake about 1 Tbsp (30g) of pickled ginger a day, eaten with other food at mealtimes. Rather than eating the whole 30g in one sitting, the effects of

pickled ginger will be better felt if it is taken several times a day. Try adding some pickled ginger to your regular dressings or dipping sauces, using it as a ramen topping, or even adding it to ice-cream or your favorite beverage: it is as versatile as your ideas!

Coleslaw with Pickled Ginger Mayo



Ingredients (serves 2)

10oz.(300g) cabbage
½ carrot
2 Tbsp canned corn
Salt, to taste
Pickled ginger mayo: 2 Tbsp pickled ginger pickling brine / 2 Tbsp soy milk / 1 Tbsp white miso / 1 Tbsp mustard

Directions

1. Julienne the cabbage and carrot, rub with salt, rinse to remove the salt, then drain well.
2. Mix together the ingredients for the pickled ginger mayo.
3. Mix the cabbage and carrot with the corn, then stir in the pickled ginger mayo.
4. Leave in the refrigerator for an hour before serving.

Salmon and Snow Pea Stir-fry with Pickled Ginger



Ingredients (serves 2)

2 salmon fillets
8 snow peas
Marinade: ½ Tbsp sake / salt and pepper, to taste
½ Tbsp olive oil
0.4oz.(10g) pickled ginger
1 scallion
¼ tsp salt

Directions

1. Cut the fillets into bite size pieces and rub with the marinade mix.
2. Top and tail the snow peas. If your pickled ginger was made with thinly sliced ginger, julienne the slices. Cut the scallion into 1/4-inch (1cm) diagonal slices.
3. Heat the olive oil in a frying pan then fry the salmon cubes until browned on all sides.
4. Add the snow peas, pickled ginger, and scallion to the pan and fry. Sprinkle the ingredients with 1 Tbsp water then place a lid on the pan and steam for 2-3 minutes.
5. Add salt to taste, then serve.

Fall soups

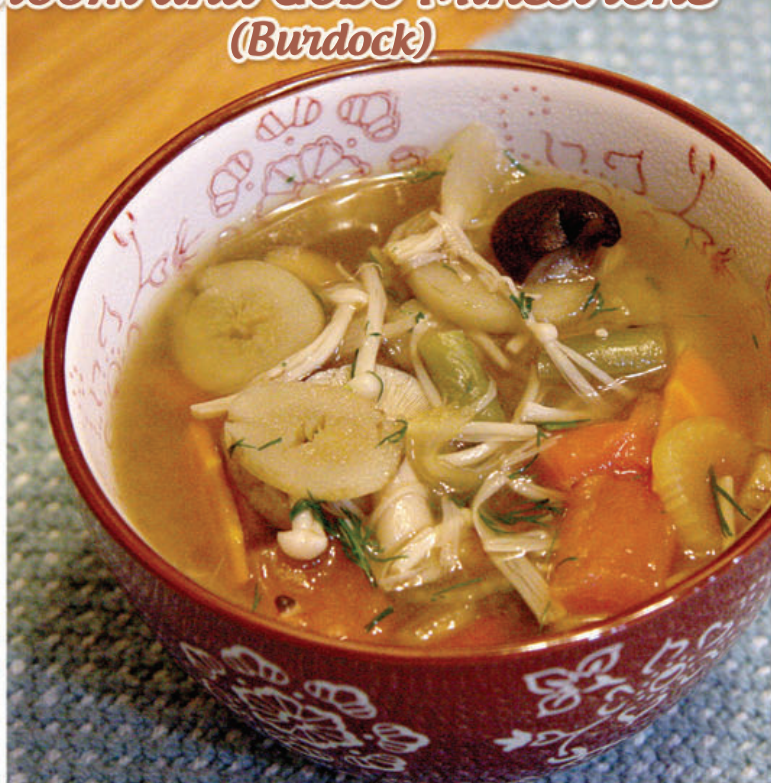
Mushroom and Gobo Minestrone (Burdock)

Ingredients (4 servings)

- ½ gobo (burdock root)
- 4 shiitake mushrooms
- ½ bag shimeji mushrooms
- ½ bag maitake mushrooms
- ½ onion
- ½ carrot
- ½ celery stalk
- 4 green beans
- 1 clove garlic
- 2 tomatoes
- 3-½ cup (800ml) chicken broth
- 1 Tbsp olive oil
- 1 bay leaf
- pinch of salt and pepper

Directions

1. Wash burdock thoroughly with a tawashi (scrubbing brush) and cut into ¼-inch (5mm) slices; soak in water and set aside. Remove tough stem ends from mushrooms and slice mushrooms into bite size pieces. Dice onions, tomatoes, green beans into ½-inch (1cm) pieces, celery into ¼-inch (5mm) pieces, and chop carrots and mince garlic.
2. Cook olive oil and garlic over low heat. When you can smell the garlic, turn to medium heat and, in the following order, add and sauté onion, celery, carrots, drained burdock, and mushrooms.
3. When all ingredients start to soften, add tomato, bay leaf, chicken broth, and green beans. Simmer vegetables are tender.
4. Season with salt and pepper; dill or parsley may be added if desired.



Seafood Soup

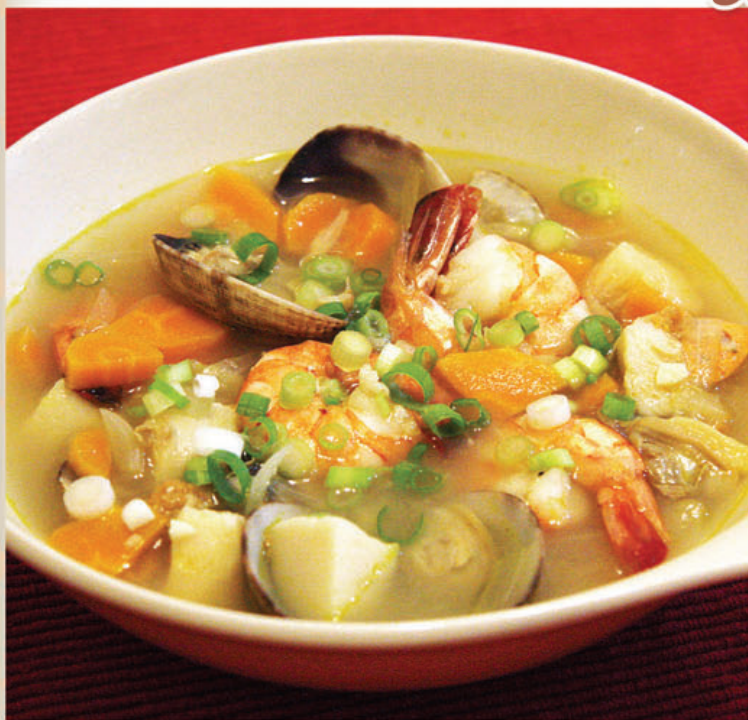
Ingredients (4 servings)

- 8 shrimp
- 8 clams
- 4 scallops
- ½ onions
- ½ carrot
- 1 clove garlic
- green onion (for topping)
- 4-inch (10cm) dashi kombu (dried kelp)
- 3g (one handful) katsuobushi (dried bonito flakes)
- 3 cups (700ml) water
- 2 Tbsp white wine
- 1 tsp olive oil
- 1-½ Tbsp miso



Directions

1. First soup stock: Put kombu and water in a pot (if possible, leave for at least half a day) and heat. Remove kombu just before boiling, and then add dried bonito flakes. Remove from heat when it comes to a boil. When the bonito flakes start to sink, strain the broth.
2. Peel shrimp, cut scallops into bite size pieces, and wash clams thoroughly. Slice onions, chop carrots, and mince garlic.
3. Heat olive oil and garlic in a pot over low heat. When the aroma rises, sauté onions and carrots over medium heat. When the vegetables start to soften, add soup stock from 1..
4. In another pan, heat seafood with a splash of white wine over high heat. When clams open, remove from heat and add to the pot of broth in 3..
5. Melt the miso in the pot and remove from heat. Top with sliced green onions.



Coconut Milk Soup with Kabocha squash and Mixed Beans



Ingredients (4 servings)

- 1-¼ lbs (600g) kabocha squash, with seeds and skin removed
- 9 oz (260g) can mixed beans, rinsed and drained
- 1 tsp (5g) butter
- 2 Tbsp white wine
- 2-½ cups (600ml) water
- 5 Tbsp coconut milk
- pinch of salt



Directions

1. Remove skin and seeds from kabocha, then sliced.
2. Melt butter in a pot over medium heat, add kabocha and sauté. While sautéing, add white wine. When kabocha appears to be cooked through, add water and simmer.
3. When kabocha becomes tender, use a ladle to coarsely crush kabocha. Add rinsed and drained mixed beans.
4. Add coconut milk and salt to desired taste. A drizzle of coconut milk may be used as topping.

Wonton and Vegetable Dill Soup

Ingredients (4 servings)

[Wonton filling]

- 4-¼ oz (120g) minced pork
- grated ginger, to taste
- 1 green onion (sliced thinly)
- 1 tsp soy sauce
- 1 tsp sesame oil
- 30 sheets wonton wrappers

[Soup ingredients]

- 1 celery stalk
- ½ carrot
- ½ bag enoki mushrooms
- 4 shiitake mushrooms
- 4 stems nira (Chinese chive)
- cilantro, as desired
- 1 clove garlic
- 3-½ cups (800ml) water
- 2 Tbsp Nijiya Chuka Dashi (Chinese seasoning)
- 1 tsp soy sauce
- 1 tsp oyster sauce
- 1 Tbsp sesame oil
- pinch of salt and pepper

Directions

1. Mix the ingredients for [Wonton filling] well, place a sufficient amount in the center of the wonton wrapper, fold in half to form a triangle, and seal edges (edges have to be moistened with small amount of water).
2. Cut all vegetables into bite size pieces, and mince garlic.
3. Heat sesame oil and garlic in a pot over low heat. When you can smell the garlic, add celery and carrots, and sauté over medium heat. In the following order, add shiitake mushrooms, enoki mushrooms, water and Nijiya Chuka Dashi. Simmer until vegetables begin to soften.
4. Add wonton, bring to a boil, and when thoroughly cooked, add soy sauce and oyster sauce. Season with salt and pepper, then add nira. Garnish with cilantro.



Eggplant Tomato Cream soup

Ingredients (4 servings)

- 2 eggplant
- ½ onion
- 1 bag shimeji mushrooms
- 7 oz (200g) canned diced tomato
- 2 cloves garlic
- 2-¼ cups (500ml) chicken broth
- 2 tsp dry basil
- 2 Tbsp heavy cream
- 1 Tbsp olive oil

pinch of salt and pepper
garnish (parsley, cilantro, etc., as desired)



Directions

1. Slice eggplant into rounds and immerse in water. Dice onion into ½-inch (1cm) pieces, mince garlic, and remove tough stem end of shimeji mushroom.
2. Heat olive oil and garlic on low. When you can smell the garlic, turn to medium heat, add onions and sauté. Add eggplant, shimeji mushrooms, and dry basil, and quickly stir fry. Then add chicken broth and tomatoes, simmering until vegetables are tender.
3. Add heavy cream and season with salt and pepper. Garnish with a chopped leafy green, such as parsley or cilantro.



Shinmai Enjoy New Rice Crop

The season of the delicious first crop of rice has finally arrived. Fall also brings a rich array of other seasonal crops. Let us introduce Fall recipes with rice as the starring ingredient.

Japanese rice cooker's
1 cup is 180ml (3/4 cup)
and counts as 1 "gou".



Cooking New Crop Rice with Sauce Pan

(When using rice cooker, see p. 8 for instruction)

Ingredients:

makes about 24 oz. (4 1/2 cup) cooked rice

1 1/2 cup (300 g, 2 gou) short or medium grain
white rice

380 ml water

Directions

1. Wash the rice with water (not in the ingredients) and change water 3 times.
2. Drain the washing water and place rice in the sauce pan. Add 380 ml water to the rice.
3. Soak rice for 30 minutes to 2 hour.
4. Place a lid and cook over medium heat.
5. When the rice starts to boil, turn down the heat to low and continue cooking.
6. When The amount of steam decreases from the sauce pan and boiling sound turns to small crackling sound, turn heat off.
7. Keep the lid on and wait for 15 minutes before eat.

Ingredients: 4 to 5 rice-bowl servings

- 5.3 oz. (150 g) boiled octopus
- 1 square shaped abura-age
(deep fried tofu pouch)
- 1 1/2 cup (300 g, 2 gou) sweet rice
- 1 1/2 cup (360ml) water or amount set
for okowa in the rice cooker

<Seasonings>

- 1 1/2 tsp. Nijiya Wafu Dashi
(Japanese soup stock)
- 2 Tbsp. sake
- 1 Tbsp. mirin
- 1 Tbsp. soy sauce
- 1/2 tsp. sugar
- 2 tsp. finely cut ginger

<Spices>

- 3 green onions
- 3 leaves oba (green perilla)

Directions

1. Wash the sweet rice and drain in a colander. Put in the rice cooker adding seasonings and water up to the level indicated for okowa by the rice cooker.
2. Soak the abura-age in hot water. Pat dry and cut into 1/4" (5mm) strips. Slice the octopus into 1/4" (5mm) lengths.



Nijiya
Wafu Dashi



Octopus okowa

3. Put the ginger, abura-age, and octopus on top of the rice in the rice cooker and cook at the takimi okowa (mixed rice) setting on the rice cooker (if this setting is not indicated, cook at the regular rice setting).
4. Steam for fifteen minutes, then mix well and dish into rice bowls. Sprinkle with finely-chopped green onions and finely-cut oba.

Steamed chicken okowa

Ingredients: 4 to 5 rice-bowl servings

- 3 dried shiitake mushrooms
- 1 lb. chicken thighs
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 1/2 cup (300 g, 2 gou) sweet rice
- 1 1/2 cup (360ml) water + shiitake-soaked liquid or amount set for okowa in the rice cooker
- 2 tsp. Nijiya Chuka-Dashi (Chinese soup stock)
- 2 Tbsp. sake

<Sauce>

- 1 Tbsp. grated onion
- 2 Tbsp. soy sauce
- 2 Tbsp. mirin
- 1 Tbsp. vinegar

<Topping>

- 2 green onions



Nijiya
Chyuuka-Dashi
(Chinese Soup Stock)

Directions

1. Soak the dried shiitake mushrooms in water to soften. Set aside the liquid.
2. Rub salt and pepper into the chicken thighs.
3. Wash the sweet rice, drain in a colander and put in the rice cooker by adding Chuka-Dashi, shiitake liquid, sake, and water and set to the level designated by the rice cooker.
4. Place the chicken thighs and shiitake mushrooms on top of the rice in the rice cooker and set the rice cooker at the takikomi-gohan (mixed rice) setting (if not available, use the regular rice setting).
5. Put the <sauce> ingredients in a heat-resistant container and heat in the microwave oven for forty seconds at 1200w.
6. After the okowa is finished cooking, steam for fifteen minutes, remove the chicken thighs and shiitake mushrooms and lightly mix the okowa.
7. Serve the okowa in a bowl and put the chicken thighs and shiitake mushrooms that are cut into bite sizes on top.
8. Pour the sauce of (5) and garnish with finely-cut green onions.



