

*Plenty of
Recipes*

2017

Gochiso

Ultimate Japanese Gourmet Magazine

Omotenashi with
(Japanese hospitality)

Kaiseki-Ryori
(Japanese multi-course meal)

Noodles of Japan Soba

Japanese Hamburger Steak

Okonomiyaki
(Savory Japanese pancake)

Yakuzen
(medicinal cooking)

Shinmai
(Fall's Newly Harvested Rice)

Niku-man & An-man
(meat buns & sweet bean buns)

Nijiya's mirin kasu
(sweet sake lees)

Edamame
(green young soybeans)





Omotenashi with Kaiseki-Ryori 2
(Japanese hospitality) (Japanese multi-course meal)

Noodles of Japan Soba 6

Japanese Cuisine as an Intangible Cultural Heritage ... 10

Japanese Hamburger Steak 14

Seasonal dessert 18

Seasonal Spring Soups 28

Nijiya's Organic Salt Lemon 30

Karaimo (sweet potato) Rare Cake "Lovely" 32

Orita-En's Funmatsu-cha (Powdered Tea) 33

Exciting! Gochiso Kitchen: Dried cherry tomato & black pepper rolls / Dried vegetables 34

Delicious Meat Deli 36

Wasabi (Bitter Melon) 37

Kurozu (black vinegar) 38

Umeboshi 40

Marumo's Katsuobushi (dried bonito flakes) 41

Colorful Chirashizushi 42

Nijiya Special: Marinated Sawara 44

Nijiya Organic Farm Edamame (green young soybeans) ... 46

Goya (bitter gourd) 48

Seasonal Summer Soups 50

Eels (unagi) 52

Recommending vinegar consumption 54

Exciting! Gochiso Kitchen: No-knead bread Focaccia 56

Seasonal Fall Soups 58

Seafood in Fall: Oyster, Sockeye Salmon, Salmon Roe, Sea Urchin 60

Shinmai (Fall's Newly Harvested Rice) 62

Okonomiyaki (Savory Japanese pancake) 64

Tofu (Soy) Cream 66

Exciting! Gochiso Kitchen Mini-chestnut bun / Dried enoki 68

Yakuzen (medicinal cooking) 70

Seasonal Winter Soups 74

Niku-man & An-man (meat buns & sweet bean buns) ... 76

Let's try healthy recipes! 78

Nijiya's Mirin kasu (sweet sake lees) 80

Exciting! Gochiso Kitchen Tear-off buns / Dried chinese cabbage 82

Common People's Taste in the Edo Period (1603-1868) ... 84

Yasuko's Recipes 86

Discovering Sake 88

UNESCO Designates Japanese Cuisine 90

Nijiya Brand Quality Products 94

Nijiya Brand Shio Koji / Shoyu Koji 96

Nijiya Brand Wafu Dashi Stock 98

Nijiya's Chicken Kara-age 100

Nijiya Brand Amazake 101

Nijiya Brand Miso Series 102

Nijiya Brand Tonyu—Soy Milk 104

Imoten & Kakiage 106

Nijiya Brand Six Great Flour Products 107

Nijiya Brand Yakiniku Sauce 108

Nijiya's Sushi & Bento 110

Nijiya Private Brand 112



Ultimate Japanese Gourmet Magazine

Gochiso

2180 West 190th Street, Torrance, CA 90504
Phone: 310 787 4800 Fax: 310 787 3399
E-mail: gochiso@nijiyamarket.com
©2017 Gochiso Magazine

PUBLISHER: NIJIYA MARKET Saburomaru Tsujino
EDITOR IN CHIEF: Saburomaru Tsujino
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: Otafuku Foods, Inc. Kei Hasegawa
Hitoshi Sugiura Reiko Yoshida
Yuki Hirota Hisami Shinohara
Akimi Furutani Yasuko Muro

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

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

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

Omotenashi (Japanese hospitality) with Kaiseki-Ryori (Japanese multi-course meal)

The traditional Japanese multi-course meal can broadly be categorized into the following forms: kaiseki-ryori, served before a tea ceremony (tea kaiseki); honzen-ryori, served according to rules created by the samurai class; and kaiseki-ryori (written with different characters from the aforementioned tea kaiseki), originating in the banquet cuisine served to entertain guests after a haiku gathering (banquet kaiseki).

Among these dining traditions, banquet kaiseki is the perfect way to produce omotenashi in an informal festive atmosphere.

Tea kaiseki follows the rules of the tea ceremony, in which courses are served individually in a particular order as in a Western-style multi-course meal. In honzen-ryori, dishes are arranged in certain positions on legged trays to be served. Banquet kaiseki incorporates both the honzen cuisine and tea kaiseki without the formality. Courses are enjoyed with alcohol so they can be served individually or all at once. Today, most banquet menus offered by traditional Japanese restaurants and hotels are the banquet kaiseki type.

Creating a menu

The basic banquet kaiseki course consists of Shukou (dishes accompanying sake), such as sakizuke (appetizers), wanmono (soup), otsukuri (traditional sashimi), yakimono (grilled dishes), and sunomono (vinegar salads); shokuji (rice dishes) featuring rice, miso soup, and kounomono (Japanese pickles); and mizugashi (desserts, or fruits).

However, banquet kaiseki isn't restricted to a specific style. Sometimes the menu may include agemono (fried dishes), mushimono (steamed dishes), or nabemono (hot pots). The menu may omit some dishes or may include Western-style dishes or noodles. This freedom is another attractive feature of banquet kaiseki.

To consider the ages and taste preferences of participants and ensure that they will have a good time, the menu can be customized. For example, you can

add sushi and noodles for children, and meat dishes or deep-fried foods for people unfamiliar with Japanese cuisine.

Planning how to serve the courses

If you were to make every dish from scratch and serve them individually in order, you would be busy going back and forth between the kitchen and table, which would keep you from enjoying the party. You can minimize the need to go to the kitchen by using store-bought dishes, serving everything at once on a large table, arranging multiple dishes on a large plate, and so on, and instead pay more attention to garnishing and food presentation.

Here are some examples of the courses that may be included in a banquet kaiseki menu. Choose the dishes and presentation ideas that you like and create your own kaiseki menu.

Black ships; Perry and Honzen-Ryori

In 1854, when U.S. Navy Commodore Matthew Perry sailed into Japan for the second time to demand the opening of the country, he served French-style red snapper on board to officials of the Edo bakufu government.

The government, in return, prepared traditional honzen-ryori with the most luxurious, ingredi-

ents of the time by spending a whopping 500,000 yen per person in today's value, and served it to 300 people. Unfortunately, Perry, being an American, did not like the Japanese dishes comprised mostly of seafood, which also required a different way of serving than Western-style meals. It is said that he barely touched his food.



Nagaimo

Appetizer assortment:



From left to right: Scallops with sea urchin, nagaimo (Chinese yam) with salt lemon dressing, gomadofu (sesame tofu) topped with wasabi and salmon roe.

1. Sakizuke - starters, appetizers

Omotenashi with Kaiseki-Ryori

Dashimaki Tamago (Japanese rolled omelet) with Unagi (eel)

Ingredients: Serves 4

1/4 unagi kabayaki (grilled eel fillet basted with a savory sauce)
3 eggs
1/2 tsp. salt
2 tsp. mirin (sweet rice wine)
2/5 cup dashi stock
1 tsp. vegetable oil

Directions

1. Cut the unagi into strips that fit the pan of your choice.
2. In a bowl, beat the eggs and add salt, mirin, and dashi stock. Mix well.



3. Heat a Japanese omelet pan or a frying pan over medium heat. Use a paper towel to spread vegetable oil over the surface.
4. Pour about 1/4 of the egg mixture into the pan. Place the unagi strips slightly to the front from the center and roll the egg from the edge to cover the unagi.
5. Pour the remaining egg mixture into the pan. While the omelet is still hot, turn it onto sushi rolling mat to shape it into a roll.



Unagi Kabayaki

2. Wanmono - Osumashi (clear soup) with many kinds of ingredients

Ingredients: Serves 4

2 oz. crabmeat
3-3/4 oz. nagaimo (Chinese yam)
1 tsp. katakuri-ko (potato starch)
1 pinch salt
<Gin-an (think starchy sauce)>
2-2/5 cups dashi stock
1 Tbsp. sake
1/2 tsp. salt
1 tsp. soy sauce
1 Tbsp. kudzu (arrowroot) starch
1 Tbsp. water

<Garnish>

1/2 bunch shungiku (edible chrysanthemum)
A small amount of yuzu (citron) peel



Kani Shinjo (crab cake) Soup



Instant Dashi Powder

Directions

1. Leave some of the crabmeat for garnish and crumble the rest into pieces. Peel the nagaimo and grate or mince in a food processor until smooth.
2. Add salt, katakuri-ko, and the crumbled crabmeat to the nagaimo and mix.
3. Line a small bowl with plastic wrap. Place the crabmeat garnish, and pour in the mixture (2) on top. Lift the edges of the wrap and twist to form a pouch.
4. Microwave for 2 minutes at 1000 watts.
5. Boil the shungiku in salted water. Drain and squeeze out the moisture, and cut into bite-sized pieces. Slice the yuzu peel into fine strips.
6. In a small saucepan, heat the dashi stock combined with the salt, soy sauce, and sake over medium heat. Once it has come to a boil, add the kudzu starch dissolved in the Tbsp. of water to thicken.
7. After the shinjo (4) has cooled down, place in a serving bowl. Add the shungiku, pour on the gin-an sauce (6), and pile yuzu strips on top.

Ingredients: Serves 4

2 amadai (tilefish) fillets
3-1/5 cups dashi stock
1/2 tsp. salt
1 Tbsp. soy sauce
2 Tbsp. sake
2 Tbsp. mirin (sweet rice wine)
1 small piece fresh ginger root
1/2 bunch mizuna (potherb mustard)
1 small matsutake mushroom (or 4 small shiitake mushrooms)

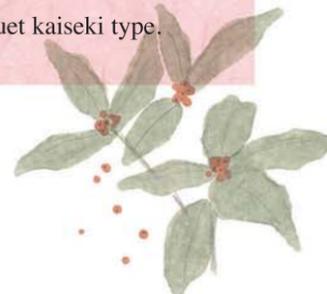


Mizuna

Directions

1. Cut the mizuna into bite-sized lengths.
2. Cut the matsutake mushroom into 4 pieces.
3. Slice the ginger root into needle-thin strips.
4. Cut each amadai fillet in half to make 4 pieces.
5. In a saucepan, bring the dashi stock, salt, soy sauce, sake, and mirin to a boil. Add the matsutake and amadai. Bring it to a boil again, and remove from heat.
6. Arrange the amadai, matsutake, and mizuna in a serving bowl. Pour on the hot soup and top with a pile of ginger strips.