Nijiya
Sweet rice



Kuri sekihan (chestnut contained red rice)

Ingredients: 4 to 5 rice-bowl servings

- 12 amaguri (sweet roasted chestnuts)
- 1 oz. (30 g) azuki beans
- 1 1/2 cup (300 g, 2 gou) sweet rice
- 1 1/2 cup (360ml) water or amount set for okowa in the rice cooker
- 1/2 tsp. salt
- Roasted black sesame seeds, as desired
- Salt, as desired

Directions

1. Put the azuki beans and water (not listed with the ingredients) to cover in a saucepan. Bring to a boil and drain. Discard the liquid.
2. Bring back the azuki beans in the saucepan and place over heat by adding the required amount of water. Boil for forty minutes over low heat after boiling by covering with a lid.
3. Drain in a colander and cool the azuki beans and boiled the liquid separately.
4. Wash the sweet rice draining in a colander and put in the rice cooker.
5. Add the juice from the cooked azuki beans into the rice cooker setting the level in the rice cooker for 2 cups of okowa (add water if not enough) and leave for thirty minutes.
6. Add salt and mix in the rice cooker and cook after placing the azuki beans and amaguri.
7. After it is cooked, steam for fifteen minutes and mix together. Serve with a sprinkle of black sesame seeds and salt.



Amaguri
(sweet roasted chestnuts)



Rice cooker okowa (steamed sweet rice with various ingredients)

Speaking of okowa, it has an image of requiring a lot of time but it can be cooked using a rice cooker. Sweet rice is cooked with less water than regular rice. When cooking with the new crop of rice, which has a greater moisture content, you can reduce the amount of water by 5% or so.



Wappameshi

Wappameshi is a dish of steamed rice in special round containers made of thin wooden sheets of hinoki (Japanese cypress) or Japanese cedar that are bent and called "mage-wappa." You can make wappameshi in a basket steamer or other steamer. Steaming rice topped with other ingredients spreads umami throughout and brings the rice to the perfect softness.



Nijiya
Akita Komachi
Rice

Salmon wappameshi

Ingredients: 1 serving

- 1 piece salmon
- 1 serving cooked rice (about 1 1/2 cup)
- 1 tsp. sake
- Pinch of salt
- Pinch of dried wakame seaweed
- Dash of soy sauce
- Dash of pepper
- 1/2 tsp. sesame oil
- 2 leaves oba (green perilla)
- Salmon roe, as desired

Directions

1. Prepare by spreading wappa (wooden sheet) or cooking sheet where holes are punched in several places in a basket steamer or any steamer and bring water to a boil.
2. Remove skin and bones off the salmon and cut into bite size pieces.
3. Put the rice and salmon prepared in (1) and sprinkle sake, salt and steam for ten minutes over high heat.

4. While being steamed, remove salt from the salt-cured wakame seaweed or wash dried wakame seaweed in water and mix in soy sauce, pepper, sesame oil. Cut oba into fine, thin strips.
5. When the steaming is done, it is time to garnish with wakame seaweed, salmon roe and oba.

Ingredients: 1 serving

- 1 serving cooked rice (about 1 1/2 cup)
- 1 pack anago kabayaki

<Kinshi-tamago (thin omelet cut into strips)>

- 1 egg
- 1/2 tsp. sugar
- Vegetable oil, small quantity

<For Seasoned Rice>

- Pinch of shredded carrot
- 1 shiitake mushroom
- 1 Tbsp. sake
- 2 tsp. soy sauce
- 1 Tbsp. mirin
- 2 Tbsp. water

<Topping>

- 2 pieces snap peas

Directions

1. Heat the vegetable oil in a skillet and mix the egg with the sugar. Cook the egg into a thin crepe. Remove from skillet and slice into thin strips to make kinshi-tamago.

Anago (conger eel) wappameshi

2. Thinly slice the shiitake mushroom and add the carrot, bite-size cut anago, sake, soy sauce, mirin in a saucepan and bring to a boil over medium heat and turn off the heat.
3. Take out the cooked anago and set aside. Mix in the cooked shiitake mushroom and carrot with the stock into the rice.
4. Prepare by spreading wappa (wooden sheet) or cooking sheet where holes are punched in several places in a basket steamer or any steamer and bring water to a boil.



5. Put the seasoned rice on the prepared (4) and add the kinshi-tamago, snap peas that are diagonally cut in half, anago that was set aside on top and steam for five minutes over high heat.





Homemade nametake (Soy-Braised mushrooms)

Ingredients: 2-3 servings

5.3 oz. (150 g) enoki mushrooms and other kind mushrooms you like
 3 Tbsp. soy sauce
 3 Tbsp. mirin
 2 Tbsp. sake

Directions

1. Chop off the roots of enoki mushrooms and other kinds of mushrooms. Cut into three equal parts of enoki, cut or separate other mushrooms into smaller pieces.
2. Put the mushrooms, soy sauce, mirin, and sake in a saucepan, and cook for three minutes.

Side dish to accompany rice

You can create home-made side dish that will enhance the flavor of your rice. The heated them can also be used for bento.

Beef & burdock shigureni (cooked in soy sauce and mirin)

Ingredients: 2-4 servings

7 oz. (200 g) beef sukiyaki meat
 12" (30 cm) burdock
 1 Tbsp. finely-cut into strips ginger

<Seasonings>

1/2 cup (120ml) sake
 1 tsp. sugar
 2 Tbsp. mirin
 2 Tbsp. soy sauce

Directions

1. Slice the burdock into long thin shavings with the same thickness as the beef. Cut the meat into bite sizes.
2. Heat water to a boil in a saucepan (not in the ingredients) and parboil for one minute by adding the beef and burdock and drain.
3. Place over heat by adding all <seasonings> in a saucepan. When brought to a boil, add the ginger that is finely chopped to fine strips.
4. Add the beef and burdock of (3) and cook by placing an otoshibuta (wooden drop-lid or parchment paper with slits) over medium heat.
5. When the liquid begins to decrease, remove the lid and continue cooking while stirring until all the liquid is gone.



Oysters cooked with ginger

Ingredients: 2-4 servings

1 jar (10 oz..) oysters
 1 Tbsp. ginger finely-sliced into strips
 2 Tbsp. soy sauce
 2 Tbsp. sake
 2 Tbsp. mirin

Directions

1. Wash the oysters in salt-water and drain the water.
2. In a saucepan, bring ginger, soy sauce, and sake to a boil. Add the oysters and cook for five minutes over medium heat with an otoshibuta (wooden drop-lid or parchment paper with slits) placed directly on the food.



Daikon leaf furikake (a seasoned powder for sprinkling over rice)

Ingredients: 2-3 servings

2 Tbsp. sakura shrimps (small pink dried shrimp)
 2 Tbsp. white sesame seeds
 2 grabs dried bonito shavings
 Leaves of one daikon radish
 1 1/2 Tbsp. sesame oil
 1 Tbsp. sake
 2 Tbsp. mirin
 2 Tbsp. soy sauce

Directions

1. Dry roast the sakura shrimp, white sesame seeds, and dried bonito shavings in a skillet and set aside.
2. Finely chop the daikon leaves.
3. Heat the sesame oil and chopped leaves in a skillet and stir fry over high heat.
4. When they are softened, add sake, mirin, and soy sauce and stir together.
5. Mix in the sakura shrimp, white sesame seeds, and dried bonito shavings in (1) and remove from heat.



Nijiya
 Shippou Furikake
 7 Ingredients Seasoning for Rice

Nagaimo

(Chinese yam)

The Nagaimo (Chinese yam) at Nijiya is shipped directly from Hokkaido! It is a healthy vegetable with rich and unique flavors containing high nutritional value. Because it is effective in recovering from fatigue and increasing immunity, why not enjoy this delicious vegetable by using it in all kinds of dishes.



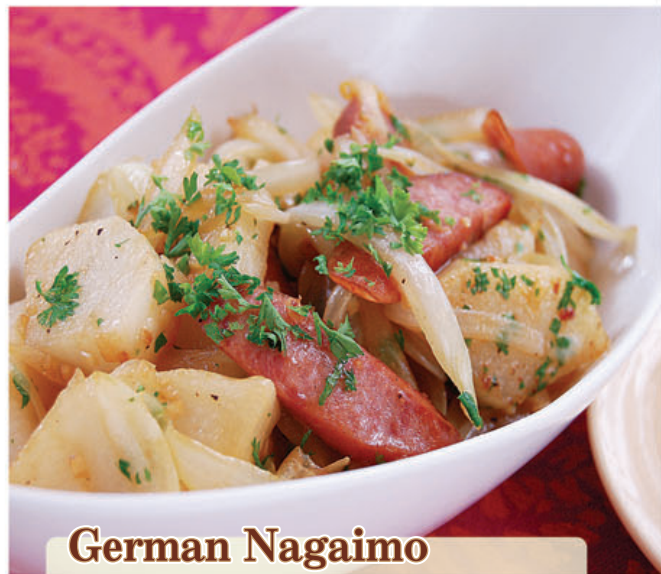
Hitsumabushi-style Tororo Donburi

Ingredients (2 servings)

2 bowls cooked rice
 1 pack broiled eel "kabayaki"
 7 oz (200g) nagaimo (Chinese yam)
 2 tsp Nijiya mentsuyu
 2 tsp white roasted sesame
 1 large umeboshi (pickled plum)
 2 leaves oba (green perilla)
 Shredded nori, as desired
 Green onion, as desired

Directions:

1. Cut broiled eel kabayaki into 1/3 inch (1cm) widths. Finely slice oba. Remove seed from pickled plum and pound with a knife. Finely mince green onions.
2. Place peeled nagaimo in a plastic bag and mash with a rolling pin.
3. Into each bowl of warm cooked rice, mix the unagi, sesame, oba and serve.
4. Stir the pickled plum into the mentsuyu and pour over each rice bowl. Garnish with shredded nori and green onions.



German Nagaimo

Ingredients (2-3 servings)

6 inches (15cm) nagaimo, sliced into bite-size pieces
 6 pieces Japanese sausages (coarse sausage)
 1 small onion
 1 clove garlic
 Finely chopped parsley, as desired
 [A] 1 tsp consommé granules
 1 tsp soy sauce
 Salt, black pepper, as desired
 Olive oil, as desired

Directions:

1. In a skillet, sauté finely-chopped garlic in olive oil.
2. When the fragrance of garlic emerges, sauté first the sausages then the onion.
3. Once cooked to a degree, add the nagaimo cut into suitable pieces and stir fry further.
4. Season with [A] and complete by adding chopped parsley right before removing from the heat.



Teriyaki-style Nagaimo

Ingredients (2 servings)

7 oz (200g, 10cm) nagaimo

1 medium joint Lotus root (7 oz or 200g)

2 inches (5cm) Tokyo negi (Japanese leeks)

1 leaf oba (green perilla)

Small amount ichimi-togarashi

A pinch of salt

½ Tbsp sesame oil

[A] 4 tsp soy-sauce

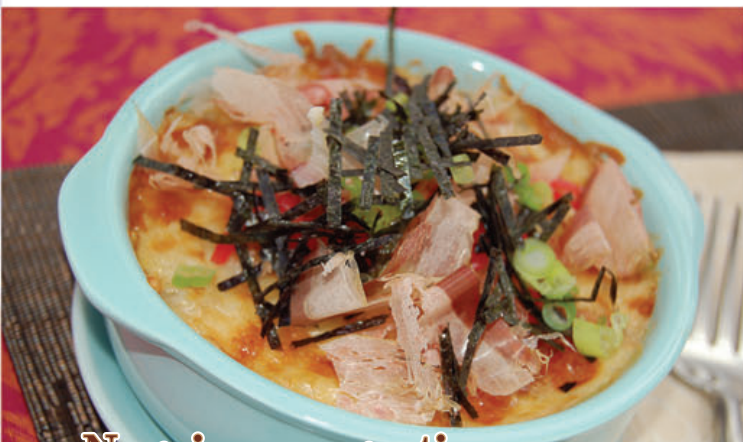
4 tsp mirin

4 tsp Japanese sake

2 tsp sugar

Directions:

- [Prepare in advance] Peel the nagaimo and lotus root and slice into half-circles of approximately ½ inches (1cm) in thickness (if the nagaimo is small, it is okay to slice into rounds). Release in water, drain water and wipe off the moisture with paper towels. Cut Tokyo negi to resemble white hairs, using only the white parts, and release in water. Roll oba leaf by turning the back side inward and cut into thin strips.
- Mix [A] together in a bowl.
- Heat a skillet over medium heat, and add sesame oil. Arrange the nagaimo and lotus roots in the skillet. Steam-roast for three minutes with the lid on. and place nagaimo and lotus roots by arranging them. Put a lid on. When they are cooked to a golden brown, turn over and cook for an additional three to four minutes over low heat. When they are fully cooked, sprinkle with a pinch of salt and serve in a bowl.
- Wipe away any residue from the skillet with a paper towel and stir in 2 over high heat. Tilt the skillet to prevent burning and boil down the sauce until lightly thickened. Pour over nagaimo and lotus roots of 3, and sprinkle ichimi-togarashi as desired. Garnish with oba and Tokyo negi.



Nagaimo au-gratin

Ingredients (2 servings)

3 oz (80g) frozen seafood mix

5 oz (150g) nagaimo

2 leaves (4 oz or 100g) cabbage

¾ oz (20g) pizza cheese

Beni-shoga (red-pickled ginger) as desired

Dried bonito, as desired

Shredded nori, as desired

Green onion, as desired

[A] 1 egg

1 Tbsp mayonnaise

2 tsp Nijiya mentsuyu



Directions:

- Thaw seafood mix and squeeze out moisture. Grate nagaimo, finely chop cabbage and set aside.
- Put cabbage in a heat-resistant container and spread seafood mix and evenly extend over it. Loosely cover with plastic wrap and heat in the microwave for two minutes.
- Add grated nagaimo into step2; mix together the [A] ingredients.
- Pour step3 into an au-gratin dish and sprinkle pizza cheese on top. Bake in a toaster oven for fifteen minutes until the cheese turns golden brown. Garnish with beni-shoga, dried bonito shavings, shredded nori, and green onions, as desired.



Tuna & Nagaimo Cup Salad

Ingredients (2 servings)

4 oz (100g) tuna for sashimi

1-½ oz (40g) nagaimo

1-½ oz (30g) cream cheese

1-½ spring roll skin

1 tsp soy sauce

1 tsp olive oil

½ tsp wasabi

Finely chopped green onion, as desired

Directions:

- Cut spring roll skin into four square parts. Spread the spring roll skin in a muffin cup and shape into a cup shape. Bake in a preheated oven until golden brown for five minutes, and leave in the mold to cool completely.
- Cut tuna, nagaimo, and cream cheese into ½ inch (1 cm) cubes. Place in a bowl, and mix with soy sauce, olive oil, and wasabi.
- Remove skin from mold and fill with step2. Sprinkle with finely chopped green onions and serve.

Macrobiotic

Enjoy consuming grains and beans.
Recommended for children's menus.

—Asuka Hashimoto



■ Fall menus ■

- Puffy/sticky baked French onion soup •
- Rice stick fries •
- Mushroom and harusame (vermicelli) salad •
- Steamed bean bread •

Puffy/sticky baked French onion soup

Ingredients (4 servings)

- 9 oz (250g) onion, thinly sliced
- 1 clove (10g) garlic, thinly sliced
- 4 bay leaves
- 1-½ Tbsp olive oil
- Pinch salt
- Dash of black pepper
- 3 cups (700 ml) water
- 2 tsp soy sauce
- 3 kaku-mochi (grated)
- Baguettes, as desired

Directions:

- ① Pour olive oil in a pan and sauté garlic and onion over low to medium heat. When the sweet fragrance of onion begins to emerge, add bay leaves, salt and black pepper. Stir fry for approximately twenty more minutes.
- ② Pour soy sauce to ① adding water, and bring to a boil. Simmer approximately fifteen minutes over low heat. (* Add more water as needed)
- ③ Fill ② into four heat-resistant containers. Float pieces of baguette on top. Sprinkle with mochi and bake in a 400°F (200°C) preheated oven until the surface turns golden brown. And voila, it's done.



Rice stick fries

Ingredients (10 pieces)

- 1-½ bowls (300g) cold cooked rice
- 2 oz (60g) cashew nuts (lightly roasted and coarsely ground)
- 3 Tbsp ketchup
- Pinch salt
- Dash of pepper
- 10 pieces harumaki (spring roll) skin
- Frying oil as desired (Vegetable oils like canola oil or safflower oil with no additives are recommended.)

Directions:

- ① Put cold cooked rice in a bowl, season with salt, pepper, and ketchup and mix in cashew nuts.
 - ② Wrap ① in spring roll skins. Fry until the surface turns golden brown.
- Instead of frying, you can broil the fries in an oven, or grill by dredging them in a small quantity of oil.



Mushrooms & harusame (vermicelli) salad



Ingredients (4 servings)

- Mushrooms of your choice (cut into easy-to-eat pieces), as desired
 - 2.5 oz (70g) daikon (Japanese radish) (Separating the leaves and core. Slice into easy-to-eat pieces.)
 - 2.5 oz (70g) carrot
 - 1.8 oz (50g) harusame (dry) (Boil till softened)
 - 2 Tbsp raisins (Finely chop after softening in hot water)
 - 1-½ Tbsp olive oil
 - 2 pinches of salt
 - Dash of black pepper
 - 3 Tbsp apple cider vinegar (or fruit vinegar of your choice)
- Togarashi (red pepper), as desired

Directions:

- ① Pour olive oil in a skillet and sauté mushrooms over medium heat. When moisture begins to emerge, immediately add carrot and daikon with the salt, pepper, and apple cider vinegar. Turn up the heat briefly, stirring vigorously, and serve right away.
 - ② When is cooled down, add raisins and mix together lightly.
- * Add togarashi (red pepper) as desired when sautéing mushrooms.

Steamed bean bread

Ingredients (muffin-sized servings of 8)

A)

- 8 oz (220g) flour (medium-strength flour)
- 2-½ tsp (12g) baking powder (aluminum-free)
- pinch of salt
- 1-¼ to 1-½ cups (280-300ml) water
- 3 oz (80g) beans

Directions:

- ① Put A in a bowl and blend well. Add water and mix together.
 - * Gently mix without applying too much force. When blended too much, it tends to harden and get sticky.
- ② Add well-drained, cooked beans into ① and lightly mix in. Pour the dough into a mold (coated with oil, if necessary) and steam in a steamer for approximately ten to twelve minutes. (It is done when a bamboo stick comes out clean when inserted in the dough.)





Nagaimo jako-nori salad

Ingredients (4 servings)

16 oz (450g) nagaimo (cut into bite sizes after peeling)
 ½ bunch broccoli (separate into small bunches)
 <A> ¼ cup chirimen-jako (dried young sardines), 1 Tbsp soy sauce,
 1 Tbsp olive oil, a pinch of salt
 Shredded nori, as desired

Directions

- 1) Steam nagaimo and broccoli until tender.
- 2) Allow vegetables to cool slightly before dressing with <A>. Garnish with shredded nori .

Hot salads

Tips for making hot salads

1) Cut vegetables in large size.

Because of being able to meal prep, the key is to cut vegetables as ingredients that large in size. Even when they are reheated, it is harder to change the food texture.

2) Steam when heating the vegetables.

By choosing to steam vegetables rather than boiling them, the shapes are maintained while keeping vitamins and minerals, their own colors, flavors, and umami of the vegetables themselves can be brought out.

3) When making marinated vegetables, do so while the liquid is hot.

With marinated salads, flavors are thoroughly spread and well-coated by soaking the vegetables while they are hot in a marinade liquid or soaking

cooled vegetables in a hot liquid.

4) Easy to reheat in a microwave oven

Put a desired amount of hot salad that is prepared in advance in a heat-resistant dish and loosely cover with a plastic wrap in a dome shape and heat till it is entirely warmed.

■ Vegetables that warm the body

- Green onion •Ginger •Red pepper
- Pumpkin •Onion •Nira (Chinese chive) •Garlic
- Garlic shoots •Green onion •Red pepper
- Ginger •Japanese radish •Turnip •Burdock
- Chinese cabbage •Red bell pepper
- oba (green perilla) •Carrot •Beans •Yams
- Broccoli •Bell pepper •Nagaimo (Chinese yam)
- Sesame •Azuki beans •Boiled cabbage, etc.



Oil-steamed mushroom salad

Ingredients (4 servings)

- 6 pieces shiitake mushrooms (cut into quarters with stems after removing the hard tips)
- 1 pack shimeji mushrooms (separate after removing the hard tips)
- 2 large eryngii mushrooms (cut into bite size pieces)
- 3 Tbsp olive oil
- 1 clove garlic (thinly sliced)
- 10 pieces olives (coarsely chopped)
- 1 tsp salt
- 1 tsp lemon juice
- Parsley (minced), as desired

Directions

- 1) Heat 2 Tbsp olive oil and garlic in a saucepan over low heat.
- 2) When the garlic changes color, add mushrooms and olives. Swirl 1 Tbsp olive oil on top.
- 3) Cover with a lid and steam cook for ten minutes over low to medium heat and mix in adding salt. Remove from heat and blend in lemon juice.
- 4) Serve in a storage container, and sprinkle with parsley. Keep in the refrigerator after cooled.



Shrimp & broccoli hot salad

Ingredients (4 servings)

- 12 shrimps (medium size)
- ½ bunch broccoli
- Grated cheese, extra virgin olive oil, salt, garlic powder, black pepper, each as desired

Directions

- 1) Remove shells and devein shrimp. Rinse.
- 2) Steam broccoli and cut into bite size pieces.
- 3) Sauté the shrimp in olive oil over medium heat. When the shrimp turn pink, add the broccoli, salt, and garlic powder to taste.
- 4) Serve with grated cheese and black pepper sprinkled on top.



Pumpkin marinated salad

Ingredients (4 servings)

- ¼ pumpkin (remove seeds and pulp and cut the wedges of ½ inch (1.5cm) thickness)
- 4 slices bacon (thin strips)
- 3 Tbsp olive oil
- 1 clove garlic (crushed)
- <A> 3 Tbsp vinegar, 1 tsp balsamic vinegar, pinch of salt
- Walnuts (dry roasted and lightly crushed), as desired
- Dills, small quantity

Directions

- 1) Sauté bacon over medium heat until crisp. Wipe away extra fat and set bacon aside.
- 2) Heat olive oil and garlic over low heat until browned. Add the pumpkin and grill each side over medium heat until it turns golden-brown.
- 3) Mix in <A> in a container and marinate the pumpkin pieces by soaking in the liquid in the order of the pieces being grilled. When heat is cooled, sprinkle with Step1 and walnuts and keep in the refrigerator.
- 4) Lightly heat right before serving and sprinkle dills.



Bacon garlic & potato hot salad

Ingredients (4 servings)

- 2 potatoes
- ½ stalk carrot
- 3 eggs
- ½ Tbsp butter
- 1 Tbsp mayonnaise
- 1 clove garlic (minced)
- 2 slices bacon (cut into ½ inch (1cm) strips)
- ½ onion (sliced)
- ½ tsp consommé granules
- Dash of salt, pepper
- Black pepper, as desired

Directions

- 1) Peel potatoes and carrot. Chop into bite size pieces and steam until tender. Put in a bowl and while the vegetables are hot, mix in the consommé granules.
- 2) Prepare soft-boiled eggs: pour water in a saucepan and heat. When small air bubbles begin to emerge, add the eggs. Boil for eight to ten minutes. Submerge in cold water and peel immediately under running water.
- 3) Heat butter, mayonnaise, garlic, and bacon strips in a skillet. Sauté until the bacon turns golden brown.
- 4) Quickly stir-fry by adding the sliced onion to Step3.
- 5) Add Step1 and one soft-boiled egg to Step4, coarsely blend in while lightly mashing the eggs and adjust the flavor with salt and pepper.
- 6) Place in a serving dish with a sprinkle of black pepper and arrange the remaining soft-boiled eggs.



REIKO-SAN's rice flour recipe

Rice flour ultra-thick soufflé pancakes



Ingredients (4 to 6 pieces)

- ½ cup premium rice flour
- 1 tsp baking powder
- 3 eggs
- 2 Tbsp sugar
- 2 tsp lemon juice
- 1-½ tsp mayonnaise
- 1-½ Tbsp milk
- 2 Tbsp plain yogurt (sugar free)
- canola oil, as needed

Caramelized banana

- 2 bananas
- 4 Tbsp sugar
- 2 Tbsp hot water
- 1 Tbsp boiling water
- 1 Tbsp butter



Directions

Preparation: preheat a skillet over low heat. Thinly spread canola oil and wipe away any excess.

1. Separate egg whites and yolks. Cool the egg whites in the refrigerator for two minutes.
2. Add lemon juice, mayonnaise, milk, and yogurt into the egg yolks and mix well.
3. Thoroughly whip the egg whites until



4. peaks form. Add sugar gradually while whipping.
5. Sprinkle the rice flour and baking powder into the egg yolks and blend well.
6. Add ⅓ of the whipped egg whites into the egg yolk mixture and thoroughly blend the dough. Add the remaining egg whites gently in a vertical, cutting motion, maintaining as much foam as possible.



6. Pour in the dough roundly with a spoon in a well-heated skillet. Pour one tablespoon of water around the edge of the pan and steam-bake for two minutes by covering with a lid. Further add the dough in the middle. Add

another tablespoon of water when turned over and steam-bake for two to three minutes. (Ensure that the dough that was added later is thoroughly cooked also.)



Directions for caramelized banana

Pour sugar and hot water into the same skillet. When the sugar browns and releases aroma, add the boiling water and reduce by continuing to boil. Remove from heat and add the butter and sliced bananas. Top the pancakes with the caramelized banana.



Winter soups

Ingredients (5-6 servings)

- 9 oz (250g) beets (1 or 2 if raw, or 1 can)
- ½ onion
- 10.5 oz (300g) cabbage
- ½ carrot
- ½ bell pepper
- 1 tomato
- ½ celery stalk
- 1 potato
- 1 clove garlic
- 7 oz (200g) beef (for grilling)
- 4¼ cups (1000ml) beef broth
- 3 to 4 sprigs dill
- 1 Tbsp lemon juice
- 1 Tbsp tomato puree
- 1 Tbsp olive oil
- 1 tsp salt
- dash of pepper
- sour cream (for topping)

Directions

1. Cut meat into ½-inch (1cm) pieces, and thinly slice beets (if raw, bake and peel), cabbage, and bell pepper into ¼-inch (5mm) slices. Finely chop onion, carrot, and mince garlic.
2. Heat olive oil and garlic in a pot, add meat, and cook on high heat. When done, remove the meat and set aside. Leave the oil in the pot.
3. Put onions and carrots in the pot and sauté until they start to soften. Add cabbage and bell pepper, and continue sautéing. Stir in tomatoes, beets, and potatoes.
4. Add beef broth, tomato puree, half the dill, and lemon juice; cover, lower the heat and simmer until vegetables are tender.
5. Return the cooked meat to the pot and season with salt and pepper. Ladle the soup into bowls, and top with a dollop of sour cream and chopped dill leaves, as desired.

Borscht



Shrimp Curry Soup

Ingredients (3-4 servings)

- 10 shrimp
- 1 onion
- ½ bell pepper
- 2 cloves garlic
- 2 sprigs thyme
- 2½ cups (600ml) water
- 2 Tbsp olive oil
- 3 Tbsp coconut milk
- 1 tsp ketchup
- 2 Tbsp curry powder
- pinch of salt and pepper
- 1 Tbsp katakuriko (potato starch)

Directions

1. Rinse shrimp well and remove shells. Dry roast the shells in a pan, add water and thyme, and boil over low heat (use for shrimp broth). Salt and pepper the shrimp, and sprinkle with half of the curry powder. Set aside. Finely chop onions and garlic, and dice bell peppers into ½-inch (1cm) pieces.
2. Heat olive oil and garlic in a separate pot over medium heat, and sauté onions until tender. Add bell pepper and quickly stir fry. Add strained shrimp broth from 1., and then add the drained thyme.
3. When the vegetables become tender, add shrimp, coconut milk, ketchup, curry powder and season with salt and pepper. Mix potato starch with an equal amount of water (1Tbsp) and pour evenly into pot. Stir until soup thickens.



Satsumaimo and Kabocha Shiro Miso Soup (Japanese Sweet Potato & Pumpkin Miso Soup)

Ingredients (4-5 servings)

- 1-¼ lbs (550g) kabocha pumpkin
- 1-¼ lbs (600g) satsumaimo (Japanese sweet potato)
- 2 Tbsp (30g) butter
- 3 cups (700ml) chicken broth
- 3 Tbsp coconut milk
- 1 Tbsp shiro miso (white miso paste)
- pinch of salt and pepper



Directions

1. Cube pumpkin and sweet potato into ¾-inch (2cm) pieces, and soak the sweet potato in water.
2. Melt butter in a pot over medium heat, add pumpkin and the drained sweet potato, and stir.
3. When pumpkin and sweet potato are tender, add chicken broth. Simmer until pumpkin and sweet potato are about to fall apart.
4. Add coconut milk and white miso, stir, and taste; season with salt and pepper as desired.