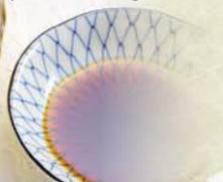
Amadai (tilefish) Soup





Assortment of 3 kinds of sashimi:

Sashimi from Nijiya with tsuma (garnish), and ken (juliened vegetables)



Omotenashi with Kaiseki-Ryori

Directions

1. Wipe the surface of the kombu with a damp paper towel.
2. Place the red-snapper sashimi block between the two kombu sheets and wrap entirely in plastic wrap. Cure for 1 to 2 days in the refrigerator. (When you have less time, slice the sashimi at an angle and place it between the kombu sheets. Cure for 1 to 1-1/2 hours in the refrigerator.)
3. Julienne the carrot, kaware, and cucumber.
4. Remove the sashimi from the kombu sheets and slice at an angle. Wrap the vegetable sticks with a piece of sashimi and arrange on a plate. Serve with yuzu kosho and ponzu.

Ingredients: Serves 4

- 7-1/2 oz. red-snapper sashimi block
- 2 dashi kombu (dried kelp) sheets, the size of the sashimi block
- 1 carrot
- 1 pack kaiware daikon (daikon radish sprouts)
- 1 cucumber
- Yuzu kosho (citron pepper) to taste
- Ponzu (citrus-flavored soy sauce) to taste

3. Mukouzuke - Sashimi, Otsukuri (traditional sashimi)



Vegetables wrapped in tai kobujime (red snapper cured in kombu seaweed)

4. Hachizakana - Yakimono (grilled dishes)



Kanburi saikyo-yaki (grilled yellowtail marinated in saikyo miso)

Ingredients: Serves 4

- 4 buri (yellowtail) fillets
- 1 tsp. salt
- 8 shishito peppers
- 2 Tbsp. miso
- 2 Tbsp. mirin
- 2 Tbsp. sugar
- 2 Tbsp. sake

Directions

1. Sprinkle the buri with salt and set aside for about 15 minutes. Remove the moisture with a paper towel.
2. Lay a large sheet of plastic wrap over a dish with a rim and spread half the mixture of the miso, mirin, sugar, and sake. Place the buri on top, and spread the remaining mixture over. Cover with the plastic wrap and refrigerate for 12 to 24 hours.
3. Wipe off the miso mixture. Cook the buri on a skillet lined with parchment paper or under the broiler. Watch closely so as not to burn. Cook the shishito peppers also.

Ingredients: Serves 4

- 7-1/2 oz. duck meat
- 4 Tokyo negi (green onion)
- 1 pack shimeji mushrooms
- 2 Tbsp. flour
- 1 tsp. sansho pepper powder (Japanese pepper)

<Sauce>

- 2/5 cup sake
- 1 Tbsp. soy sauce
- 1 tsp. mirin (sweet rice wine)
- 1 Tbsp. sugar

Directions

1. Slice the duck thinly at an angle with the skin side down, and dust with flour.
2. Separate the shimeji mushrooms into small chunks. Cut the Tokyo negi into 2-inch lengths.
3. Place the duck meat in a skillet warmed to medium heat. Lower the heat and grill.

Kamo kuwa-yaki (grilled duck)



4. When the duck meat is browned at the bottom, flip it over and add the negi and shimeji mushrooms. Once heated through, remove the duck meat from the skillet. Cook the negi and shimeji mushrooms until browned on all sides. Remove from heat. Wash the skillet.
5. Using the same skillet, place the ingredients for the sauce and simmer. Return the duck meat, negi, and shimeji mushrooms into the skillet and coat with the sauce. Sprinkle with the sansho pepper and serve.

Grilled beef and mushrooms

Ingredients: Serves 4

- 11-1/4 oz. thinly sliced beef for yakiniku (Japanese BBQ)
- 1 Tbsp. butter
- 4 shiitake mushrooms
- A handful of green beans

<Sauce>

- 4 Tbsp. Nijiya BBQ Sauce

Directions

1. Cook the green beans in salted boiling water. Remove the stems from the shiitake mushrooms and cut into decorative shapes.
2. Heat the butter in a skillet over medium heat and cook the beef. Remove the beef and cook the shiitake mushrooms with BBQ sauce. Arrange beef and other ingredients on a plate and serve.



BBQ Sauce

5. Shiizakana - mainly for Sakana (side dishes for sake), may be replaced with Azukebachi (nimono, or simmered dishes).

Ingredients: Serves 4

- 1/2 large daikon radish
- 4-inch dashi kombu (dried kelp)
- 1 tsp. soy sauce

<Miso sauce>

- 2 Tbsp. miso
- 1 Tbsp. mirin (sweet rice wine)
- 2 Tbsp. sugar
- 1 Tbsp. sake
- 1 green onion
- A small amount of white roasted sesame seeds

Furofuki daikon (daikon radish with miso sauce)



Directions

1. Cut the daikon radish into 4 equal parts. Then peel the skin with a sharp knife. The daikon pieces should be curved or round, so remove any sharp edges. Pour just enough water into a pot to immerse the daikon pieces. Add the dashi kombu and a tsp. of soy sauce, and turn the heat to high.
2. Once the water has come to a boil, turn the heat low. Cover the pot and simmer for about 1 hour.
3. Put the miso sauce ingredients in a separate saucepan. Add 1 ladleful of the broth (2), and continue to stir over low heat until thickened.
4. Remove the dashi kombu and cut into 4 pieces. Place each piece on a plate and place the daikon radish on top.
5. Pour on the miso sauce and garnish with the sliced green onions and white sesame seeds.

6. Agemono (deep-fried dishes)

Ganmodoki (deep-fried tofu with thinly sliced vegetables)

Ingredients: Serves 4

- 1 pkg. tofu (regular)
- 1/3 medium-size carrot
- 3 oba leaves (perilla leaves)
- 2 shiitake mushrooms
- 2-inch Tokyo negi (green onion)



Regular (medium firm) tofu



Oba

- 1/2 egg
- 1 Tbsp. katakuri-ko (potato starch)
- 1 Tbsp. sake
- 1 tsp. soy sauce
- 1/4 tsp. salt
- Oil for deep-frying, as needed

<Condiments>

- Grated daikon radish, soy sauce, as needed

1. Wrap the tofu with a paper towel and place a cutting board on top. Apply even pressure on the board to expel water.
2. Julienne the carrot and oba leaves. Remove the stems of the shiitake mushrooms and slice thinly. Mince the Tokyo negi.
3. Mash the tofu with a whisk or a similar tool. Mix in the egg, katakuri-ko, sake, soy sauce, and salt, and add the ingredients in (2).
4. Grease your hands with vegetable oil and shape (3) into 4 balls. Deep-fry slowly over medium heat.
5. Continue to deep-fry until the balls float and turn golden brown.
6. Serve with the soy sauce combined with the grated daikon radish.

Kobashira kakiage (baby scallop tempura fritters):

Prepare with Nijiya Tempura Batter Mix.

Omotenashi with Kaiseki-Ryori

7. Tomezakana (a small dish before rice course) - Suzakana (sunomono - vinegar salads) or Aemono (dressed foods), Chinmi (delicacies).

Tomatoes topped with sarashinegi:

Peeled and scored tomato with finely sliced and rinsed onions dressed with Shio-Koji Ginger Dressing.



Dressing

Turnips and smoked salmon dressed with Shio-Koji Ginger Dressing



8. Shokuji - Gohan (rice dishes)

Kounomono (pickled vegetables):

Lightly pickled Chinese cabbage, celery, and carrot

Miso Paste



Takikomi gohan (seasoned steamed rice):

Chicken, burdock root, and carrot

Tomewan (miso soup):

Turnip greens, and aburaage (fried bean curd)

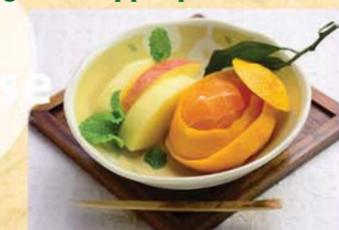
Instant Miso Soup



Sushi from Nijiya



9. Mizugashi - fruits Orange and apple platter



SOBA

Noodles of Japan



Soba is a unique noodle dish that's enjoyed throughout the year. This well-known Japanese favorite is actually very simple. Soba noodles are made from buckwheat, which is a type of grain, and are eaten with soup or dipping sauce. Mori soba means cold soba noodles served on a bamboo tray (*zaru soba* is the same as *mori soba* except that *nori* seaweed is sprinkled atop the soba), while *kake soba* is served in a bowl with hot soup. Simply put, soba dishes can be divided into two types: cold soba and hot soba.

However, behind this seemingly simple dish is a long history, and soba is prepared in many different ways throughout the country. How finely or coarsely the buckwheat flour is milled or at what ratio the buckwheat flour and wheat flour are mixed changes the taste of the soba. Whether the soba noodles are fresh or dried also makes a big difference. Soba is indeed a simple but multifaceted dish that gives us something new each time we eat it.

History and Ingredients

It is said that the soba grain, or buckwheat, was brought to Japan before the Nara period (710-794). The history of soba has a simple origin: farmers began growing and harvesting soba grain as an emergency food in case of famine, etc. Soba was just one of the cereals eaten by farmers. This theory is supported by the lack of evidence showing that soba was eaten by the nobility of the Heian period (794-1185). Then, as millstones became popular, *soba gaki* was born. It's like a dumpling that's made by mixing hot water into milled buckwheat flour to cook the flour. It's believed that farmers and commoners ate *soba gaki* during the Kamakura period (1185-1333).

On the other hand, soba in noodle



Soba gaki

form as we know it today was called *soba kiri*. It was given that name because buckwheat flour is kneaded, stretched, and then cut with a knife. ("Cut" is *kiru* or *kiri* in Japanese.)