Shredded Vegetable Soup

Ingredients (4-5 servings)

- 3 leaves nappa (Chinese cabbage)
- 2-inch (5cm) daikon radish
- ½ carrot
- ½ gobo (burdock root)
- 4-¼ cups (1000ml) water
- 1 pack Nijiyu Wafu Dashi (Japanese soup stock)
- 2 tsp sesame oil
- 2 Tbsp soy sauce
- pinch of salt and pepper
- green onions, as desired (for topping)



Directions

1. Julienne all vegetables into 2-inch (5cm) pieces. You may use a vegetable peeler to thinly slice the gobo. Rinse gobo after slicing.
2. Heat sesame oil in a pot, and stir vegetables over high heat until tender.
3. Add water and dashi, and simmer over medium heat. When vegetables become tender, season with soy sauce, salt, and pepper. Ladle into bowls and top with diagonally sliced green onions.

Cream Tomato Chowder with Oysters

Ingredients (4-5 servings)

- 10 oz jar of oysters
- ¼ onion
- ¼ celery stalk
- ¼ carrot
- 1 potato
- 1 clove garlic
- 14.5 oz can diced tomatoes
- 2-¾ cups (650ml) chicken broth
- 2 tsp olive oil
- ⅔ cup (150ml) milk
- 1 Tbsp soy sauce
- 1 Tbsp XO sauce (Hong Kong sauce)
- pinch of salt and pepper



Directions

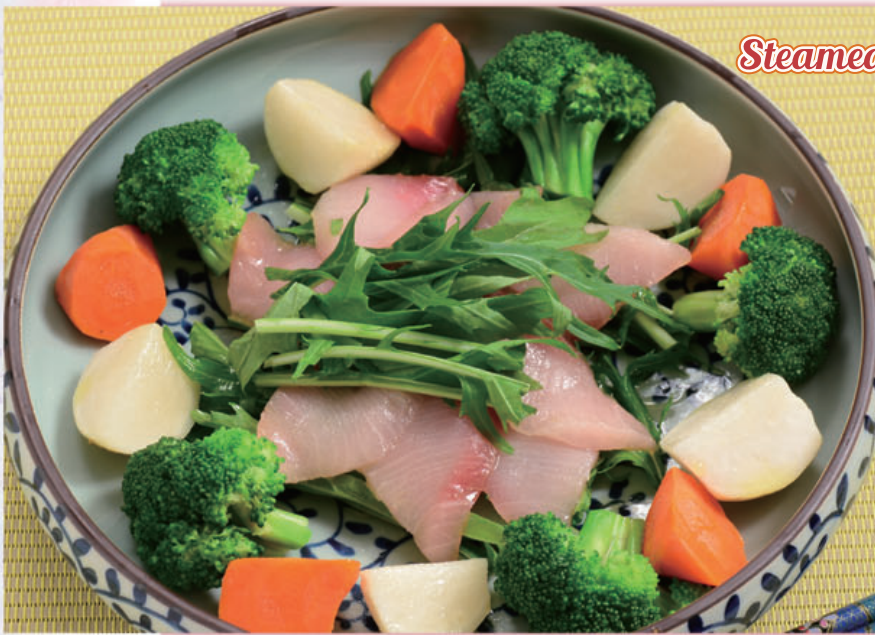
1. Rinse oysters thoroughly and drain. Slice onion and celery, cut carrots into half moon slices (cut in half lengthwise, then slice crosswise), cut potatoes into ¾-inch (2cm) cubes, and mince garlic.
2. Heat olive oil and garlic in a pot over medium heat. Add onions, celery, and carrots in that order, and stir well until vegetables start to soften.
3. Add canned diced tomato and chicken broth. Simmer until vegetables are tender, then add oysters and bring to a boil.
4. Add milk, soy sauce, and XO sauce. When it comes to a boil again, season with salt and pepper.



Winter Omotenashi

These recipes are perfect for the holiday season.

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Steamed vegetables & yellowtail salad

Ingredients (4 servings)

20 pieces yellowtail sashimi
4 Tbsp extra-virgin olive oil
1-½ tsp salt
½ bunch broccoli
2 turnips
½ carrot
Mizuna, as desired

Directions:

1. Arrange yellowtail sashimi in a serving dish and sprinkle salt all over it. Evenly pour olive oil on both sides.
2. Cut vegetables other than mizuna separately into bite sizes. Arrange in a skillet and lightly sprinkle with salt. Add ¼ cup (50ml) water and steam the vegetables with a lid on for three minutes over medium heat.
3. Spread the drained mizuna on a serving dish. Place the marinated yellowtail sashimi on top. Arrange the steamed vegetables around the sashimi and drizzle with the olive oil (Step 1).

Decorated sushi

Ingredients (4 servings)

2 rice cooker cups sushi rice
(pour a desired amount of sushi-su (sushi vinegar) on freshly-cooked rice. Mix the vinegar evenly through the rice and spread it to cool.)

<Shiitake mushroom soboro>

3.5 oz (100g) chicken ground meat
3 pieces shiitake mushroom (finely mince and remove hard stems)
½ Tbsp sake
1-½ Tbsp sugar
1 Tbsp soy sauce
1 egg, beaten
10 snow peas (kinu-saya)
1 stalk green asparagus
¼ piece roasted nori (cut in thin strips)
2 pieces smoked salmon
Salad oil, as desired

Empty, gallon milk carton, rinsed clean and dried

Directions:

1. Make an oshizushi (pressed sushi) mold out of an empty milk carton: insert scissors from the open mouth and cut out one plane surface on the side. Fold up the open mouth making into a box shape and secure with a tape.

2. Make shiitake soboro: put ground chicken in a pan without greasing the pan and sauté over medium heat by stirring with four or five cooking chopsticks. When the color changes, add shiitake and when softened, add sake, sugar, soy sauce in that order, saute until juice evaporates and cool.
3. Heat skillet by covering with a small amount of salad oil and pour a third or half of egg mixture and make a thin egg omelet. After cooking a few omelets, cool and roll by cutting in half and thinly slice from the edge to create thin omelet strips called kinshi-tamago.
4. String snow peas removing hulls, boil until softened and release in iced water. Diagonally slice into thin strips after draining. Boil asparagus, retaining its vivid color and split the 2-inch tip into four pieces and diagonally cut the rest into thin slices.
5. Put a plastic wrap piece inside the milk pack container by spreading over it and put a third of sushi rice. Add shiitake soboro by flattening on top and add half of the remaining sushi rice. Sprinkle snow peas, roasted nori (when in-between ingredients are evenly spread overall, the cross section appears attractive when cut) and spread by placing the remaining sushi rice and while lightly pushing down over the top by covering the edge of the plastic wrap for flavors to blend thoroughly. Place a light weight (cut the milk carton cutout surface to a size smaller to be used as a substitute lid for pushing down. The weight should be around 1 lb. as rule of thumb) and set aside for thirty minutes.
6. Cut smoked salmon to long thin strips and shape into rose flower shapes by rolling up from the edge.
7. Take out oshizushi from the mold by removing the plastic wrap, serve in a dish and sprinkle and spread thin omelet strips (kinshi tamago) on top. Garnish with Step 6 and asparagus on top.





Sakana marugoto (Whole-fish) Acqua pazza

Ingredients (4 servings)

1 sea bream	8 oz (220g) tomato
5 oz (150g) asari clam	½ oz (15g) olive
1-½ tsp salt	5 oz (150ml) white wine
Dash of black pepper	Thyme, as desired
4 Tbsp olive oil	Rosemary, as desired
1 clove garlic	Balsamic vinegar, as desired

Directions:

1. Remove sand from the shell, and pretreat sea bream (remove the scales from the surface and take out the gills and inner parts) at the store.
2. Sprinkle sea bream surface and cavities with salt and black pepper and set aside for ten minutes.
3. Chop tomato into bite size pieces and finely mince garlic.
4. Heat skillet by adding olive oil and garlic over low heat and once the aroma emerges, grill the fish until the skin that touches the skillet edge turns light brown. (slowly grill over low heat!)
5. Turn over sea bream and add all the ingredients except for the balsamic vinegar by covering it and turn up the heat to high and roast for about seven to eight minutes. Add water as needed.
6. Remove the lid and continue to heat for one minute.
7. Sprinkle with balsamic vinegar all over.

Enoki mushroom clear soup

Ingredients (4 servings)

- 1 bag enoki mushroom
- 2 Tbsp dried wakame seaweed
- 12 pieces fu (dried bread-like pieces of wheat gluten)
- 2 Tbsp chopped green onion
- 3-½ cups (800ml) water
- 1 pk Nijiya wafu dashi (Japanese soup stock)
- 3 Tbsp sake
- 1 Tbsp mirin
- 1 tsp salt
- 2 Tbsp soy sauce

Directions:

1. Cut off enoki roots, chop into three equal lengths and loosen the lower part.
2. Soak the wakame in water until soft. Drain and cut long pieces into chunks. Soak fu in water until soft, then drain.
3. Heat pan by pouring water over medium heat and when brought to a boil, add wafu dashi, sake, salt, mirin, soy sauce and enoki mushrooms.
4. When the enoki gets soft, adjust flavor with salt, etc., stir after adding fu, seaweed, and chopped green onions. Serve in a soup bowl.



Sweet potato chakinshibori (mashed in tea cloth)

Ingredients (4 servings)

- 1 large sweet potato
- 2 tsp salt (for salt water)
- 5 oz (150ml) orange juice
- Lemon juice from half a lemon
- 2-½ Tbsp sugar
- ½ tsp soy sauce

Directions:

1. Peel sweet potato. Cut into bite size pieces and cover with water.
2. Put drained sweet potato, orange juice, lemon juice, sugar, and soy sauce in a saucepan. Cover and cook over high heat.
3. When brought to a boil, reduce the heat a little and cook for eight to ten minutes while covering the pan with a lid. When a bamboo stick can be inserted smoothly, increase the heat to high and boil down till the broth dissipates almost completely.
4. Squash with a masher or wooden pestle and when cooled, arrange by molding into tea cloth with plastic wrap and serve in a dish.

Eat miso soup every day.

Miso soup is a very popular and traditional Japanese dish. Miso is very healthy, since it is rich in nutrients, provides many health benefits, and many flavor combinations can be added in miso.

Endless possibilities of ingredients

You can use a wide variety and an abundant quantity of ingredients with miso: use seasonable vegetables picked from a farmers market or a few leftovers from the refrigerator. Use plenty of ingredients for a soup; it will provide excellent nutrition and an appealing flavor. We offer various recipe ideas featuring different health benefits. Let's eat a lot of vegetables in delicious combinations for a healthy life.



Inner body Warming

Root vegetables and potatoes warm the body from the inside. Recommended ingredients: daikon radish, carrot, potato, green onion, sesame, etc.

● Ingredients (2 servings)

- 1-½ inch (3 cm) daikon radish
 - ¼ carrot
 - 2 inches (5 cm) burdock
 - 0.11 lbs (50 g) Japanese pumpkin
 - 1 leaf hakusai (Chinese cabbage)
 - ½ potato
 - ½ eggplant
 - 1 piece aburaáge (deep-fried bean curd)
 - 1 piece dried shiitake (rehydrated)
 - half piece Tokyo negi (Japanese green onion)
 - 1 Tbsp white sesame
 - 2 cups (480 ml) dashi soup (2 cups water + 1 pack Nijiya wafu dashi (Japanese soup stock powder)
 - 2 Tbsp miso paste
- * Other than this, seasonal vegetables and those left in the refrigerator are also acceptable.



● Directions

1. Cut the vegetables in equal proportions. *Cooking tip: vegetables that take longer time to cook should be cut into thin slices, and the shorter ones thick.
2. Add vegetables and dashi soup in a pot. (Put aburaáge and vegetables that take a longer time to cook first.)
3. Roast white sesame in the microwave for 30 seconds, and then cool.
4. Simmer the vegetables on medium heat until cooked thoroughly.
5. Add Tokyo negi and white sesame (set aside a small portion for garnish).
6. Simmer for 30 seconds, turn the heat off, add the miso paste, and stir until it is completely dissolved.
7. Sprinkle with white sesame before serving.

Improve the immune system, prevent the colds

Vitamin A helps boost immunity; green and yellow vegetables are rich in vitamin A. Consuming these with oil results in better absorption (stir fry veggies or add aburaáge).

Recommended ingredients: green and yellow vegetables such as spinach, Japanese mustard spinach, carrot, Japanese pumpkin, etc.

● Ingredients (2 servings)

- 1-½ inch (3 cm) daikon radish
- ¼ carrot
- 2 inches (5 cm) burdock
- 1.8oz. (50 g) Japanese pumpkin
- ½ bunch spinach
- 1 piece aburaáge (deep-fried bean curd)
- 2 cups (480 ml) dashi soup (2 cups water + 1 pack Nijiya wafu dashi (Japanese soup stock powder)
- 2 Tbsp miso paste

* Other than this, seasonal vegetables and those left in the refrigerator are also acceptable.

● Directions

1. Boil the spinach until it changes color. Rinse with cold water and let cool.
2. Cut the vegetables in equal proportions. *Cooking tip: vegetables that take longer time to cook should be cut into thin slices, and the shorter ones thick.
3. Add vegetables and dashi soup in a pot. (Put aburaáge and vegetables that take a longer time to cook first.)
4. Simmer the vegetables on medium heat until cooked thoroughly.
5. Simmer for 30 seconds, turn the heat off, add the miso paste, and stir until it is completely dissolved.

Constipation

Miso paste cleans the intestinal tract, adding rich dietary fiber that helps improve intestinal activity.

Recommended ingredients: burdock, pumpkin, mushroom, seaweed, konjac, etc.

● Ingredients (2 servings)

- 1-½ inch (3 cm) daikon radish
- 1 pack Buna shimeji mushroom
- 2 inches (5 cm) burdock
- 1.8oz. (50 g) Japanese pumpkin
- ½ Tokyo negi (Japanese green onion)
- ½ konnyaku (konjac)
- 1 Tbsp dried wakame(rehydrated)
- 2 cups (480 ml) dashi soup (2cups water + 1pack Nijiya wafu dashi (Japanese soup stock powder)
- 2 Tbsp miso paste

* Other than this, seasonal vegetables and those left in the refrigerator are also acceptable.



● Directions

1. Cut the vegetables in equal proportions. *Cooking tip: vegetables that take longer time to cook should be cut into thin slices, and the shorter ones thick.
2. Add vegetables and dashi soup in a pot. (put vegetables that take a longer time to cook first.)
3. Simmer the vegetables on medium heat until cooked thoroughly.
4. Add Tokyo negi and wakame.
5. Simmer for 30 seconds, turn the heat off, add the miso paste, and stir until it is completely dissolved.

Recover from exhaustion

Pork and soy products are rich in vitamin B, which helps relieve fatigue. Adding green onions helps absorb vitamin B. It's a good idea to put both of them in the soup.

Recommended ingredients: pork, soy products (tofu, deep-fried tofu) plus green onion or green chive.

● Ingredients (2 servings)

- 4oz. slices pork
- 1-½ inch (3 cm) daikon radish
- ¼ carrot
- 1 pack Buna shimeji mushroom
- ½ satsumaimo(sweet potato)
- 1 pack natto
- Nira (Chinese chive), as desired
- 2 cups (480 ml) dashi soup (2cups water + 1pack Nijiya wafu dashi (Japanese soup stock powder)
- 2 Tbsp miso paste

* Other than this, seasonal vegetables and those left in the refrigerator are also acceptable.

● Directions

1. Cut the vegetables in equal proportions. *Cooking tip: vegetables that take longer time to cook should be cut into thin slices, and the shorter ones thick.
2. Stir natto well, and mash with ceramic mortar.
3. Heat oil in a pot and cook the pork and vegetables. Add dashi soup in a pot.
4. Simmer the vegetables on medium heat until cooked thoroughly.
5. Add nira and simmer for a gentle boil, turn the heat off, add the miso paste, and stir until it is completely dissolved.
6. Put in a bowl, and pour the natto over it.

Swelling

Foods that are rich in potassium help adjust the body's water balance. They are soluble in water; be sure to drink the soup.

Recommended ingredients: sweet potatoes, potatoes, taro, pumpkins, mushrooms, and seaweed.

● Ingredients (2 servings)

- 1-½ inch (3 cm) daikon radish
- 1 pack Buna shimeji mushroom
- 2 inches (5 cm) burdock
- 1.8oz. (50 g) Japanese pumpkin
- 1 Tokyo negi (Japanese green onion)
- 1 Tbsp dried wakame(rehydrated)
- 1 satoimo (Japanese taro)
- ½ satsumaimo (sweet potato)
- 2 cups (480 ml) dashi soup (2cups water + 1pack Nijiya wafu dashi (Japanese soup stock powder)
- 2 Tbsp miso paste

* Other than this, seasonal vegetables and those left in the refrigerator are also acceptable.

● Directions

1. Cut the vegetables in equal proportions. *Cooking tip: vegetables that take a longer time to cook should be cut into thin slices, and the shorter ones thick.
2. Add vegetables and dashi soup in a pot. (put vegetables that take a longer time to cook first.)
3. Simmer the vegetables on medium heat until cooked thoroughly.
4. Add Tokyo negi and wakame.
5. Simmer for 30 seconds, turn the heat off, add the miso paste, and stir until it is completely dissolved.

Hangover, tired stomach

To help digest a tired stomach

Recommended ingredients: grated lotus root, grated Japanese yam, or grated turnip (use as toppings).

● Ingredients (2 servings)

- 1-½ inch (3 cm) daikon radish
- 1 pack Buna shimeji mushroom
- 2 inches (5 cm) burdock
- 1.8oz. (50 g) Japanese pumpkin
- ½ Tokyo negi (Japanese green onion)
- 1 Tbsp dried wakame(rehydrated)
- 1-½ inch (3 cm) nagaimo (Japanese yam) (grated)
- 2 cups (480 ml) dashi soup (2cups water + 1pack Nijiya wafu dashi (Japanese soup stock powder)
- 2 Tbsp miso paste

* Other than this, seasonal vegetables and those left in the refrigerator are also acceptable.

● Directions

1. Cut the vegetables in equal proportions. *Cooking tip: vegetables that take longer time to cook should be cut into thin slices, and the shorter ones thick.
2. Add vegetables and dashi soup in a pot. (put vegetables that take a longer time to cook first.)
3. Simmer the vegetables on medium heat until cooked thoroughly.
4. Add Tokyo negi and wakame.
5. Simmer for 30 seconds, turn the heat off, add the miso paste, and stir until it is completely dissolved.
6. Put in a bowl, and pour the grated nagaimo over it.



NIJIYA correspondents deliver Kyushu's unique ingredients, local dishes, and recipes.

Discover Specialties of

Kyushu

Local Cuisine of
Kumamoto Prefecture

— Kimiko Matsunaga —



Kumamoto “Land of Fire” Gourmet

Kumamoto Prefecture is known as the “Land of Fire” with the world renowned Mt. Aso caldera as its symbol. Located in central Kyushu, Kumamoto is also famous for its clear waters and surrounding mountains. It is also known as the “Land of Water.” Kumamoto’s pure and beautiful springs include the springs of Kikuchi, Todoroki, Ikeyama, and Shirakawa Springs, which was selected as one of the 100 best waters in Japan. Surprisingly, although the prefecture’s central city of Kumamoto has a population of over 700,000, all the water consumed comes from its groundwater, which seems to be a rarity anywhere in the world. This city is the best groundwater city in Japan. The clean and plentiful

waters not only support human life but are also beneficial for harvesting healthy, abundant crops.

Kumamoto is surrounded by a variety of natural landscapes, starting with its mountains, such as Mt. Aso, and the waters of the Ariake Sea, the Yatsushiro Sea (also known as the Shiranui Sea), and the East China Sea. The natural environment nurtures and provides a fresh source of seafood and mountain vegetables and has produced a variety of delectable products. In the past, traditional dishes such as sashimi, sushi, and soup made from these natural ingredients were kept local. A number of these local dishes have Kumamoto’s Specialty Dago Dumpling Soup.

Kumamoto’s Specialty Dago Dumpling Soup Dago-jiru



“Dago” is Kumamoto dialect for “dango” (dumpling) and is one of the traditional dishes in Kumamoto Prefecture. Actually, it is similar to suiton and mamebu dumpling soup, and to houtou soup, akin to udon. Dago-jiru is a soup with dumplings made from wheat flour and rice flour. It is simmered in miso or dashi stock with shiitake mushrooms and root vegetables.

Originally, it was thought of as a time-saving meal due to its ease of preparation and consumption and was also filling. Although it was a dish loved by farmers who were busy with farming in Kumamoto, it had spread to people other than farmers throughout Kumamoto Prefecture.

Ingredients

2 cups (approx. 200g) Nijiya Organic Wheat Flour
Meat (chicken, fried tofu, chikuwa, or anything you like), quantity as desired
Vegetables (daikon radish, carrots, taro, burdock, shiitake mushrooms, etc.), as desired
Green vegetables and green onions
About ½ cup (100ml) of lukewarm water
Nijiya mentsuyu, to taste
yuzu pepper, shichimi, as desired



Directions:

1. Making dumplings: add lukewarm water to the flour, mix well and knead to a soft but firm texture. Wrap the dough and let it rest for at least an hour (improves stretching).
2. Slice carrots and daikon radish into half moons (cut in half lengthwise, then slice crosswise). Cut other ingredients into bite size pieces. (When using dried shiitake mushrooms, you can add the mushroom’s soaking water to the soup as broth, which enhances the flavor of the soup.)
3. Prepare about 4-¼ cups (1 liter) of soup stock in a pot. We used Kumamoto (Chiyo) concentrated dashi soup stock, but other dashi such as mentsuyu, hondashi, white dashi, or whatever dashi you prefer is okay.



4. Add the ingredients from 2. and simmer until vegetables are cooked through.
5. Tear off a piece of dumpling dough by hand, then flatten the piece and drop it into the 4. pot. Repeat the process for each dumpling. Do not worry about the shape since the dumplings absorption of flavor is more important than a perfect shape.
6. Once the dumplings are heated through, add the greens vegetables and green onions to complete. Add yuzu pepper and shichimi as desired.





Soft and delicious Ikinari Dango (“Suddenly” Dumpling)



Ingredients (8 dumplings)

about 1 cup (150g) Nijiya Organic Wheat Flour
 ⅓ tsp salt
 ½ cup (80ml) water
 2-½ inch (6cm) diameter satsuma-imo (sweet potato)
 3 Tbsp koshian red bean paste (or tsubuan chunky red bean paste, if preferred)



Kumamoto’s traditional steamed pastry is made from round slices of sweet potato and red bean paste, wrapped in kneaded and flatly stretched wheat flour dough. In local dialect, these pastries are also called Ikinari-dago. The sweetness of the sweet potato blends well into this rustic pastry, which can be made at home. These pastries can also be found in Kumamoto’s Japanese confectionery shops, sold in various shapes and flavors. The name is derived from the meaning that it can be made in a short period of time, and can be prepared when an unexpected guest suddenly shows up. Yet, another meaning can be thought of as a raw sweet potato that “comes to life” through the preparation process, which is metaphoric for a different phrase which is also read as Ikinari, meaning “creation of life.”

Directions:

1. Sift the flour into a bowl, add salt and quickly mix. Stir in water a little at a time, and mix it all together.
2. Knead for about 10 minutes, and when the surface of the dough is smooth, cover with a damp cloth. Leave at room temperature for 20-30 minutes.
3. Wash sweet potatoes well and do not remove skin; slice into ½-inch (1cm) thick rounds (8 slices) and soak in water. Round red bean paste into 8 equal parts. Prepare 8 parchment paper sheets cut into 2-¾-inch (7cm) squares and set aside. Put plenty of hot water in the lower part of a steamer and place over high heat.

4. Wipe off the sweet potatoes, place the bean paste on top, and lightly press the paste down. Divide the dough from Step 2. into 8 equal rounds. By hand, stretch each round into a flat circle up to a 4-inch (10cm) diameter. Wrap the sweet potato and bean paste with the dough, turn over and pinch the dough closed. With the seam of the dough at the bottom, place the dumplings onto the parchment paper.
5. Line up the Step 4. in the steamer. Cover and steam on high heat for 20-25 minutes. Use a bamboo skewer to test the dango. If the skewer passes through the dango easily, they are steamed and ready.

Pacific cods from Alaska



The Pacific cod is a delicious fish used in hot pots and boiled tofu dishes during the cold season, and when grilled with salt, it has a mild, light flavor. It also works well when seasoned with miso. The fish and chips plate using the cod is also a well-known and popular dish.

The light and delicate flavors of cods are suitable for any types of cuisine, since the fish is very versatile. Pacific Cod is low in fat with a light, fresh flavor.

Preference for made in Alaska At Nijiya, we prefer Alaskan cod.

The Gulf of Alaska, in the Pacific Ocean on the southern coast of Alaska, adjacent to Canada, is the source for Nijiya Pacific cod. In this rich natural environment, the cod is well nourished and develops firm flesh with less water content and abundant umami.

Jigging is the fishing technique used to catch cod. With jigging, the cod is brought up one at a time and there is no damage to the flesh from nets. The freshness of fish caught this way is exceptional because they are processed on the boat immediately after being caught. Katsujime is the term for this

process, which drains blood from the live fish from above the gills and at the base of the tail. The fish is then flash frozen to preserve freshness and to control any fishy smell.

Pacific cod is a high-protein food

Pacific cod is low in fat, high in protein, and low in calories making it an excellent choice for people on diets.

Specifically, a 3-½ oz (100g) piece of cod has less than 70 calories while its protein content is more than 15 percent. The ratios of protein to calories and protein to fat content are very healthy in cod, and the vitamins and minerals it contains promote health and beauty.



Acqua-pazza style cod

Ingredients (serves 2)

2 slices cod	10 asari clams
Dash of salt, pepper	2 Tbsp white wine
1 tomato	2 Tbsp water
1 clove garlic	2 tsp olive oil
1 tsp olive oil	Parsley, as desired

Directions

1. Lightly season both sides of cod with salt and pepper. Cut the tomato into ½ inch (1cm) cubes and mince the garlic.
2. Put 1 tsp olive oil and garlic in a saucepan and sauté over low heat. When you can smell the garlic, stir in the tomato and turn up the heat to medium.
3. When moisture begins to seep out of the tomato, add asari clams, white wine, and water. Cover with a lid and cook until the clam shells open. Remove from heat and serve in bowls.
4. Put 2 tsp olive oil in a skillet over high heat. Grill the cod with skin down. When browned, turn the pieces over. Reduce heat to low and add Step 3 except for the asari clams. Steam with the lid on for four minutes.
5. Serve the cod and sauce and top with the clams. Sprinkle with minced parsley.

Cod & mushrooms clear broth soup

Ingredients (serves 2)

- 1 slice cod
- 4 shiitake mushrooms
- ½ pack shimeji mushrooms
- Mitsuba, as desired
- 2 cups (450ml) water
- 2 tsp Nijiya wafu dashi (Japanese stock powder)
- 1 Tbsp soy sauce

Directions

1. Slice the cod into bite size pieces. Slice the shiitake mushrooms. Cut the shimeji mushrooms in half. Chop mitsuba into 1-½ inch (4cm) pieces. Separate leaves and stems.
2. Put water and Nijiya wafu dashi in a saucepan and cook over medium heat for five minutes. Add all the mushrooms.
3. Add the cod and bring to a boil. Reduce heat and add soy sauce and mitsuba stems.
4. Divide into two portions and serve in bowls. Garnish with mitsuba leaves.

Cod & burdock quick cooking

Ingredients (serves 2)

- | | |
|--|--------------|
| 2 slices cod | [Seasonings] |
| 4 inches (10cm) burdock | 1 Tbsp sake |
| 4 inches (10cm) dashi kombu (kelp) for stock | 1 Tbsp mirin |
| 1 Tbsp soy sauce | ½ tsp salt |

Directions

- * Prepare kombu dashi (stock from kelp) in advance. Put dashi kombu in a container with a little over 2 cups (500ml) of water and refrigerate overnight.
- 1. Chop the burdock into 2 inch (5cm) rod shapes. Spread kombu used to make stock in a saucepan putting ½ cup (100ml) kombu dashi, [seasonings], burdock and cook for five minutes over medium heat by covering with a lid.
- 2. Add cods and soy sauce in a circular motion and place otoshibuta (small lid placed directly on the food). And cook for five minutes over high heat by covering with a lid.

Cod broiled in shoyu koji (malted rice)

Ingredients (serves 2)

- 2 slices cod
- 4 tsp Nijiya shoyu koji (soy sauce rice malt)
- 2 tsp sesame oil

Directions

1. Thoroughly coat one side of the cod with 1 tsp shoyu koji both side. Wrap in plastic wrap and refrigerate overnight.
2. Heat sesame oil in a skillet over medium heat. Grill the cod skin side down. When browned, turn over, cover with a lid, and steam.

Kitchen Utensil Tales: Tawashi



We're going to take a closer look at the tawashi (scourer), an item that is very handy for everyday cleaning. The humble tawashi might provoke nostalgia, or look like something that's got no place in the modern kitchen, but is still enjoyed and used by many today.