It is believed that *soba kiri* was born in the sixteenth to seventeenth century and became popular in the middle of the Edo period (1603-1868), which means that *soba gaki* was "the" soba dish in Japan for many years from the Kamakura period to the mid-Edo. Records show that Japan already had *udon* and *somen* at least 300 years earlier, during the Nanbokucho period (1336-1392). Since the methods used to make *udon* and *somen* are believed to have come from China, soba's history is completely different from that of *udon* or *somen*. Possible locations where soba originated include Motoyama-juku along the Nakasendo Way (current Shiojiri City, Nagano Prefecture) and the Tenmoku-zan Seiunji temple in Kai (current Koshu



City, Yamanashi Prefecture), but no theory has credible evidence. While *udon* and *somen* spread primarily in the Kansai region in the west, soba is believed to have been born in the central Koshin-etsu region, after which it became popular in and around Edo in the east and spread to the rest of the country as a daily food. Even today, we often associate *udon* and *somen* with western Japan and soba with eastern Japan.

Soba is basically made of buckwheat flour, water, and often *tsunagi*, or binder. For *tsunagi*, wheat flour is generally used. The ratio of wheat flour and buckwheat flour determines what to call the soba, such as *juwari soba* free from *tsunagi*

or any other flavoring ingredients, and *nihachi soba* made from 8 parts buckwheat flour and 2 parts wheat flour. Often, grated yam is mixed into flour to make *tsunagi* because the addition of yam prevents the soba noodles from breaking. Yam is also thought to add richness to the taste of soba. According to recent studies on the slimy substance in root vegetables, yam is also shown to cleanse the blood and promote libido. Other unique ingredients of *tsunagi* include *funori*, or glue plant, and *konnyaku*, or yam cake, which are used in some regions.

The manner in which the buckwheat flour is milled also influences the type and quality of soba. Therefore, soba restaurants use different milling methods to change the flavor and color of soba. Compared to other varieties, *sarashina* soba has a very whitish color. Virgin buckwheat flour from soba seeds is white and has an elegant aroma. To make *sarashina* soba, in many cases the buckwheat husks are removed before milling, and the resulting soba is very popular for its aroma and premium taste. The name "sarashina soba" actually came from a soba restaurant in Azabu during the Edo period. It's a coined term combining *sara* from "Sarashina," which is the name of a soba producing region in Shinshu, and *shina* from "Hoshina," which is the name of the family that financed the soba restaurant. (The Kanji character for *shina* in the region "Sarashina" is different from the one for *shina* in "Hoshina.")

"Yabu Soba" and "Sunaba Soba" enjoyed fame equal to that of Sarashina Soba. These three soba restaurants were known as the three greatest soba restaurants in Edo. Yabu Soba was famous for its salty dipping sauce. It's believed that the restaurant invented its famed menu for the busy, often impatient, craftspeople of Edo, who could down the piping hot noodles in minutes by dipping them in the sauce. Even today, soba restaurants in Tokyo that follow Yabu Soba serve strong dipping sauces that are almost too

salty to eat with soba. However, the salty dipping sauce offered by Yabu Soba defined the correct way to eat soba, which we now widely follow: "Dip the noodles halfway, never soak the entire noodles in the sauce." "Sobasei," a famous episode of "rakugo," or Japanese comic monologue, by Basho Kingentei X, has an introduction in which a native of Edo takes his last breath, uttering these words: "I wish I could have a chance to eat soba with plenty of dipping sauce before I die . . ." His dying wish alludes to the strong dipping sauce of Yabu Soba. Sunaba Soba, which originated in Osaka, transplanted itself successfully in Edo and opened many branch restaurants there. Actually, Sunaba Soba is the oldest of the three soba restaurants. It's also believed that ten *mori* was created by one of the "Sunaba" franchise restaurants. (*Ten mori* is cold soba with hot dipping sauce and tempura, or deep-fried vegetables and seafood, in the sauce.)

Seiro, Mori, and Zaru

Seiro soba is another type. In the early days of Edo, soba restaurants began steaming *juwari soba* in bamboo baskets and serving the cooked noodles directly in the baskets, because these noodles made from 100% buckwheat flour broke easily when cooked in boiling water. *Seiro* in *seiro soba* literally means "basket steamer," but it's a square-shaped basket like the one we associate with *zaru soba* or *mori soba* today instead of the circular type we normally see in Chinese restaurants. In those days, *mori soba* was served on a normal plate, while *zaru soba* was presented on a bamboo tray. It's believed that restaurants began serving soba in bamboo basket steamers because plates and bamboo trays were difficult to carry in stacks with soba on them. This led to a custom that started during the Meiji period (1868-1912) of serving cold soba dishes--the kind you eat with dipping sauce--on bamboo basket steamers. However, the preparation method of steaming soba on bamboo basket steamers, which was common in the early Edo period,



Seiro soba



Mori soba



Zaru soba

gradually fell out of popularity and is practiced by only a small number of restaurants today. So, how is *seiro soba* as we order it today different from *mori* or *zaru* soba? Actually, how these terms are used is up to each soba restaurant, where a general rule is that a more expensive, specialty version of *mori* or *zaru* is called *seiro* for the purpose of differentiation.

As you'll recall from the beginning of this article, the difference between *mori* and *zaru* soba is whether or not *nori* is sprinkled on top of the soba. Interestingly, though, the origin of these soba dishes has nothing to do with *nori*. In fact, restaurants didn't start serving *zaru soba* with *nori* until the Meiji period. A new type of soba dish called *bukkake* emerged and became popular during the Genroku period (1688-1704) when soba culture became a widespread phenomenon in Edo. Soba noodles with soup poured over them (*bukkake-ru* means "to pour"), *bukkake* led to the birth of *kake soba* as we know it today. Until the birth of *bukkake*, the standard way to serve soba noodles was to cook them in boiling water, rinse the cooked soba under

SOBA

Noodles of Japan

cold water, and place the cold noodles in a mound (“moru,” hence the name “mori soba”) on a plate. To differentiate it from the new hit product *bukkake*, people began calling it *mori soba*.

Zaru soba, however, originated from a soba restaurant called “Iseya” in what is now the Fukagawa district of Koto-ku in Tokyo, which served soba noodles on bamboo trays. This novel way of presenting soba on bamboo trays made Iseya the place to go for their “high-end” soba. Because it was served in a bamboo basket, or take zaru, people called it zaru soba. Since then, zaru soba was given a higher status than mori soba. To differentiate it further, restaurants began serving zaru soba with zaru jiru, which is dipping sauce made from regular soba soup with mirin added to it. The rich, sweet taste of zaru jiru made with mirin, which was expensive at the time helped establish the status of zaru soba as a premier dish. Moreover, in the Meiji period zaru soba was served with nori sprinkled on top, adding a further visual differentiation from mori soba. Regrettably, the number of soba restaurants serving this dipping sauce (especially for zaru soba) decreased over time, and today hardly any soba restaurants have zaru jiru. Now that we have no zaru jiru, and zaru soba is served on bamboo basket steamers, nori is the only difference between mori soba and zaru soba.

Soba Toppings and Menu

We enjoy various types of soba today. Soba noodles themselves are tasty, but who can resist the visual and palatal delight of eating soba with different toppings on various occasions? Popular toppings are tempura and kakiage, or deep-fried mixed vegetables and other ingredients. Apparently, the custom of eating soba with these toppings began during the mid-Edo period, when people enjoyed eating scallop kakiage with soba noodles. The most expensive ingredient of tempura is prawn, and thus ebiten, or deep-fried prawn, is considered the king of soba toppings. In some areas of Japan, soba is served with tempura of chikuwa, or tube-shaped fish cake, (Kanto) or satsuma-age, deep-fried minced fish and vegetable balls, (Kyushu). So, when you visit different places and order tempura soba, you may be surprised to see different kinds of tempura served with the noodles.

Other popular toppings include sansai, or Japanese wild vegetables, and grated daikon radish. In particular, many soba restaurants now use locally grown sansai. In the Tohoku region, especially in Yamagata Prefecture, we can enjoy a variety of soba dishes using nameko mushrooms. There’s yam too, of course. Tororo soba, topped with grated yam, is a popular soba dish that is sometimes served with egg white. Some restaurants put a quail or chicken egg yolk on top.

People who want to eat meat with soba should try nanban soba and curry soba.

Nanban soba is believed to have originated at a soba restaurant called “Sasaya” in Bakuro-cho, Nihombashi, during the early Edo period. Nanban soba, or soba noodles in a hot soup made from duck meat and green onion, had a particularly large following among the bukkake soba dishes that were popular at the time. How we came to name it nanban isn’t certain, and some say this soba dish was so named because foreigners from the West (nanban-jin) who came to Japan during the Edo period loved green onion, while others say any new dish people had never seen before was called nanban just like all other things that were introduced to the country from the West. Whatever the case may be, today nanban soba is a standard menu item in many soba restaurants and is very popular for its savory soup of duck meat and green onion. Ducks grow plump in winter, so the duck meat available in winter is tastier. Accordingly, nanban soba is also known as a seasonal dish that’s often eaten on cold days.

Talking about seasonal dishes, who can forget nishin soba? This simple dish consists of a hot soba noodle soup topped with candied herring. Many of you associate nishin soba with Kyoto. Because Kyoto is far from the ocean, in the old days it was difficult for the people of Kyoto to get fresh seafood. As a result, they used their ingenuity to create various dishes using dried bar cod and dried herring imported from Hokkaido. During the Meiji period, a soba restaurant called “Matsuba” in the Minamiza

area of Kyoto, near Shijo Ohashi Bridge, reportedly served candied dried herring with soba, and the dish became a hit and spread throughout the city. This anecdote also ties the history of nishin soba to Kyoto, but actually old nishin soba recipes are also found in Hokkaido, the home of herring fishing. Especially in Esashi-cho and Rumoi City, where nishin fishermen flourished, nishin soba is popular as a local delicacy.

Sobayu

One thing we love about eating soba is sobayu. When soba noodles are boiled in water, an opaque, gruel-like liquid remains, and this is called sobayu. Generally at soba restaurants, sobayu is served in a cylindrical wooden container at the end of the meal. We pour sobayu into the remaining dipping source and enjoy the delicious mixture. Sobayu, which isn’t available with udon, somen, or other noodles, is a unique custom that makes eating soba more fun.