The history of the tawashi

The original version of the tawashi is believed to be the Kamenoko Tawashi, thought to be invented in 1907. Until then, people in Japan used items such as bunched up straw or rope as cleaning utensils. The Kamenoko Tawashi was invented by Shozaemon Nishio, who had inherited a family business making and selling hemp-palm rope. He first came up with a doormat made from hemp palm, which is a type of palm indigenous to Japan. Bark taken from the hemp palm is boiled and then beaten with a wooden hammer to extract the fibers, which are then twisted into rope. At first, the doormat proved extremely popular, but hemp palm is naturally very soft, meaning that as the mat was used over time, the fibers flattened and product performance declined. The result for Shozaemon was a large amount of unsold, unsellable hemp-

palm doormats.

One day, Shozaemon saw his wife cleaning the cross bars of one of their shoji screens with a strip of hemp-palm fibers taken from one of his mats; she had folded the strip in two by hand to create an oval shape. That was the moment he came up with the idea for a brand-new cleaning utensil: the tawashi. Using the hemp palm from his mats, he wound the fibers around a piece of wire that was then shaped into an oval, of a size that would fit comfortably into female hands. Indeed, Shozaemon used the size of his wife's palm to determine the final dimensions of what is still on sale as Kamenoko Tawashi No. 1. Shozaemon dubbed his invention the Kamenoko Tawashi and began selling it as a cleaning utensil – it was an immediate success. Shozaemon went on to develop more durable tawashi made with coconut fibers, which are harder than those of the hemp palm. His tawashi business continues to enjoy success to this day.

Using a tawashi

The tawashi may seem like a humble item, but it has been well used and well loved for more than a century. Perhaps

there are still some households in Japan that don't have one, and perhaps there are some people who don't use, or who don't know how to use, one at all, especially given the great variety of sponges, some even specialized, available today. A tawashi actually has an incredibly wide array of uses.

Japanese households will usually have multiple tawashi, each with its own use, such as washing cooking utensils or washing vegetables. It's not hygienic to use the same tawashi for multiple purposes, so we recommend choosing the optimal size and material of tawashi for each job in the home and making it clear, for example by color coding, which tawashi is for what. When using a tawashi, if you always scrub using the same area, the fibers of that area will flatten and the tawashi will weaken. So it's best to try and use the tawashi evenly across its entire surface. Avoid using the head of the tawashi, where the metal loop emerges, as this could damage your cooking utensils. If dirt or debris gets caught up in the fibers of your tawashi, run it under water to rinse out the dirt. If it remains clogged up, try rubbing the tawashi with another tawashi: this should help to dislodge the dirt or debris. Finally, once you've finished using a tawashi, drain it completely of water and let it air dry. If you leave it damp in the sink, the tawashi will become damaged. Hanging it up to dry is ideal, if possible.

For more information (in Japanese):
<http://www.opi-net.com>



“It has to be tawashi!”

Yuki Hirota, third generation kitchen utensil business owner

Hitachiya Shoten, the former name of our business, was started by my grandfather. The original focus of the business was the wholesaling of kitchen equipment to hotels and restaurants, but around ten years ago we decided to make our products available to the public.

Until then, we had been a trade supplier so we weren't used to dealing with individual customers. As such, I wanted everyday customers to get to know our business, so I took the most familiar and reasonably priced product I could find, called it the “man's tawashi” in order to get people's attention, and piled it up high outside our store.

The mountain of tawashi provoked a sense of nostalgia in many passing salary-men: they were soon stopping outside the store and picking one up. The numbers of that sort of customer gradually increased, and we took the opportunity to tell them about the changes to our store. So, for us, the tawashi was a catalyst for connecting with individual customers.

Eventually, we had only a few days to go before the opening of our new store. I had a dream in which a Christmas tree appeared. In the morning I woke up and had a moment of clarity. We had been able to make individual customers aware of our new store thanks to the tawashi, so I should show our respect for the tawashi by offering our thanks through the Christmas tree that appeared in my dream. Our store opening was to be at the end of December, so I decorated a tree in the store with tawashi and other ornaments. Nine years have passed since then, but thanks to the tawashi and to that tree, many people discovered our store, and I still feel so indebted to this simple utensil. We've even given a face and a name (Tawashinbo)

to the tawashi, which is now our brand mascot; he is printed on our shopping bags and jute bags.

Anyway, about our tawashi. At Hitachiya, we sell two kinds of tawashi, each made from different material. The first is made with palm fibers. The pulp of the palm fruit is removed and the remaining shell is soaked in water until the hull and the fibers can be separated by agitating the water. The other is made from the bark of the hemp palm tree. Palm fiber tawashi are reliably firm; many customers remember them, and their familiar light brown hue, from their school days. Hemp-palm tawashi are a darker brown and are much softer to the touch. We are often asked how they are different, and the difference lies in the hardness.

At Hitachiya we sell a full range of tawashi: we sell the robust palm fiber tawashi in four sizes (mini, small, medium, large), while the softer hemp-palm tawashi comes in a variety of guises: the number eight-shaped Hacchan (“eight”), the Neko-no-Te (“cat's paw”, great for washing tall vessels), the Bo-tsuki (“with handle”, great for removing tea incrustation without even washing), the super-versatile Slim, and the Super-Mini, complete with strap, which is ideal for cleaning nails.

I have three tawashi in my kitchen at home. One to use with vegetables, one for washing crockery and pans, and one for washing oiled pans. I have another in my bathroom. A tawashi will remove dirt well from new potatoes, burdock root, or ginger; using it means I just have to wash organic vegetables to enjoy them, without having to remove the skin or peel. It has to be a tawashi when cleaning a chopping board or bamboo strainer. A tawashi gets rid of the dirt and starchy material that



can cling to the grooves in a chopping board or the mesh of a strainer. A sponge isn't enough to get these narrow grooves clean. It also has to be a tawashi when cleaning a frying pan I've used to cook with oil. Using oil repeatedly with cooking pots and frying pans makes them easier to cook with over time. That's why I never use detergent with frying pans; instead I just wash them off in warm water.

I use a tawashi to wash vegetables before starting to cook, as well as my utensils and crockery after cooking. I clean my nails with a tawashi after working in the field or the garden. I use a tawashi in my bathroom to wash my toenails after a hard day at work in my shoes. It helps with circulation and it feels very refreshing.

Tawashi are extremely functional, tough, and long-lasting. I like to think of them as little angels, ready to help out in every aspect of life. I hope that even more can people benefit from them, which is why I want everyone to experience the feel of Hitachiya's tawashi.

● Hitachiya USA
<https://hitachiyausa.com>

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 selections 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 choices are, we can't go wrong with Nijiya products".

The characteristics of quality Nijiya-brand products are:

- They're healthy.
- They can be consumed with no concerns.
- The manufacturers, factories and production processes 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 with at least 95% organic ingredients can receive the USDA organic symbol, and they must also pass a very strict inspection. A tough approval system means that the resulting symbol 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 free of additives and preservatives. 2 types are available. Premium and Smooth. Premium miso has traditional flavor. Smooth miso has fine texture and light color.



■ Nijiya Organic Soy Milk

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



■ 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 though you eat Nijiya organic tofu as it is, you can enjoy its traditional taste and natural soybean flavor.



■ 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.



■ Nijiya Flour Series

We carry hard and soft flours. We carefully select high-quality organically grown wheat -always the very best obtainable. We use this organically grown wheat also for our Tempura Batter Mix.

There are more varieties of Nijiya private brand products available, try our products with the  symbol at your nearest Nijiya Market. You'll be sure to enjoy the fine-quality products offered, with pride, by Nijiya.

NIJIYA CURRY FLAKES

Developed with Nijiya's Commitment!



Frozen Tomato Chicken Curry

Ingredients (5 servings)

- 1 lb (500g) chicken thighs
- 3 frozen tomatoes
- 1 onion
- 1 red chili pepper
- 1 clove garlic
- 1 tsp butter
- 2 Tbsp white wine
- 1 bay leaf
- 1-2/3 cups (400ml) water
- 1 bag Nijiya Curry Flakes
- pinch of salt and pepper
- small amount of wheat flour

Directions:

1. Pour warm water over frozen tomatoes and peel skin. Finely chop onion and garlic; cut chicken into bite size pieces and lightly flour, with salt and pepper.
2. Heat butter and garlic in a pot over high heat, add chicken thighs and grill both sides quickly. Add white wine and cover. When it steams, remove the chicken thighs.
3. Put onions in the same pot and sauté over medium heat until caramelized; add frozen tomatoes and crush while cooking over high heat.
4. Add water, red chili pepper and bay leaf; simmer. When it comes to a boil, add chicken and Nijiya curry flakes, and heat until curry has dissolved.

Nijiya Curry Flakes blends 18 spices and 4 fruit juices, creating a delicious homemade style curry that makes every dish enjoyable to eat.

Our medium spicy curry flakes are made from all natural ingredients and do not contain chemical seasonings, additives, preservatives, or meat. We have selected specialty ingredients, such as Hokkaido wheat flour, Tanegashima sugar, Japanese apples, and organic cocoa.

18 spices: Coriander, turmeric, citrus peel, cumin, fennel, chili, cinnamon, allspice, nutmeg, black pepper, clove, ginger, garlic, fenugreek seed, star anise, cardamom, licorice, bay leaf

4 fruit juices: Apple, pineapple, mango, papaya

Each ingredient and spice is carefully selected, and children will love the sweetness from the blend of fruit juices.

These easy-to-use flakes dissolve quickly and can be used as seasoning in a variety of dishes, such as for stir-frying, karaage, croquettes, and pasta.

Please enjoy the gentle taste and fragrance of Nijiya Curry Flakes, created over time.



Dry Curry with Momen Tofu



Ingredients (2 servings)

1 block of momen tofu (firm tofu)
 ½ lb (150g) ground beef & pork combination meat
 ½ onion
 ½ carrot
 1 clove garlic
 green onion (for topping)
 ½ cup (50g) Nijiya Curry Flakes
 ½ Tbsp soy sauce
 1 Tbsp sesame oil
 pinch of salt and pepper

Directions:

1. Dice tofu and put into a microwavable container. Heat in microwave for 2 minutes, then drain.
2. Mince onion, carrot, and garlic, and chop green onions.
3. Heat half the amount of sesame oil in a frying pan over high heat, then add tofu and crush while stir frying. If water releases from tofu, soak up the water with a paper towel. Remove tofu from pan when no more water is released.
4. Sauté the remaining half of sesame oil and garlic in the frying pan over medium heat. When you can smell the garlic, add minced meat, onion and carrot in that order, and stir fry.
5. When the meat is cooked and vegetables soften, return tofu to the frying pan, add curry flakes, and stir as flakes dissolve. Add salt and pepper to taste. Ladle into a bowl and sprinkle with chopped green onions.

Eggplant and Chicken Curry Cheese Bake



Ingredients (2 to 3 servings)

14 oz (400g) chicken breast
 ½ lb (150g) eggplant
 ⅓ cup (50g) Nijiya Curry Flakes
 2 Tbsp white wine
 3-½ oz (100g) can of diced tomato
 shredded mozzarella cheese, as desired
 panko and parsley, as desired
 2 tsp olive oil
 pinch of salt and pepper

Directions:

1. Cut chicken and eggplant into bite size pieces. Sprinkle salt and pepper on the chicken.
2. Heat olive oil in a frying pan over high heat. Grill the chicken on all sides, then remove from pan and set aside. Place the eggplant in the pan and sauté. Add white wine and cover to steam the eggplant.
3. Combine eggplant, tomatoes, chicken and curry flakes in a baking dish.
4. Top with cheese and panko and bake in a toaster oven until it browns. Finish with sprinkles of minced parsley on top.

Mackerel Curry

Ingredients (5 servings)

7 oz (200g) can boiled mackerel	pinch of oregano
1 onion	1 Tbsp olive oil
1 celery stalk	3 cups (700ml) water
1 tomato	1 bag Nijiya Curry Flakes
½ zucchini	½ cup (100g) plain yogurt
1 clove garlic	½ cup (100g) heavy cream (or whipping cream)
1 bay leaf	

Directions:

1. Slice onion and celery, chop zucchini and tomatoes into chunks, and mince garlic.
2. Heat olive oil and garlic in a pan over medium heat. When you can smell the garlic, add onions and celery, and sauté. When vegetables start to soften, add zucchini and tomatoes, and continue sautéing.
3. Add water and herbs, and cook over high heat. When vegetables are tender, lower heat to medium, add canned mackerel (with broth) and curry flakes.
4. When the curry has dissolved, add plain yogurt and cream, and bring to a boil. Remove from heat and serve.



Carrot, Apple, Parsley Keema Curry

Ingredients (5 servings)

14 oz (400g) ground beef & pork combination meat	
1 onion	parsley leaves (about 2 handfuls)
1 carrot	1 Tbsp olive oil
1 apple	2-½ cups (600ml) water
½ green bell pepper	
1 clove garlic	1 bag Nijiya Curry Flakes

Directions:

1. Coarsely chop onions, green bell pepper, and parsley leaves. Grate carrots, apples, and garlic.
2. Heat olive oil and garlic in a pot over medium heat. When you can smell the garlic, add minced meat and sauté.
3. Add onions and peppers in that order and sauté until they start to soften. Add grated carrot and apple and continue to sauté.
4. Add water and curry flakes. When the curry has dissolved, add parsley, mix, then remove from heat.

Nijiya Goma-Dare

(sesame sauce)



Nijiya goma-dare which has recently become quite popular, is a long-selling product out of all Nijiya brands. We take pride in its generous amounts of sesame and thick, oozy richness.

Sesame is rich in nutrients, it is known to contain high-medicinal efficacy as an analeptic. Sesame also contains rich amounts of proteins, unsaturated fatty acids and essential amino acids which dissolve unnecessary cholesterols from the body. It is a nutritional food rich in calcium, iron, and dietary fibers which are essential in beauty and health.

Nijiya goma-dare generously uses this type of sesame. The final product is completed by grating sesame immediately prior to mixing in other liquid seasonings, and this is how we maintain freshly-grated sesame flavor in our goma-dare which cannot be duplicated with other commercially-available goma-dare products.

Another great thing about this Goma-Dare is that there are no added chemicals, such as MSG found in our sauce.

Pork and vegetables steaming clay pot



Ingredients (2 servings)

4 slices pork belly
4 bunch cauliflower
4 bunch broccoli
½ carrot
2 turnips
⅓ pack shimeji mushroom
⅓ cup sake
Dash of pepper

[Sauce]

1 Tbsp Nijiya goma-dare
Chinese chili bean sauce,
as desired

Directions:

1. Separate cauliflower, broccoli into bunches, diagonally chop carrot, cut turnips in half and loosen shimeji mushroom after removing the roots. Roll up pork slices from the edge. Put the ingredients in a dish that is large enough to fit in the clay pot and sprinkle with sake and pepper.
2. Place aluminum foil that rolling up an appropriate amount, the center of the clay pot. Fill one third with water.
3. Place step1 on the foil, cover, and steam twenty to thirty minutes over medium heat. (if no appropriate dish can be found, add ingredients in the clay pot directly and okay to steam cook for fifteen minutes over low heat.)
4. Add Chinese chili bean sauce to goma-dare as desired and use as dipping sauce.

Goma-dare poke



Ingredients (2 servings)

3.5 oz (100g) tuna (for sashimi)
 ¼ avocado
 1 oz (30g) seaweed mix
 1 green onion
 1-½ Tbsp Nijiya goma-dare
 1 tsp soy sauce
 1 tsp sesame oil

Directions:

1. Cut tuna into easy-to-eat cubes. Cut avocado, seaweed also in easy-to-eat pieces and finely chop green onion.
2. Put all ingredients in a bowl and mix together. Add salt and pepper to taste.

Okara (tofu refuse) goma-dare salad



Ingredients (3 to 4 servings)

3.5 oz (100g) okara (tofu refuse)
 4 cherry tomatoes
 ½ cucumber
 1 hard-boiled egg
 2 Tbsp Nijiya goma-dare
 1-½ tsp mayonnaise
 Dash of salt, pepper

Directions:

1. Thinly slice cucumber and lightly rub in salt. Cut cherry tomatoes into thin slices and coarsely chop the hard-boiled egg.
2. Mix all the ingredients in a bowl. Add salt and pepper as needed.

Grilled beef and shungiku goma-dare



Ingredients (2 to 3 servings)

5.3 oz (150g) beef boneless ribs
 2.8 oz (80g) shungiku (crown daisy)
 1 tsp sesame oil
 [Seasonings]
 1 Tbsp Nijiya goma-dare
 1 tsp soy sauce
 Dash of salt, pepper
 Chili pepper (optional)

Directions:

1. Cut beef into easy-to-eat pieces. Chop shungiku, including the stems, into 2 inch (5cm) widths.
2. Heat the sesame oil in a frying pan. Quickly sauté the beef over high heat. Add the shungiku and quickly stir fry.
3. Add the seasonings. Stir in quickly and remove from heat. Chili pepper can be added as desired.

Simple goma tan-tan men



Ingredients (2 servings)

7 oz (200g) ground pork	1 Tbsp Chinese chili bean sauce
3 green onions	1 Tbsp sweet soy sauce
1 clove garlic	1 Tbsp Nijiya goma-dare
1 clove ginger	1 Tbsp ground sesame
1 tsp sesame oil	1 pack Nijiya fresh miso ramen (2 servings)

Directions:

1. Finely chop green onions, finely mince garlic, and grate ginger.
2. Add sesame oil in a skillet, sauté garlic and ginger over low heat and grill ground pork until it turns crumbly.
3. Sauté in a mix of Chinese chili bean sauce and sweet soy sauce. Then add half of the green onions and half each of goma-dare and ground sesame. Grill quickly to create meat miso.
4. Prepare the ramen according to package instructions and divide into two bowls.
5. Top the ramen with meat miso. Garnish with the remaining ground sesame and green onions.

* Okay to use any ramen of your choice.

Hiyayakko (cold tofu)

It's the height of summer. What dads yearn for after a hard-day's work is a glass of beer with -- cold tofu! Many people assume that edamame (green soybeans) is the only accompaniment to beer. While the compatibility of flavors is undeniable, there may be a better choice from the standpoint of nutrition. That's why cold tofu, made from the same soybeans as edamame, is an even more desirable pairing with beer. It offers a simple taste that does not become boring. Many variations can be added to hiyayakko to further enhance its appeal.



Nijiya Organic Tofu
Soft, Regular

Avocado wasabi mayo yakko



Ingredients (2 servings)

1 block tofu, 1 avocado, 2 Tbsp mayonnaise, 2 tsp soy sauce, 1 tsp wasabi paste, Kizami nori(roasted shredded seaweed), to taste

Directions:

1. Wrap tofu in a paper towel and press lightly to remove water. Cut into bite size pieces and arrange on a plate.
2. Slice the avocado into bite size pieces. Mix mayonnaise, soy sauce, and wasabi paste in a bowl. Add the avocado and mix gently. Dress the tofu with the seasoned avocado. Garnish with the kizami nori.

Italian yakko



Ingredients (2 servings)

1 block tofu, 1 tomato, Finely-chopped, green onions, as desired, 1 Tbsp soy sauce, 1 Tbsp olive oil, Pinch of salt, Dash of pepper

Directions:

1. Peel skin of the tomato after steeping in a boiling water and cut into ½ inch (1cm) cubes by removing the seeds more or less.
2. In a container, add in the order of the tomato cubes, salt, pepper, soy sauce, and olive oil. Blend well and refrigerate for more than twenty minutes.
3. Wrap tofu in a paper towel and press lightly to remove water. Cut into bite size pieces and arrange on a plate.
4. Pour 2 over tofu and sprinkle with green onions.

Jako Nori yakko



Ingredients (2 servings)

1 block tofu, ¼ sheet roasted nori, 1 Tbsp sesame oil, 1 Tbsp sake, 1 Tbsp mirin, 2 tsp soy sauce, 3 Tbsp chirimen-jako (dried anchovy or other small fish), small quantity of finely-chopped red pepper, finely chopped green onions, as desired

Directions:

1. Wrap tofu in a paper towel and press lightly to remove water. Cut into bite size pieces and arrange on a plate.
2. Lightly coat one side of the roasted nori with sesame oil (not the measured oil in the list of ingredients). Lightly grill the oiled side in a preheated skillet over medium heat. Remove nori from the skillet.
3. Heat sesame oil and red pepper over low heat in a skillet and stir-fry the chirimen-jako. When it turns crispy, add sake, mirin, soy sauce. Bring the mixture to a boil and pour it over the tofu.
4. Sprinkle the roasted nori of 2 by shredding it and garnish also with the green onions.

Deluxe volume yakko



Ingredients (2 servings)

1 block tofu, 4 shrimps, 1.4 oz (40g) mozuku seaweed, 2 okra, 4 cherry tomatoes (halved), 1 myoga (Japanese wild ginger), 1 pickled plum (pitted and pounded), 1 pack natto (fermented soybeans), Finely-chopped green onion, as desired, hulled white sesame seeds, as desired, 2 Tbsp Nijiya mentsuyu

Directions:

1. Boil water in a saucepan. Add shrimp and okra and boil quickly. Peel the shrimp and cut into bite size pieces. Slice okra into rounds.
2. Add the mozuku, pickled plum, and mentsuyu to 1.
3. Place the tofu on a plate. Top with natto and 2 and sprinkle with the cherry tomatoes and minced myoga. Garnish with green onion and white sesame seeds.

Amazake Refreshments

Nijiya Amazake is available in three varieties with carefully selected ingredients. This is a drink you will want to enjoy all year round.

Sweet potato and purple sweet potato amazake can be conveniently stored in the refrigerator and are ready to drink as is.

Since the sweetness of the amazake comes from natural fermentation, it does not contain alcohol or sugar, so children can also drink amazake. Here we will introduce you to treats that are using with amazake.

Original Amazake

Nijiya original amazake is made with simple ingredients. Since the koji is alive, it is frozen and stored after production for quality control.

Please consume within a week after thawing. You can easily enjoy delicious amazake warm or cold. You can enjoy various arrangements such as with ginger, yogurt, soy milk or with your favorite fruit.



Sweet Potato Cold Amazake

Nijiya's original healthy amazake uses sweet potatoes. No sugar or alcohol was used, and the natural sweetness created by the sweet potato and rice malt was used to create a delicious finish. You can enjoy it as it is, dilute it with water or sparkling water, add ginger or yogurt. Also recommended for shochu-wari.

Purple Sweet Potato Cold Amazake

The rare purple sweet potato amazake is unique to Nijiya. It is cool and you can add it to your ice cream, yogurt, and whipped to enhance the beauty of color and taste. It is also delicious when warmed and can be used as an ingredient for soup.



Amazake Cheese Cake

Ingredients (6 servings)

Sponge cake:

- ½ cup (100g) satsuma-imo amazake (sweet potato amazake)
- 4 egg whites
- 4 egg yolks
- ⅓ cup (50g) wheat flour
- 1 Tbsp oligo sugar (beet sugar) or honey

Amazake cheese cream:

- 1 package cream cheese
- ⅔ cup (150g) murasaki-imo amazake (purple sweet potato amazake)

Directions:

Preheat oven to 350°F.

1. Pour the oligo sugar or honey into the egg whites and whisk until stiff peaks form.
2. In a separate bowl, beat egg yolks until creamy, then add amazake.
3. Sift flour into the egg yolk mix (step2) and fold in.
4. Add a small amount of egg white from (step1) and mix well. Add the remaining egg white and fold into the mixture.
5. Line baking pan with parchment paper and spread the mixture evenly into the pan.
6. Bake in a 350°F oven for 10 to 15 minutes.
7. After baking, turn over pan to release cake. Remove parchment paper and let the cake cool.
8. Combine and mix softened cream cheese and purple sweet potato amazake. If more sweetness is needed, oligo sugar (or honey) may be added.
9. Cut the sponge cake in half horizontally into two even layers and spread cream cheese mixture onto cake between layers. Frost and decorate top of cake with the remaining cream.



Amazake Milk Cake





Banana Muffin

Ingredients (6 muffins)

- 1/3 cup (70g) satsuma-imo amazake (sweet potato amazake)
- 3-1/2 Tbsp (50g) butter
- 2 bananas
- 2/3 cup (70g) wheat flour
- 1/4 cup (30g) almond powder
- 1/2 tsp baking powder
- 1 egg

Directions:

Preheat oven to 350°F.

1. Mix butter (softened at room temperature), egg, and sweet potato amazake.
2. Add almond powder, sifted flour, and baking powder, and mix by cutting into the mixture.
3. Mash bananas with a fork. Add to mixture and blend well.
4. Pour into a muffin mold and bake for 25-30 minutes.



Amazake Lemon Agar

Ingredients (4 servings)

- Nijiya original amazake, as desired
- 2 tsp (4g) agar
- 2 to 2-1/2 cups (500-600g) water (adjust texture according to your preference)
- Peel of 1 lemon
- 8 strawberries

Directions:

1. Heat water and agar in a pan. When it comes to a boil, lower heat and simmer for 2 minutes.
2. Grate the lemon peel and add to (step1). Let cool, pour into a container and refrigerate. When firm, cut into cubes.
3. Slice strawberries into any shape you like and serve in bowls with the agar. Drizzle as much amazake as you like as topping.



Panna cotta

Ingredients (4 small servings)

- 1 cup (200g) murasaki-imo amazake (purple sweet potato amazake)
- 1/2 cup (100g) heavy cream (or whipping cream)
- 1 tsp (5g) unflavored gelatin powder
- 2 tsp oligo sugar (beet sugar) or honey
- 2 Tbsp hot water

Directions:

1. Combine the hot water and gelatin in a bowl and dissolve the gelatin.
2. Add oligo sugar or honey, and when the mixture is thoroughly combined, add all remaining ingredients.
3. Pour into molds and refrigerate.
4. Serve topped with drizzles of purple sweet potato amazake.



Ingredients (8 servings)

- (sponge cake)
- 1/2 cup (100g) Satsuma-imo amazake (sweet potato amazake)
- 4 egg whites
- 4 egg yolks
- 1/3 cup (50g) wheat flour
- 1 Tbsp oligo sugar (beet sugar) or honey

(Cream for soaking the cake)

- 1 cup (200g) heavy cream (or whipping cream)
- 1 cup (200g) Satsuma-imo amazake (sweet potato amazake)
- condensed milk, as desired

(Frosting)

- 1-1/4 cups (300g) heavy cream
- 1/2 cup (100g) satsuma-imo amazake (sweet potato amazake)
- condensed milk, as desired

Directions:

Preheat oven to 350°F.

1. Pour corn syrup or honey into egg whites and whisk until stiff peaks form.
2. In a separate bowl, beat egg yolks until creamy, then add amazake.
3. Sift flour into the egg yolk mix (step2) and fold in.
4. Add a small amount of egg white from (step1) and mix well. Add the remaining egg white and fold into the mixture.

5. Line the bottom of a cake pan with parchment paper, and spread the mixture evenly into the pan.
6. Bake in oven for 10 to 15 minutes.
7. After baking, turn over the cake and remove parchment paper.
8. Place the sponge cake back into the cake pan.
9. Cream for soaking cake: Mix cream and amazake, then drizzle onto cake. *Condensed milk may be added as desired.
10. Frosting: Whip cream and mix with amazake. * Condensed milk may be added as desired.
11. Slice cake and top with the cream from (step10). Garnish with your favorite fruit.

Nukazuke:

rice bran pickles



Nukazuke (rice bran pickles), a type of tsukemono (pickles) characteristic of Japanese cuisine, are made by burying vegetables in a bed of rice bran (nuka) fermented with lactic acid bacteria. Nukazuke is said to be the king of tsukemono, thanks to its top-tier nutritional properties

(compared to any food, not just pickles): the nuka-doko (bed of fermented rice bran) is rich in protein, fat, dietary fiber, calcium, phosphorous, iron, vitamin A (carotene), vitamins B₁ and B₂, and niacin. Pickling vegetables in fermented nuka results in increased levels of

vitamin B₁, since the rice bran used to make the nuka-doko is a naturally rich source of B vitamins. B vitamins are easily soluble in water, so the vitamin content of the rice bran dissolves in water and then seeps into the pickling vegetables.

Recommended vegetables for nukazuke pickling in summer (pickle for as long as desired).

Okra: Rinse then rub the surface with salt. Sprinkle with salt then bury deep in the nuka-doko to pickle.

Bell pepper: Cut into pieces of the desired size, wipe away any moisture, then bury.

Edamame: Bury edamame (boiled soybeans); they will be ready to eat in just one day.

Cherry tomato: Rinse, wipe away any moisture, then bury.

Konnyaku (konjac): Cut into pieces of the desired size, cover with cold water and bring to a boil. Cool completely then bury.

Get started with home pickling with Nijiya's Nuka-Doko Set!

Nijiya's Nuka-Doko Set contains all the ingredients you need for nukazuke pickling, so you can get started straight away. It comes with detailed instructions to enable anyone to make delicious nukazuke pickles.





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.



Ton-jiru with shio koji
(Japanese pork soup)

INGREDIENTS

2 servings

- 3.5oz. (100g) pork slices
- 1.2" (3cm) daikon radish
- ¼ carrot
- ½ gobo (burdock)
- 2-½ cup (600ml) dashi soup (Japanese soup stock)
- 2-Tbsp Nijiya shio koji
- Green onion (chopped), as desired

DIRECTIONS

1. Cut pork into bite-size pieces. Peel the carrot and daikon and cut them into ¼ inch wedges. Wash the gobo and slice into thin diagonal pieces. Rinse with water for a few seconds to remove bitterness.
2. Stir fry the pork in oil over medium heat.
3. When the pork is half cooked, add the daikon, carrot, and gobo.
4. Add the soup stock to the pot and simmer the vegetables on medium heat until well cooked.
5. As it simmers, skim the foam off the top.
6. Add shio koji and simmer for 1-2 minutes.
7. Garnish with the green onion before serve.