Actually, this custom of drinking sobayu at the end of the meal was born not in Edo, but in the Suwa region of Shinshu. In Edo, it was customary to drink miso soup with

tofu instead of sobayu. Apparently, people there believed miso soup would prevent food poisoning. Because sobayu also had the same effects, such as promoting digestion, preventing indigestion, and maintaining gastrointestinal health, the habit of drinking sobayu was brought to Edo and quickly spread there. Recent studies have shown that sobayu contains a lot of health-promoting substances such as vitamin B₁, B₂ and a unique nutrient found in soba called rutin. These nutrients are dissolved into water as the soba cooks. Long before such studies were conducted, Japanese people knew that sobayu was good for the body. Our ancestors were wise.

Enjoy Soba

As you already know, soba has a long history, and there are various types of soba and soba dishes that reflect local flavors. There are endless ways to enjoy soba, because the way it tastes, smells, and feels in your mouth will vary depending on how the buckwheat

flour is milled, how much water and tsunagi are added, how the soup or dipping sauce is prepared, which toppings are used, and how the noodles are cut. Originating in rural areas of the central region of Japan in the mid-Edo period, soba kiri, or soba as we know it today, was introduced to Edo and quickly spread throughout the country. It’s undoubtedly a noodle dish born in Japan. Today, we still love soba and all its local accompaniments. Here in the United States, many brands of truly delicious dry soba noodles imported from Japan have become available in recent years. American consumers can also find hand-made or machine-made fresh soba noodles in supermarkets, and growing numbers of soba restaurants use fresh noodles. Soba has not yet experienced a boom here, as ramen has, but let’s hope many more Americans will learn to appreciate this wonderful dish soon. I can’t wait to talk with soba-loving Americans about the best way to eat soba, like how far we should dip the noodles into the sauce before eating.



but in the Suwa region of Shinshu. In Edo, it was customary to drink miso soup with

Soba Recipes



Kamo tsuke Soba

<Ingredients> (Serves 1)

- 3 slices duck meat
- 2-3/4 oz. uncooked soba
- 1 bunch green onion
- 2/3 cup Nijiya soba noodle soup

<Directions>

1. Boil water in a pot and cook the soba as instructed. Rinse the noodles thoroughly under running water, drain, and transfer onto a plate.
2. Slice the green onion to the desired size. Pour soba noodle soup into a pot, put the pot over heat, and when the soup starts to boil, add the duck meat. Add the green onion and continue to cook while skimming the fat.
3. When the duck meat is cooked, transfer the soup into a bowl and dip the soba noodles in it. Enjoy!



Soba Inari

<Ingredients> (for 10 inari balls)

- 5 pieces fried bean curd
- 2 tablespoons sake
- 2 tablespoons mirin
- 1 tablespoon beet sugar
- 1 tablespoon sugar syrup
- Pinch of salt
- 2 tablespoons noodle soup
- 2 teaspoons soy sauce
- Uncooked soba (enough for 2 people)
- 3 tablespoons sushi vinegar
- Shallot and red pickled ginger, to taste

<Directions>

1. Place the fried bean curd into boiling water and cook for about 5 minutes to remove the oil. Rinse and drain well. Cut each piece into halves and open each half like a pouch.
2. Place 100 ml (3.4 oz) water, sake, mirin, beet sugar, sugar syrup, and salt in a pot, and cook the pouches for about 10 minutes. Add the noodle soup and soy sauce (adjust to taste), bring the mixture to a boil, and then remove from heat.
3. Cook the soba as instructed, rinse the noodles under running water, and drain well.
4. Put the sushi vinegar, chopped shallot, and red pickled ginger in a bowl, add soba, and mix well.
5. Pick up a small portion of the noodles with a twist of a fork, and place a portion of noodles into each pouch.



Tororo soba



Tempura soba



Nishin (herring) soba



Curry soba

Japanese Cuisine as an Intangible Cultural Heritage

—Learn more about the Japanese cuisine—

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

The characteristics of Japanese cuisine can be summarized as follows:

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

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

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

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

Here we introduce some delicious local dishes from the Hokuriku region. Their flavors remind us of the heart and soul of Japan.

Sauté in ishiru and butter



-Ingredients-

1 oz. Japanese common squid (cut into rings)
 ½ oz. Chinese cabbage, cut into bit-sized pieces
 ½ Japanese eggplant, sliced
 0.2 oz. shungiku (edible chrysanthemum)
 0.2 oz. enoki mushrooms
 0.2 oz. carrot, julienned
 0.2 oz. butter

~ Sauce ~

2 tablespoons ishiru
 4 teaspoons sake
 2 teaspoons mirin

-Directions-

- 1) Slice all the vegetables. Place the vegetables and squid on seashells (or in a ceramic pan or pot).
- 2) Pour on the ishiru, and place the butter on top. Cook all the ingredients thoroughly.

Three major fish sauces made in Japan are shottsuru, from Akita Prefecture, ikanago-joyu, from Kagawa Prefecture, and ishiri (or ishiru), from Ishikawa Prefecture.

Ishiru is prepared by sprinkling unrinsed fish guts with plenty of coarse salt and placing them in a barrel to ferment (without adding any secondary ingredients such as koji (rice malt), to promote fermentation.

Fresh ingredients are prepared in early summer, fermented at high temperature and high humidity during the peak summer season, and aged in slightly dry, cool air from autumn to winter. By winter, the fish in the barrel has dissolved and become a thick, soy-sauce-colored liquid.

After sitting in the barrel for two to three years, the liquid turns a dark color and its flavor becomes comestible.



Aigamo Jibuni (simmered duck)



-Ingredients-

0.7 oz. satoimo (taro)
 0.4 oz. green beans
 1.4 oz. duck slices
 (or chicken slices)
 0.04 oz. grated wasabi
 Katakuri-ko, as needed
 1 shiitake mushroom

~ Dashi soup stock ~
 6.8fl.oz. shiro-dashi stock
 2 tablespoons dark soy sauce
 0.07 oz. sugar
 1 tablespoon mirin
 (Japanese sweet cooking wine)
 1 tablespoon sake

-Directions-

- 1) Blanch the green beans and plunge them into icy water to brighten the color.
- 2) Parboil the satoimo, and combine with the ingredients for dashi soup stock. Add the shiitake mushroom and heat.
- 3) Remove the vegetables from (2) and leave the dashi soup in the pot. Slice the duck and dust with katakuri-ko. Simmer the duck slices in the dashi soup until fully cooked.
- 4) Arrange the vegetables, duck slices, and soup in a serving bowl and serve with a garnish of wasabi.

Jibuni is a well-known specialty from the historic city of Kanazawa.

The origin of jibuni is said to be a European-style dish introduced by the Christian samurai warlord Ukon Takayama during his stay in the Kaga domain; Takayama was on friendly terms with the Maeda clan, the ruling Kaga family.

Ingredients are coated in katakuri-ko (potato starch) or flour before being added to soup. This is a common cooking technique in Asia.

Amadai Wakasa-yaki (grilled tilefish)

-Ingredients-

A half slice of amadai (tilefish)
 ~ Sauce (Wakasa-ji) ~
 6.8fl.oz. dashi soup stock
 6.8fl.oz. sake
 2-½ tablespoons light soy sauce
 2-½ tablespoons mirin
 0.09 oz. kombu (dried kelp)

-Directions-

- 1) Fillet the amadai into 3 pieces and lightly sprinkle with salt. Set aside for about 1 hour.
- 2) Combine the ingredients for the sauce.
- 3) Rinse off the salt on the surface of (1) with the sauce (2).
- 4) Place the amadai on the grill (or in a conventional oven). When the surface dries, brush the fish with the sauce (2) and continue to grill. Repeat this 3 to 4 times and then serve.



Wakasa-yaki is a method of grilling fish with a pinch of salt without scraping off the scales. This delicate dish, which can be considered the epitome of Japanese food culture, features a fish known as Wakasa guji. The Japanese name for Wakasa guji is aka-amadai (red tilefish). The name amadai is derived from the sweet taste of its flesh (the character for ama means "sweet"). This white fish is particularly delicious with its plain but savory flavor. However, not all the guji caught off Wakasa bay are called Wakasa guji. First of all, Wakasa guji must be caught with a fishing rod or by haenawa-ryo (long-line fishing). Only the large amadai fish that meet these requirements can be picked and shipped as Wakasa guji. Fish caught in a net are not qualified to be called Wakasa guji, which is known for its freshness and beautiful appearance.

Eggplant Somen Noodles



-Ingredients-

1 Japanese eggplant
 3-¾ oz. somen noodles
 A small amount of ginger root

~ Dashi broth for somen ~
 17fl.oz. shiro-dashi stock
 3.4fl.oz. mirin
 3.4fl.oz. dark soy sauce
 1.7fl.oz. sake

-Directions-

- 1) Cut the eggplant in half and make shallow cuts in the skin.
- 2) In a saucepan, combine all the ingredients for dashi broth and bring to a boil.
- 3) Lightly deep-fry (1) and leave in the broth (2) (about 5 minutes). Set aside in a separate plate.
- 4) Cook the somen noodles in plenty of water they are about 70% done, still al dente. Strain the noodles and simmer in the soup (2) to let the flavor seep into the noodles.
- 5) Arrange the eggplant and noodles in a bowl and serve.

Somen noodles simmered with eggplants is a typical home-cooked dish eaten during the summer in Kanazawa City, Ishikawa Prefecture. The dish is delicious served hot or cold. Sometimes it's flavored with miso, or cooked according to family-owned recipes. As the somen noodles absorb the liquid, the key is to use a fair amount of dashi broth.

Nanban style chicken

— nanban has come to mean things of non-Japanese, in particular, European, origin —



Nanban style chicken originated in Miyazaki Prefecture on the island of Kyushu. It features deep-fried chicken seasoned with nanban vinegar and tartar sauce and is called "tori-nanban."

-Ingredients- (four servings)

Deep-fried chicken	Tartar sauce
4 chicken breasts	1 to 2 hard-boiled eggs
1 to 2 eggs	¼ minced onion
Salt and pepper, to taste	2.6 oz. mayonnaise
Flour, as needed	1 teaspoon ketchup
Nanban vinegar	0.4 oz. minced capers
3 ½ tablespoons soy sauce	Pinch salt
2.8 oz. sugar	Pinch pepper
5 tablespoons rice vinegar	

-Directions-

Deep-fried chicken

Leave the meat whole or cut into bite sized pieces. Sprinkle salt and pepper on the meat and dredge with flour. Shake off excess flour, dip chicken in beaten egg, and deep fry in 350°F oil.

Nanban vinegar

Bring the ingredients to a boil in a saucepan.

*To enhance flavor, add bits of vegetables to the mix.

Tartar sauce

Soak the onion in water and then thoroughly drain any moisture.

Finely chop the hard-boiled eggs. Add the mayonnaise, ketchup, and capers and adjust the taste with salt and pepper.

Finishing

Marinate the fried chicken in the nanban vinegar. Pour the tartar sauce over the chicken and serve.

Bonito meshi (bonito rice)



-Ingredients- (one serving)

2 oz. sliced raw bonito
1 teaspoon white sesame seeds
100ml dark soy sauce
80ml genmaicha (green tea with roasted rice)
3 oz. cooked white rice

-Directions-

- 1) Thinly cut the raw bonito into 10g (0.4 oz.) slices.
 - 2) Semi-grind the roasted white sesame seeds in a mortar and add the dark soy sauce.
 - 3) Marinate 1) in 2) for twenty minutes.
 - 4) Place 3) on top of a bowl of cooked white rice, and pour genmaicha over the contents.
- * Seaweed, green shiso (Japanese basil), wasabi (Japanese horseradish), arare (roasted mochi pieces), etc. make good condiments for this dish.

It is said that bonito meshi originated at sea with bonito fishermen. After eating freshly caught raw bonito, they put leftover slices of the fish on top of cooked rice and poured hot tea into the bowl.

Oil miso



This easy-to-prepare recipe is a form of home-cooked fast food that satisfies appetites during the busy summer farming season.

-Ingredients-

(makes approximately 30 servings)

1.8 oz. minced burdock
1.8 oz. minced carrot
Small quantity of salad oil
1 oz. sugar
7 oz. dark-brown miso paste
1-½ tablespoons white sesame seeds
1 teaspoon small dried sardine powder

-Directions-

- 1) Stir fry the burdock and carrot in the salad oil. Add the sugar.
 - 2) Add the dark-brown miso paste and sardine powder and thicken for ten minutes over low heat.
 - 3) Sprinkle with the white sesame seeds and serve.
- * Adding ground pork and/or sesame oil makes this dish even more delicious.

Gane (= crab in Kagoshima dialect)



-Ingredients- (three to four servings)

3.5 oz sweet potato	3.5 oz. flour
3.5 oz. burdock	Small quantity of soy sauce
3.5 oz. carrot	Small quantity of sugar
1 egg	Small quantity of salt

-Directions-

- 1) Peel the sweet potato skin quickly and slice the potato into large strips.
 - 2) Slice the burdock and carrots into long thin shavings and soak in water.
 - 3) Mix the sweet potato and vegetables 2) with salt and soy sauce.
 - 4) Dredge in the flour.
- * Add water if the mixture appears to need more moisture.
- 5) Thinly spread 4) with the rice paddle and deep fry in 350°F oil.

In this dish seasonal vegetables such as thinly-sliced sweet potato, burdock, carrot, etc. are mixed with flour, soy sauce, sugar, and water. The vegetable mixture is then flattened with the paddle of a rice scoop and deep fried in oil. It is called "gane" (crab) because the fried form looks like a crab with its legs stuck out.



HITOSHI SUGIURA

After building up experience in many restaurants in Kansai and Tokyo, he flies to America. While training at a New York restaurant, he works on the development of a co-product. In 2013, after returning to his home country, he receives a chance to offer his meal at Tiffany's VIP party,

the Blue Book Collection held in Rockefeller Center, New York. In 2014, he also succeeds in winning first place in a cooking contest sponsored by Le Cordon Bleu Japan.



Japanese Hamburger Steak (Hambāgu)

Japanese hamburger steak is one of the most popular meals among children. Japanese hamburger steak is different from the U.S. version of the dish, because the Japanese hamburger patty is made by mixing ground meat and a variety of vegetables. This is a meal filled with mother's love, as mothers whose children don't like vegetables try to have their kids eat vegetables by mixing minced or grated vegetables into meat. Japanese hamburger steak is a perennial favorite for lunch, dinner, and bento.

Meat Combination:

A common Japanese hamburger steak is made with a combination of ground beef and ground pork. The basic ratio is 1:1, but nowadays steak with more beef or even 100% beef is gaining popularity. You can adjust the ratio to create your favorite patty.

Hamburger Steak with Tofu

Ingredients: Serves 4

<Patty>

- 1/2 medium-sized onion
- 1 pkg. soft tofu (approx. 10-1/2 oz.)
- 1-1/2 oz. panko (bread crumbs)
- 10-1/2 oz. combination of ground beef and ground pork
- 1 egg
- 2 tsp. Worcestershire sauce
- 1/4 tsp. salt
- 1/4 tsp. pepper
- Flour as needed
- 2 Tbsp. vegetable oil

<Teriyaki Sauce>

- 1/5 cup soy sauce
- 1/5 cup mirin (sweet rice wine)
- 1 tsp. sugar
- 2/5 cup water

Shaping a Hamburger Steak:

A hamburger patty shrinks when it's sautéed. You can prevent the patty from puffing up too much by making an indentation at the center. Place the indented side down to cook first when you sauté the patty.

Directions

1. Mince the onion.
2. In a bowl, crumble the tofu into small pieces with a whisk.
3. Add the minced onion and bread crumbs to the bowl. Mix well with a whisk.
4. Add the combined ground meat, egg, Worcestershire sauce, salt, and pepper to the bowl. Using your hands, mix well into a gruel, working with the hand.
5. Divide the mixture into equal parts to form four patties. Coat with flour. Heat vegetable oil in a frying pan over medium heat. Sauté both sides of the patties until brown.
6. Turn off the heat. Remove excess oil with paper towels. Place the ingredients for <Teriyaki Sauce> in the frying pan and simmer over medium low heat until the sauce thickens. Flip the patties once during simmering.

Ingredients: Serves 4

<Patty>

- 1 small onion
- 2 Tbsp. butter
- 1-1/2 oz. panko (bread crumbs)
- 3 Tbsp. milk
- 17-1/2 oz. combination of ground beef and ground pork
- 1 egg
- 2 Tbsp. tomato ketchup
- 1 Tbsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/2 tsp. pepper
- All purpose flour, as needed
- 2 Tbsp. vegetable oil

<Sauce>

- 1- 1/5 cups beef broth
- 2 Tbsp. grated onion
- 2/5 cup tomato ketchup
- Liqueur to taste (optional)

Yoshoku-Style (Western-Style) Hamburger Steak

Directions

1. Mince the onion. Melt the butter in a frying pan. Sauté the onion well over low heat. Set aside to cool.
2. Mix the bread crumbs and milk in a bowl.
3. Add the combined ground meat, egg, tomato ketchup, Worcestershire sauce, salt, pepper, and cooled onion into the bowl. Using your hands, mix well into a gruel.
4. Divide the mixture into equal parts to form four patties. Coat the patties with flour. Heat vegetable oil in a frying pan over medium heat, and sauté both sides of the patties until brown.
5. Turn off the heat. Remove excess oil with paper towels. Place the ingredients for <Sauce> in the frying pan and simmer over medium low heat until the sauce thickens. Flip the patties once during simmering.

Salmon Burger Steak

Directions

1. Mince the onion. Melt the butter in a frying pan and sauté well over low heat. Set aside to cool.
2. Remove bones and skins from salmon. Mince the salmon with a knife.
3. In a bowl, using your hands, thoroughly mix the bread crumbs, milk, salmon, onion, salt, pepper, soy sauce, and potato starch. Divide the mixture into halves to form two patties.
4. Heat vegetable oil in a frying pan over medium heat. Lower the heat after placing the patties (3). Sauté both sides of the patties until brown and cooked well.
5. Mix the ingredients for <Yogurt Sauce> in a small bowl. Serve the steaks with the sauce.

Ingredients: Serves 2

<Patty>

- 1/4 onion
- 1 tsp. butter
- 2 slices salmon
- 3/4 oz. panko (bread crumbs)
- 2 Tbsp. milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/2 tsp. soy sauce
- 1 Tbsp. mayonnaise
- 1 Tbsp. vegetable oil
- A pinch of katakuri-ko (potato starch)

<Yogurt Sauce>

- 3-1/2 oz. plain yogurt (unsweetened)
- 2 Tbsp. mayonnaise
- 2 Tbsp. olive oil
- 1/2 tsp. lemon juice
- A pinch of garlic powder
- 2 oba leaves (perilla leaves)





Lavish Beef Hamburger Steak

Ingredients: serves 2

<Patty>
 10-1/2 oz. stewing beef
 1/2 small onion
 1 Tbsp. butter
 1 oz. panko (bread crumbs)
 2 Tbsp. milk
 1 tsp. balsamic vinegar
 1/4 tsp. salt
 1/8 tsp. pepper
 Flour, as needed
 2 Tbsp. vegetable oil
 1/5 cup water

<Onion Sauce>
 1/3 onion, grated
 1 tsp. grated garlic
 1/4 cup water
 3 Tbsp. apple vinegar
 1 tsp. honey
 1-1/2 Tbsp. soy sauce
 Salt to taste
 Pepper to taste

Directions

- Place the meat in the freezer 1 hour before starting cooking. It should become semi-frozen.
- Mince the onion. Melt the butter in a frying pan and sauté the onion over low heat. Set aside to cool.
- Chop the beef into small pieces with a knife or coarsely grind with a food processor.
- Mix the bread crumbs and milk in a bowl.
- Add the meat, balsamic vinegar, salt, pepper, and cooled onion into the bowl. Using your hands, mix well into a gruel.
- Divide the mixture into halves to form two patties. Coat the patties with flour. Heat vegetable oil in a frying pan over medium heat, and sauté both sides of the patties until brown.

- Turn off the heat. Remove excess oil with paper towels. Add water in the frying pan and cover the frying pan with a lid (or aluminum foil). Cook over medium low heat.
- Take out the patties. Place the ingredients for the onion sauce in the same frying pan. Bring the sauce to a boil over medium low heat and then simmer for about 3 minutes. Pour the sauce onto the steaks to serve.