Pork with grated daikon radish

INGREDIENTS 2 servings

- ½ daikon radish
- 7oz. (200g) thin-sliced pork belly (or shabu shabu cut)
- 1-½ Tbsp Nijiya shio koji
- 1 bag enoki mushroom
- ½ Tokyo negi (Japanese green onion)
- Shichimi togarashi (Japanese seven spice), to taste
- ponzu sauce, to taste

DIRECTIONS

1. Peel and grate the daikon.
2. Cut the pork into bite size pieces. Season with the shio koji.
3. Cut the ends off the enoki mushrooms and divide the mushrooms into small bunches.
4. Cut Tokyo negi into the thin diagonal slices.
5. Layer the enoki mushrooms, Tokyo negi, and sliced pork belly in a deep pan.
6. Cover the pan with the grated daikon radish and simmer for 10 minutes over medium heat.
7. Garnish with shichimi togarashi and pour ponzu sauce on top.



Soft boiled egg marinated with shoyu koji

INGREDIENTS 2 servings

- 2 eggs
- 2 Tbsp Nijiya shoyu koji

DIRECTIONS

1. Cover the eggs with water and boil over medium heat. When the water starts to boil, reduce the heat to low and simmer for 4-5 minutes. *Roll the eggs with chopsticks to avoid having the egg yolks stay at the edges.
2. Place the eggs in a bowl of ice water and let them chill. When they are cool, peel the shell.
3. Put the egg and the shoyu koji (1 Tbsp) on double sheets of plastic wrap and wrap them up. Be sure to cover all of the eggs with the shoyu koji.
4. Marinate the eggs overnight in a refrigerator.
5. Wipe the shoyu koji from the eggs and serve.



Mabo tofu with shoyu koji

INGREDIENTS 2 servings

- 3.5oz. (100g) ground pork
- 1 package soft tofu
- 1 inch (2.5cm) ginger
- 1 clove garlic
- ½ Tokyo negi (Japanese green onion)
- 1 Tbsp sesame oil
- 2 Tbsp starch water *
- *Dissolve 2 Tbsp of potato starch into 2 Tbsp of water.

SEASONING:

- 2 Tbsp shoyu koji
- 1 tsp Tobanjan (Chinese chili bean paste)
- 1 Tbsp mirin (sweet sake)

DIRECTIONS

1. Mix the seasoning (shoyu koji, tobanjan, and mirin).
2. Mince the ginger, garlic, and Tokyo negi.
3. Add sesame oil to a preheated pan; stir fry the garlic, ginger, and Tokyo negi at low heat until a pleasing aroma arises. Add the ground pork stir fry.
4. Cut the tofu into large pieces.
5. Put the seasoning and tofu into the step 3 and stir gently and let it simmer a few seconds.
6. Mix in the starch water to step5, then simmer until it becomes thick.



Nikujaga with shio koji (Japanese pork stew)

INGREDIENTS 2 servings

- 7oz. (200g) pork slices
- 3 potatoes
- 1 clove garlic
- 1-¾ cup (400ml) water
- 1-½ Tbsp Nijiya shio koji
- salt, to taste
- crushed black pepper, to taste
- Green onion (chopped), to taste

DIRECTIONS

1. Cut the pork into bite size pieces.
2. Peel the potato and cut into quarters. Run it through water for a few seconds to remove bitterness.
3. Cook the crushed garlic with half of the oil in a pot on low heat until a pleasing aroma arises.
4. Add the pork and stir over medium heat until it turns a golden brown, then remove it from the pan.
5. In the same pan, stir fry the potatoes with the rest of the vegetable oil until turn golden brown.
6. Add water and the cooked pork in the pan to simmer on medium-high heat. Skim the foam off the top as it simmers.
7. Add shio koji and keep simmering over medium heat until the liquid evaporates.
8. Garnish with a sprinkle of chopped green onion, salt, and pepper.



Cream pasta with shoyu koji

INGREDIENTS 2 servings

- 8 oz. spaghetti
- 2 Tbsp salmon flakes
- 3.5 oz. (100g) broccoli
- 2 oz. (60g) maitake mushroom

SEASONING:

- 1 cup (240ml) soy milk
- 2 Tbsp shoyu koji
- black pepper, to taste

DIRECTIONS

1. Boil the pasta. Cook according to the package instruction.
2. Cut little broccoli florets off the head and boil them with pasta quickly.
3. Tear the maitake mushroom into bite size pieces.
4. Stir fry the broccoli and maitake mushrooms with the prepared seasoning in a pan until the mushroom are tender.
5. Add the pasta and salmon flakes and mix them well.

Nijiya

Shippo Soft Furikake

Furikake is a type of rice seasoning that is sprinkled onto cooked rice. It is universally popular and enjoyed by all ages. There are many types of furikake rice seasoning available today, bringing endless variety and enjoyment to mealtimes.

Most furikake is made by pulverizing each ingredient, adding seasoning, and then leaving to dry completely. Various ingredients are then blended together and formed into flakes. More recently, another type of furikake has appeared on the market, in which the ingredients have simply been finely chopped, seasoned, and mixed together. This type is known as “soft” furikake. Soft furikake is often features marine products, such as chirimenjako (dried whitebait) and kombu (kelp). This gives soft furikake the fresh taste that accounts for its increasing popularity.

About Nijiya Shippo Soft Furikake

Our Soft Furikake is made with a generous amount of thinly shaved katsuo-

bushi (flakes of dried bonito), sourced and sent directly from Kagoshima Prefecture. To these delicious flakes we add umami rich kombu (kelp) and dried shiitake mushroom, as well as kikurage (wood ear mushroom) for its delightfully crunchy texture, luxury pine nuts, plenty of roasted white sesame seeds, and powdered Sansho pepper. Together as a soft furikake, these seven ingredients create a gorgeous harmony of taste.

The name Shippo—meaning “seven treasures”—comes from the seven-strong line-up of ingredients in the furikake mixture. Our furikake is rich in naturally-occurring umami-imparting compounds, notably inosinate from the katsuo-bushi, glutamate from the kombu, and guanylate from the shiitake mushroom, meaning we don’t need to add any unnecessary seasoning. The ingredients are gently stirred together and carefully roasted with a mixture of sake, mirin, soy sauce, and sugar, until all the liquid is absorbed.

The synergistic effect of combining



umami-rich ingredients has already been proved conclusively through analysis of Japan’s culture of cooking with dashi (stock). Experience the deeply satisfying taste of umami by sprinkling a generous portion of Shippo Soft Furikake onto just-cooked, perfectly warm rice. Shippo Soft Furikake is also perfect as a topping for hiyakko (chilled tofu cut into blocks) or o-kayu (rice porridge), or for the outside of onigiri (rice balls). It is also delicious eaten with grated daikon (white radish).



Nijiya's Original

Organic Shio Lemon (Preserved Salted Lemon)



Salt lemon, an all-purpose seasoning, has experienced a boom in Japan. Characterized by a hint of bitterness and the refreshing sourness of lemon, Nijiya's original salt lemon will significantly expand your cooking repertoire.

Salt lemon is commonly used in places such as North Africa and Morocco. Lemons marinated and fermented in salt remove the odor from meat and fish but amplify the natural flavors of meats, fish, and vegetables. It spices up your dishes to promote harmonious flavors. Salt lemon is now loved and used by people around the world.

Originally, the whole lemon was seasoned with salt for a long time and the extract was then used for cooking. However, our original salt lemon is in a paste form made from pickled whole lemon, so customers can enjoy the flavor of the peel. It's also easy to use in cooking.

You might be concerned about pesticides, since the whole lemon is used. However, there's no need to worry about pesticide residue because Nijiya's lemon is organic! We also use mineral-rich natural sea salt, which lends a mild saltiness.

Although salt lemon goes well with any food, we especially recommend salt lemon sautéed chicken. The meat is plump and soft after being marinated in salt lemon. The acidity mellows during the cooking process, so even those who don't ordinarily favor lemon can enjoy this dish. No other seasoning is needed if lemon salt is used. It can even be used in salads and desserts. It really is an all-purpose seasoning!

Snack using salted lemon

Black soybean kanten (agar)



Ingredients (6 servings)

3 oz (85g) Nijiya prepared dish of black soybeans
0.07 oz (2g) kanten (agar) + 0.07 oz (2g) kanten (agar)
¾ cup (150ml) water + 1-¼ cup (300ml) water

4 tsp sugar
2 tsp Nijiya salted lemon
7 inch x 5 inch (18cm x 12cm) container

Directions:

1. Pour ¾ cup (150ml) water into a saucepan, and when it comes to a boil, add 0.07oz (2g) kanten and mix in while allowing to boil for two minutes.
2. Put the black soybeans in the bottom of a container and gently add step1 that is cooled a little and set aside.
3. Then pour 1-¼ cup (300ml) water in a saucepan, and when it comes to a boil, add 0.07 oz (2g) kanten and mix in while allowing to boil for two more minutes. Add sugar and salted lemon and blend well.
4. When it cools some, gently add step3 on top of step 2 in a swirling motion. Cool in the refrigerator to set.

Lemon cookie



Ingredients (about 20 pieces)

1 stick butter at room temperature
¼ cup (50g) sugar
1 egg
2 tsp Nijiya salted lemon
⅓ cup (25g) almond flour
1 Tbsp (15g) cornstarch
1 cup (130g) flour

Directions:

1. Add sugar to a room-temperature returned butter and mix well.
2. Add the egg and mix well. Then add salted lemon.
3. Mix well after adding almond flour, cornstarch, and sifted flour.
4. Shape the dough into a narrow cylinder or other desired shape (square or round). Wrap in plastic wrap and refrigerate for one hour.
5. Once the dough has hardened, cut into ⅓ inch (1cm) widths and place on an iron plate on top of a cookie sheet, maintaining space between each cookie.
6. Bake in a 350°F preheated oven for twenty minutes.

fluffy cupcake



Ingredients (12 pieces)

4 eggs
4-½ Tbsp (40g) flour,
sifted
3-½ Tbsp (30g) sugar
2 tsp Nijiya salted lemon
scant half cup (100ml)
heavy cream
2 tsp powder sugar
12 cup molds

Directions:

1. Separate eggs into two bowls, one for the whites and one for the yolks.
2. Add half the sugar (1 heaping tablespoon - 15g) to the egg whites and whisk to a froth.
3. Add the remaining half of the sugar (1 heaping tablespoon - 15g) to the egg yolks and whisk to a froth. Add salted lemon and mix well.
4. Add the flour to 3 and blend well with a spatula.
5. Put a small amount of the meringue in Step 2 into 4 and mix well. Add the remaining meringue and blend with a spatula in a vertical, cutting motion.
6. Put in paper-cup shaped molds and bake for ten to fifteen minutes in a 350°F preheated oven.
7. Add heavy cream to powder sugar and beat up to a froth. * Double the quantity of cream if more cream is desired.
8. When the baked cake has cooled, pour heavy cream using a squeezing device.

Tarte Tatin style apple banana cake



Ingredients (9" round mold)

– Caramel apple –
3 Tbsp sugar
1 apple
1 Tbsp butter
Boil down in a skillet.

– Banana cake –
½ cup (120g) rice flour
1 oz (30g) almond flour
1 tsp baking powder
3 eggs
4 bananas
½ stick butter
3 tsp Nijiya salted lemon
1 oz (30g) sugar

Directions:

◆ Prepare the caramel apple:

1. Peel and core the apple. Slice lengthwise into thin slices.
2. Place butter and sugar in a skillet. Heat until it turns to caramel color. Add the apple slices and boil down.
3. Lay cooking paper in a cake mold and cover with the apple slices.

◆ Prepare the banana cake:

1. Cream the sugar and butter in a bowl. Add the eggs and salted lemon.
2. Add mashed bananas, almond flour, baking powder, rice flour, and mix well.
3. Put the dough of 2 in the mold lined with caramel apple slices. Bake in a 350°F preheated oven for thirty minutes.

Warabi-mochi (bracken-starch dumpling)



Ingredients (4 servings)

1-¾ cup (400ml) water
½ cup (100g)
Nijiya warabi-mochi flour
2 to 3 Tbsp
Nijiya salted lemon
4 tsp (20g) sugar
Honey, as desired

Directions:

1. Put water and warabi-mochi flour in a saucepan. Adding sugar and heat. Blend well with a ladle until the mixture turns to paste. Add salted lemon and stir.
2. Pour ice water in a bowl and drop 1 by spoonful. When it cools, drain water and serve in a bowl with honey poured over it.

Dorayaki (bean-jam pancake)



Ingredients (4 pieces)

½ cup (60g) flour
½ tsp baking powder
1 egg
1-½ Tbsp (20g) sugar
2 tsp honey
2 tsp mirin
1 tsp salad oil
¾ cup (180g)
white-bean paste (shiro-an)
4 Tbsp margarine
2 tsp Nijiya salted lemon

Directions:

1. Whisk the egg and sugar to a froth. Add honey, mirin, and salad oil.
2. Add sifted flour and baking powder to step 1 and blend with a spatula in a vertical, cutting motion. Let the dough rise for thirty minutes.
3. Grill in a skillet as if making pancakes.
4. When grilled, wrap in plastic wrap to avoid drying.
5. Blend together margarine and salted lemon.
6. When dough has cooled, put white-bean paste and margarine of step 5 in between two pancakes to create the dorayaki.

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, 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 Diamond Chirashi, to *Kaisen Chirashi*, each and every selection displays the vast and vivid colors of the sea, which is beautiful, yet natural. The amazingly rich assortment of fresh seafood will stimulate your appetite not only with its high-quality taste but also with its aesthetic and alluring visual presentation.

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

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

BROWN RICE
SPICY TUNA ROLL



KAISEN
CHIRASHI



CALIFORNIA ROLL
INSIDE OUT



BROWN RICE VEGETABLE ROLL



SUKEROKU SUSHI



SHRIMP TEMPURA ROLL



DIAMOND
CHIRASHI



*At participating stores only.

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!



DX SALMON BENTO



COLD BUCKWHEAT NOODLE (OR UDON)
& SUSHI



BBQ PORK BENTO



DX TONKATSU BENTO



CHICKEN TERIYAKI BOWL

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. We use selected and 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 (soybean paste), tofu, flour, sesame, soy sauce, soup stock, soy milk, natto (fermented soybean), eggs, 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 (Lundberg Family Farms) to ensure a quality product. Akita Komachi and Koshihikari are premium short grain rice that are well suited for sushi rice. The 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.