Japanese-Style Veggie Burger

Ingredients: Serves 2

Approx. 1/2 oz. fried bean curd (abura-age)
 1/2 pkg. maitake mushrooms
 One handful oats (approx. same volume as maitake mushrooms)
 2 Tbsp. grated onion
 2 Tbsp. grated lotus root
 2 tsp. miso (soybean paste)
 1 tsp. tomato ketchup
 1/8 tsp. pepper
 1 Tbsp. vegetable oil

<Tomato Ketchup and Miso Sauce>
 1 Tbsp. miso (soybean paste)
 2 Tbsp. tomato ketchup
 1 tsp. mirin (sweet rice wine)
 1/5 cup water

<Buns and Toppings>
 2 Cherry Blossom sesame rolls
 2 slices tomato
 Microgreens as needed

Directions

- Mince the fried bean curd and maitake mushrooms.
- In a bowl, using your hands, mix all the ingredients except the vegetable oil.
- Divide the mixture into halves to form two patties. Heat vegetable oil in a frying pan and sauté both sides of the patties over low heat until cooked. (Use a spatula to gently nudge the patties into shape, if needed.)
- Place the ingredients for the sauce in the frying pan. Simmer until sufficiently warm while coating the patties with the sauce.
- Slice sesame rolls into halves and lightly toast the cut side.
- Place the sandwich patties, tomato, and microgreens between the sesame rolls.



Soft Hamburger Steak

Ingredients: Serves 4

<Patty>
 1 small onion
 2 oz. Japanese dried wheat gluten
 17-1/2 oz. combination of ground beef and ground pork
 1 egg
 2 Tbsp. mayonnaise
 1/2 tsp. salt
 1/2 tsp. pepper
 All purpose flour, as needed
 2 Tbsp. vegetable oil

<Mixed Sauce>
 3 Tbsp. soy sauce
 4 Tbsp. tomato ketchup
 4 Tbsp. tonkatsu sauce
 1/5 cup water

Directions

- Mince the onion. Melt the butter in a frying pan and sauté over low heat. Set aside to cool.
- Crush Japanese dried wheat gluten into small pieces, by smashing it in a plastic bag, for example. Place in a bowl and mix with milk.
- Add the combined ground meat, egg, mayonnaise, salt, pepper, and cooled onion in the bowl (2). Using your hands, mix well into a gruel.
- Divide the mixture into equal parts to form four patties. Coat the patties with flour. Heat vegetable oil in a frying pan over medium heat, and sauté both sides of the patties until brown.
- Turn off the heat. Remove excess oil with paper towels. Place the ingredients for <Mixed Sauce> in the frying pan and simmer over medium low heat until the sauce thickens. Flip the patties once during simmering.



Recommended side dish:

Glazed Carrot

Ingredients: Serves 4

1 large carrot
 2/5 cup water
 1 tsp. sugar
 1 Tbsp. butter
 1/4 tsp. salt
 1/8 tsp. pepper

Directions

Cut the carrot into bite-sized pieces, and place in a small pot. Add water, sugar, butter, salt, and pepper. Cover with a lid and simmer over medium heat until all the liquid evaporates.



SEASONAL DESSERT

SPRING



Recipes by:
Kei Hasegawa



Kuzumochi mixed berry soup

Ingredients (approx. two servings)

- 2 cups frozen mixed berries
- 1 cup sugar
- 1 cup water (for soup)
- 1-3/4 oz. kudzu (arrowroot) starch
- 1/8 cup sugar
- 1-1/4 cups water (for kuzumochi)
- Assorted fruits such as orange, kiwi, strawberry, etc., as needed

Directions:

1. Boil the berries, 1 cup sugar, and 1 cup water for three minutes.
2. Strain with a net and reserve the liquid for soup.
3. Make the kuzumochi. Dissolve the kudzu starch in 1-1/4 cups water. Add 1/8 cup sugar and blend thoroughly.
4. Place (3) in a saucepan over medium heat till the dough becomes transparent, like a rice cake. Mix continuously so as not to scald the bottom of the saucepan.
5. Flatten the finished dough by pouring into a wet mold. Set the mold into a tray of cold water to cool. Cut into bite-sized pieces.
6. Slice the assorted fruit and serve with the kuzumochi (5) and soup (2) (the berries are not served).



Sakura dango

Ingredients (three servings)

- 3-1/2 oz. dango flour (rice flour blend)
- 1/3 cup water
- Small quantity red food coloring
- 4 oz. oofuku beans (navy beans)
- 4 oz. sugar
- One pinch salt
- 2 sakura leaves (salted edible leaves from the flowering cherry tree)
- Sakura leaves and flowers for decoration

Directions

1. Soak the oofuku beans in water overnight.
2. On the following day, cook the beans (1) in a large quantity of hot water over low heat till tender.
3. Drain the hot water thoroughly using a net and strain the beans.
4. Put the sugar and beans (3) in a saucepan. Stir the bean jam mixture as it cooks till thickened.
5. Remove from heat. Adjust the taste with salt and cool.
6. Mince the sakura leaves and mix into the white bean jam.
7. Rinse the sakura flowers in water to remove salt.
8. Thoroughly mix the water, dango flour, and red food coloring. Make into rounds of approximately 3cm(1inch) in diameter.
9. Bring water (not listed in the ingredients) to a boil. Drop in the rounded dough balls and cook for about three minutes. Pierce the balls onto skewers and cool in cold water. Place the white bean jam (6) on top and arrange with flowers.
10. Arrange the drained sakura leaves on top.



Mochi waffle

Ingredients (four servings)

- 2 mochi rice cakes, sliced in half
- Coarse sweet bean paste (tsubu an), as needed

Directions

1. Warm the sliced rice cakes in a microwave oven for thirty seconds to soften.
2. Bake (1) for two to three minutes in a waffle maker. Make a total 4 waffle pieces.
3. Put the sweet bean paste in a bowl and serve with mochi waffle.



Tsubu an sweet bean paste (anko, coarse type)



Organic mochi rice cakes



Mochi rice cakes



Maruboro

Ingredients (approx. 12 pieces)

- 1-2/3 cups wheat flour (sifted)
- 2 eggs
- 3/4 cup sugar
- 1 Tbsp. honey
- 1 tsp. baking soda (dissolved in 1 tsp. water)

Directions

1. Put the eggs and sugar in a bowl and mix well.
2. Add the honey and baking soda to (1) and mix well.

3. Add the flour and mix till thoroughly blended.

4. Cover a baking sheet with parchment paper. With a spoon, shape the dough (3) into individual rounds and place on the parchment paper. Bake in a 350° F oven for twelve minutes.



Ingredients (approx. 12 pieces)

- 2 cups milk (divided)
- 5 egg whites
- 1/2 cup sugar
- 5 oz broad beans
- Pinch salt
- Dark molasses, as needed
- Broad beans, as needed for garnish

Directions:

1. Cook the beans in boiling water till very soft. Drain in a bamboo sieve. Set aside a portion for garnish.
2. Put half the milk and beans in a blender and mix into a paste.
3. Boil the remaining milk in a saucepan.
4. Mix the egg whites and sugar and thoroughly blend by adding the paste in (2).
5. Mix the milk (3) and salt with (4) and strain with a net.
6. Pour into a heat resistant container and place on a deep baking tray.



7. Pour lukewarm water in the baking tray up to half the height of the heat-resistant container. Bake in a 275° F oven for fifty minutes. Cool in the refrigerator.

8. To serve, pour molasses over the pudding and garnish with broad beans on top.

SEASONAL DESSERT

SUMMER



Strawberry semifreddo

Ingredients (four servings)

- 1 cup fresh cream
- 3 Tbsp. sugar
- 1/2 cup strawberries
- Condensed milk, as needed
- Strawberries, as needed (for garnish)

Directions

1. Crush the strawberries with the back of a spoon to extract the juice. Finely chop the fruit pulp.
2. Beat the fresh cream and sugar into whipped cream.
3. Mix in the strawberry liquid and pulp (1). Pour into a container or mold and refrigerate to harden.
4. Remove from the mold. Top with the condensed milk and strawberry garnish.



Easy-to-make Zuppa Inglese

Ingredients (three servings)

- 2 grilled pancakes
- 1 can fruits of choice
- Fresh fruits such as strawberries, etc.
- 1 cup fresh cream
- 2 Tbsp. sugar
- Small quantity vanilla extract
- Water (for syrup), as needed

Directions

1. Tear grilled pancakes into bite-sized pieces.
2. Cut all the fruits into bite sizes. Set aside the canned syrup.
3. Adjust the taste of the canned fruit syrup with water and vanilla extract to the desired sweetness.
4. Beat the fresh cream and sugar into whipped cream.
5. Thoroughly soak the torn pancake pieces in the syrup (3).
6. In a container, layer the soaked pancake pieces, whipped cream, and fruit, in that order. Repeat the process twice. Top with the whipped cream, squeezed from a pastry tube or spooned on.
7. Cool in the refrigerator.



soymilk panna cotta

Ingredients (approx. eight servings)

- 1-2/3 cups soymilk
- 2 oz. sugar
- 1/2 Tbsp. powdered gelatin
- Small quantity vanilla extract
- 1/4 piece watermelon (for garnish)

Directions

1. Presoak the powdered gelatin in a small quantity of water (not shown in the ingredients).
2. Mix in the soymilk and sugar and bring to a boil.
3. Add the vanilla extract to (2).
4. Strain with a net and pour into a container. Refrigerate to set.
5. Cut the watermelon garnish into small pieces. To serve, top the hardened panna cotta with the watermelon garnish.



Ingredients (ten pieces)

- 3 cups milk
- 4 eggs
- 4 oz. sugar
- 1 Tbsp. matcha powder
- Dark molasses, as needed

Directions

1. Thoroughly blend the sugar and matcha powder making sure there are no clumps.
2. Beat the eggs well and mix with (1).
3. Heat the milk to the point before boiling. Add it slowly to (2).
4. Strain (3) with a net and cool to room temperature.
5. Pour the cooled dough into an oven-proof container.
6. Pour hot water into a deep baking tray. Place (5) into the tray.
7. Bake in a 325° F oven for approx. forty minutes. Cool in the refrigerator.
8. When cooled, remove the pudding from the container. Serve on a plate with a drizzle of dark molasses.



Matcha (powdered green tea) pudding

Kyoho kanten (kyoho grape agar) jelly

Ingredients (approx. eight servings)

- 2 cups water
- 1/4 cup sugar
- Juice of half a lemon
- Approx. 40 kyoho grapes
- 1 tsp. agar powder

Directions

1. Peel the kyoho grapes and remove seeds, reserving both. (Use something like a bamboo skewer to pluck out the seeds.)
2. In a saucepan, boil the skin and seeds from (1) with water, sugar, and lemon juice. Strain with a net removing the seeds and skin.
3. After (2) is cooled somewhat, add the peeled and seeded grapes to the liquid. Refrigerate for three to four hours.
4. Separate the grapes from the liquid, reserving both. Place the grapes in a container. Place the liquid into a saucepan. Mix the agar powder into the liquid and bring to a boil.
5. Pour the liquid into the container with the kyoho grapes. Refrigerate until it sets into jelly.



SEASONAL DESSERT

FALL



Pumpkin bread

Ingredients (two 5" x 9" pound cakes)

- 1/2 medium pumpkin
- 12 oz. wheat flour
- 5 oz. sugar
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 tsp. salt
- 1 tsp. cinnamon
- 3 eggs
- 4 oz. melted butter

Directions

1. Remove the skin and seeds from the pumpkin. Cut into small pieces and wrap in aluminum foil. Roast in a 350° F oven for about thirty minutes till an inserted skewer can be cleanly removed.
2. Using a blender or mortar, mash the pumpkin (1) while warm. Cool at room temperature.



3. Thoroughly mix the melted butter and eggs into the pumpkin (2).

4. In a separate bowl mix the sugar, baking soda, baking powder, salt, and cinnamon.

5. Slowly add in the liquid made with (3) to (4). Refrigerate the dough for at least fifteen minutes.

6. Pour the dough into the two 5" x 9" pound cake pans and bake in a 350° F oven for approximately forty minutes.

Cookies with chestnuts stewed in sugar

Ingredients (approx. eight pieces)

- 4 oz. butter (at room temperature)
- 4 oz. sugar
- 1 egg white
- 4 oz. wheat flour
- Pinch salt
- 8 pieces chestnuts stewed in sugar

Directions

1. Mix the butter and sugar until creamy.
2. Gradually add the egg white to (1).
3. Mix the salt and flour to (2) till evenly blended.
4. Cover a baking sheet with parchment paper. Squeeze the dough from a pastry tube or spoon out rounds of dough approx. 5 cm(2inches) in diameter. Place a sweetened chestnut in the center of each round.
5. Bake in a 375° F oven for about fifteen minutes till brown.



Ramune and grapes frozen pop

Ingredients (eight servings)

- 1 bottle of ramune (Japanese flavored soda)
- 1/2 lb. grapes

Directions

1. Finely chop the grapes with skin on.
2. Mix in with ramune and freeze by putting in 8 ice pop molds (or plastic bags).



Directions

1. Peel the sweet potato, cut into bite-sized pieces and cook till soft.
2. Mash the sweet potato (1) while hot and mix in the sugar and almonds.
3. Roll (2) into rounds of approx. 4 cm(1.5inches) in diameter.
4. Make croquettes using the flour, beaten egg, and panko.
5. Quickly fry in oil at high temperature until crisp and brown.

Ingredients (approx. 16 pieces)

- 1 medium size sweet potato
- 1/2 cup roasted almonds
- 1 Tbsp. sugar
- Wheat flour, as needed
- 1 egg
- Panko (bread crumbs), as needed
- Oil for frying

Fall's waffle ice cream sandwich, made with pancake mix

Ingredients (two servings)

- 1 cup Nijiya pancake mix
- 1/2 cup water
- 1 egg
- Vanilla ice cream, as needed
- 1/2 medium sized sweet potato
- 1/2 cup sugar
- Small quantity vanilla extract

Directions

1. Bake the sweet potato wrapped in aluminum foil in a 350° F oven for approx. thirty minutes, till softened.
2. Cool the potato and dice into pieces

of approx. 1cm(0.4inch) . Season with the sugar and vanilla extract.

3. Make a dough by adding the egg and water, following the instructions on the Nijiya pancake mix package.
4. Grill the dough (3) in a waffle maker.
5. While the waffles are warm, make ice cream sandwiches with the waffles and vanilla ice cream. To serve, sprinkle with the diced sweet potato (2).



Sweet potato croquette snack

SEASONAL DESSERT

WINTER



Apple pie

Ingredients (four pieces portion 10cm / 4 inches tart mold)

<Filling>

- 2 apples
- 1/3 cup brown sugar
- 1/8 cup cornstarch
- 1/2 tsp. cinnamon (optional)
- 1/2 tsp. nutmeg (optional)
- Juice of half a lemon
- 1 Tbsp. butter
- Pie dough
- 1 cup butter (cut into 1 cm / 0.4 inch) cubes and refrigerated well in advance.)
- 2 cups wheat flour
- 3/4 cup water
- 1 tsp. salt
- 1 Tbsp. vinegar



Directions

1. Cut the butter into 1cm (0.4inch) cubes, put in a bowl with the flour. Refrigerate until thoroughly cool.
2. Mix the water, salt, and vinegar in a separate bowl and refrigerate.
3. Using your hands, rub the butter and flour together. When it turns the yellow of parmesan cheese, add the refrigerated liquid (2).
4. When the ingredients (3) are fully blended, wrap the dough in plastic wrap and refrigerate for at least three hours.
5. With a rolling pin, spread (4) to a thickness of about 3mm(0.1inch) on a pastry board. Cut into 10cm (4inches) rounds using molds for cakes or small plates, etc. Cut the leftover dough into thin strips.

6. Making the filling: peel, core, and thinly slice the apples.
7. Thoroughly blend the filling ingredients, other than butter, in a bowl.
8. Melt the butter in a frying pan adding the ingredients from (7). Cook till the apple slices soften. Cool to room temperature.
9. Spread the prepared dough (5) onto pie pans. Add the cooled apple slices (8). Create a lattice pattern on top with the thinly sliced dough from (5). Trim any dough that overlaps the edges of the pie pans.
10. Bake in a 350° F oven for approx. thirty minutes.

Skillet white sesame cookies

Ingredients (two 15cm / 6 inches cookies)

- 8 oz. white sesame paste
- 3-1/2 oz. butter (at room temperature)
- 10 oz. brown sugar
- 1-1/2 oz. milk
- 1 egg (beaten)
- 9 oz. wheat flour (sifted)
- 3/4 tsp. baking soda
- 3/4 tsp. salt
- 1/4 cup white sesame seeds

Directions

1. Mash the butter with a spatula into a cream-like consistency and mix with the white sesame paste.
2. Add the brown sugar and salt.
3. Pour the beaten egg and then the milk into (2). Blend well.
4. Add the sifted flour, baking soda, and (1) to (3). Mix thoroughly.
5. Spread the dough (4) into a 6-inch skillet to a thickness of about 5mm (0.2inch).
6. Bake in a 350° F oven for about twenty minutes.



Butterscotch pudding

Ingredients (five servings)

- 3 Tbsp. butter
- 4 Tbsp. brown sugar
- 2 Tbsp. sugar (for caramelizing)
- 1-1/2 cups heavy cream
- 1/2 cup milk
- 4 egg yolks
- 1/2 tsp. vanilla extract
- 1/2 tsp. salt
- Small quantity sour cream

Directions

1. Brown the butter in a saucepan.
2. Put the sugar in a separate pan and heat till it browns. Pour in the milk carefully so that it does not splatter.
3. Add the heavy cream and the browned butter (1) to (2). Heat to just before the boiling point.
4. Blend in the egg yolks, brown sugar, salt, and vanilla extract in a bowl.
5. Pour (3) into (4) and blend thoroughly. Strain into a separate container.
6. Pour the dough (5) into a pudding mold. Place a tray of hot water beneath the mold. Bake in a 300° F oven for about thirty minutes. Refrigerate to cool.
7. To serve, dress with a dab of sour cream.



Pancake mix donuts

Ingredients (approx. 18 pieces)

- 1 Tbsp. melted butter
- 2 Tbsp. sugar
- 1 tsp. salt
- Small quantity vanilla extract
- 1 egg
- 10 oz. Nijiya pancake mix
- 1/4 cup milk
- Sugar (for coating, as needed)
- Oil (for frying), as needed

Directions

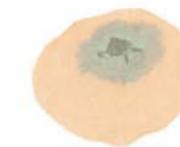
1. Thoroughly mix the melted butter, milk, vanilla extract and egg.
2. Mix together the Nijiya pancake mix, sugar, and salt in a bowl.
3. Pour the liquid (1) into (2).
4. Shape the dough (3) into rounds. Fry in 350° F oil.
5. Gently remove any excess oil with paper towels. To serve, sprinkle with sugar.



Persimmon upside down cake

Ingredients (seven pieces)

- 2 persimmons (peeled and diced into 0.4 inch cubes)
- 1 cup brown sugar
- 7 Tbsp. butter
- 7 Tbsp. sugar
- 1/4 tsp. salt
- 2 eggs
- 4 oz. wheat flour
- 1 tsp. baking powder
- 1/3 cup milk
- 1/4 tsp. vanilla extract



Directions

1. Thinly coat cupcake molds with oil (not listed in the ingredients).
2. Stir together the persimmon cubes and brown sugar in a bowl to fully coat the persimmon with the sugar. Cover the bottom of each mold (1) with the persimmon cubes.
3. Melt the butter and thoroughly mix in the milk, eggs, and vanilla extract.
4. Thoroughly mix the sugar, salt, and flour.
5. Mix (3) and (4) together and pour on top of the persimmon cubes (2). Bake in a 350° F oven for approx. twenty minutes.
6. Remove from molds immediately and cool to room temperature. Serve upside down with the persimmon on top.



Spring soups

Ingredients (four servings)

- 0.3oz. dried mushrooms (soak in 150ml water until tender)
- 3.5oz. beef short plate
- 1.4oz. onion
- 1.4oz. potatoes
- 8oz. mushrooms
- 1 clove garlic
- 200ml water
- 200ml milk
- 2 teaspoons olive oil
- Salt and pepper to taste

Directions

1. Soak the dried mushrooms in water until tender and thinly slice (reserve the liquid).
2. Mince the garlic. Thinly slice the beef into 1cm (0.4inch) pieces. Cut the onion into thin arcs. Slice the mushrooms lengthwise and crosswise into quarters. Quarter the potatoes into thin slices and soak in water.
3. Stir-fry the olive oil and garlic in a saucepan over low heat. When the aroma begins to rise, add the beef and saute over medium heat.
4. Add the onion and stir-fry until it becomes translucent. Add the potatoes and mushrooms, including the liquid from soaking the mushrooms, and continue sauteing. Add the water and cook till the vegetables soften.
5. Puree the soup in a blender or with a hand-mixer. Pour it back into the saucepan. Add the milk and simmer over medium heat. Adjust the taste with salt and pepper.

Potato chowder with mushrooms and beef



Curry soup with beans and mixed-grain rice

Ingredients (four servings)

- 2oz. can of cooked beans
- 2 tablespoons mixed-grain rice
- ¼ onion
- ¼ celery stalk
- ½ carrot
- ½ tomato
- 1 clove garlic
- 0.2oz. butter
- 450ml chicken bouillon

[A]

- 2 teaspoons curry powder
- 1 teaspoon cumin
- 1 teaspoon turmeric

[B]

- 60ml coconut milk
- 1 teaspoon soy sauce
- 1 teaspoon salt
- Dash of pepper

Directions

1. Soak the mixed-grain rice in water.
2. Finely chop the garlic and cut all the remaining vegetables into 1cm (0.4inch) cubes.
3. Place the butter in a pot and melt it over low heat.
4. Add the onion, celery, and carrots and continue cooking over medium heat. When the vegetables soften, add the rice and the spices in **A** and simmer.
5. When the aroma begins to rise, add the beans, tomato, and chicken bouillon and simmer till the vegetables soften. Add the ingredients in **B** and cook over low heat for five more minutes.

Ingredients (four servings)

- 1 chicken breast
- ½ onion
- 1 carrot
- 1 celery stalk
- 1 clove garlic
- 1.8oz. long pasta (broken into quarter-lengths)
- 800ml chicken bouillon
- 1 tablespoon olive oil
- 1 bay leaf
- dried basil, to taste
- Salt and pepper to taste

Chicken noodle soup

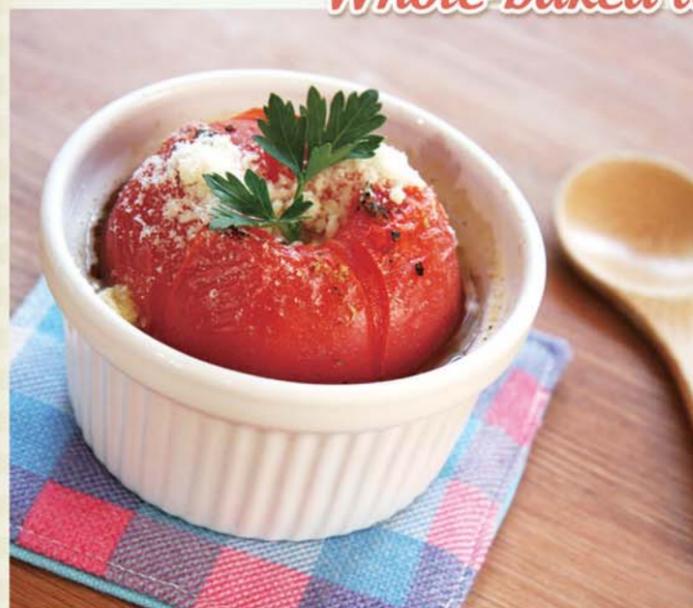


Directions

1. Cook the chicken breast and bay leaf in the chicken bouillon. Remove the chicken from the pot and strip off the skin. Cut into easy-to-eat pieces. Reserve the liquid.
2. Slice the onion and celery, chop the carrot into quarter slices and finely chop the garlic.
3. Place the olive oil and garlic in a pot and cook over low heat until the aroma rises. Add the vegetables, and saute over medium heat.
4. When the vegetables soften, add the soup 1. and simmer. Add the chicken breast, dried basil, and pasta. Adjust the taste with salt and pepper.



Whole-baked tomato soup



Ingredients (one servings)

- 1 tomato
- 120ml chicken bouillon
- Dash of salt and pepper
- Small quantity of dry basil
- Small quantity of olive oil

[Topping]

- grated cheese, as needed
- parsley, as needed

Directions

1. Remove the tomato stem with a knife and make a shallow cross-shaped mark on the tomato being careful not to break the skin.
2. Place the tomato in a heat-resistant container and drizzle the chicken bouillon over the cut part of the tomato, letting the liquid brim over. Sprinkle with the salt, pepper, dried basil, and olive oil and bake in a toaster oven for about ten minutes.
3. Top with grated cheese and parsley.



Garlic soup with asari clams & bell pepper

Ingredients (four servings)

- 14oz. Asari clams (with shells)
- 1oz. red bell pepper
- 1oz. yellow bell pepper
- 1oz. green bell pepper
- 3 cloves garlic
- 0.4oz. anchovy
- 800ml chicken bouillon
- Salt and pepper to taste



Directions

1. In a pot, drizzle the asari clams in their shells with the chicken bouillon. Cook over medium heat. When the clams open, turn off the heat.
2. Finely chop the garlic and slice the peppers into approximately 5mm (0.2inch)-width slices.
3. In a separate pan, stir-fry the garlic in olive oil over low heat. When the aroma begins to rise, add the anchovy and saute.
4. Add the chicken bouillon 1., asari clams, and peppers and cook over high heat. Bring to a boil, and adjust the taste with salt and pepper.

Nijiya's Original Organic Salt (Preserved) 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!



Komatsuna Lemon Salt



Ingredients (Serves 2)

- 1 bunch Komatsuna
- 2 Tablespoons Olive Oil
- ½ teaspoon Lemon Salt
- dash of Salt

Directions

1. Boil the Komatsuna until it changes color. Rinse with cold water and let cool. Dry well and cut into 1-½ to 2-inch lengths.
2. Mix the lemon salt and olive oil in a bowl. Add the Komatsuna.
3. Add salt to taste.

Lemon Salt Carpaccio

Ingredients (Serves 2)

Tai Sashimi (Enough For 2 servings)

— Lemon Salt Dressing —

- 1 Teaspoon Lemon Salt
- 2 Tablespoons extra virgin Olive Oil
- dash of pepper
- 1 bag young salad greens

Directions

1. Mix all the dressing ingredients together.
2. Put the salad greens in a bowl and pour half of the dressing on it.
3. Lay the sashimi on top and pour on the rest of the dressing.



Lemon Salt Tandoori Chicken



Ingredients (for 10 chicken wings)

- 10 Chicken wings
- 2 Tablespoons Vegetable Oil

— Sauce —

- Grated Garlic
- Grated Ginger
- 1 teaspoon Turmeric Powder
- 1 teaspoon Coriander Powder
- 1 teaspoon Cumin Powder
- ½ teaspoon Garam Masala
- 1 Tablespoon Ketchup
- 3 tablespoons Plain Yogurt
- 2 Teaspoons Lemon Salt

Directions

1. Make a slit in each chicken wing. Cut along the bone on both sides.
2. Put the ingredients for the sauce into a ziplock bag, mix well, and add the wings.
3. Marinate for 3 hours in the fridge. (You may also refrigerate it overnight.)
4. Put oil in a pan and cook the chicken with the cut side up.
5. When the color of the chicken starts to change, cover with the lid and steam on low heat for about 5 minutes.
6. Remove the lid, and cook on medium heat. When the chicken is thoroughly cooked, flip it over a couple of times, continuing to cook it over high heat.

Rare Cheesecake



Ingredients (makes a 6-inch cheesecake)

- 7 oz. Cream Cheese
- 3 Tablespoons Plain Yogurt
- ¾ cup Whipping Cream
- ¼ cup Sugar
- 0.2 oz. Gelatin
- ½ Tablespoon Lemon Salt
- 2 Tablespoons Butter
- 6 Cookies (Morinaga Marie biscuits)
- 2 tablespoons Lemon Juice

Directions

1. Crush the Cookies in a bowl.
2. Add the butter to the Cookies crumbs and spread evenly on the bottom of the mold/cake pan.
3. Microwave the cream cheese for about 30 seconds or until soft.
4. Add sugar and whipping cream to the softened cream cheese and mix well with a mixer. Add yogurt, lemon juice, and lemon salt.
5. Mix the gelatin with 3 tablespoons of hot water and add to 4.
6. Pour the mix into the pan and refrigerate for 5 hours.



Karaimo (sweet potato) Rare Cake “Lovely” An amazing cake that makes everyone smile

The sweet potato confection called “Lovely” was born twenty-five years ago. To date, the number purchased by all customers nationwide in Japan is 250 million pieces. When the pieces are stacked end to end, they extend more than three thousand times the height of Mt. Fuji.

The flavor of Karaimo differs depending on the variety. One variety offers the sweetness of honey and contains a lot of moisture while another gives a refreshing taste with less moisture. The colors of Karaimo differ with each variety and come in red, purple, and golden yellow. The ingredients are very healthy, including dietary fiber and/or carotene, vitamin C, and other nutrients at levels surpassing other vegetables. Karaimo has been

referred to as “delicious medicine” in Japan since olden times.

Kagoshima, at the southwestern tip of the Japanese island of Kyushu, has been the biggest production district of karaimo in Japan since the Edo Period (1603-1868). The Karaimo sweet potato is used not only for baking but also as the main ingredient in shochu (distilled, clear liquor) and has become a major component in Kagoshima’s manufacturing industry. The Festivalo company began making cakes from Kagoshima karaimo thirty years ago. They are the pioneers of karaimo cakes in Japan.

Festivalo makes their cakes without any preservatives, food coloring, and/or culinary expanding agents in order to make the most of karaimo’s naturally healthy properties. Instead of relying on

preservatives, the freshness of the cakes is preserved by freezing. The freezing of the karaimo cakes actually enhances their flavor. To further avoid degradation to the flavor, the quality of being “raw” is brought out through soft-baking. This is how Karaimo Rare Cake “Lovely” was born.

Karaimo Rare Cake “Lovely” is not mass-produced. Local company stores, JALUX airport shops, and Festivalo outlets at Daimaru Department Stores are the only shops carrying the product in Japan. This precious “Lovely” that cannot be purchased elsewhere is now made available to and can be enjoyed by American customers through Nijiya Market. Please try “Lovely” and do all you can to get a chance to visit the Lovely hometown of Kagoshima.

Orita-En’s Funmatsu-cha (Powdered Tea)

Orita-En (the Orita Tea Farm) has its own plantation on a bright, south-facing hillside in Kagoshima, where it grows vibrant tea plants in a warm climate without the use of any agricultural chemicals. During the summer season, tea plants are exposed to abundant sunshine, producing bancha (coarse) tea loaded with catechins, which give green tea its astringent taste. Catechins have antioxidant effects, and antioxidants are believed to have many health-promoting qualities.

Orita-En focuses on the health benefits

of catechins. For the production of its powdered tea, it uses only tea leaves harvested during the season when the catechin content is especially high. The powdered form allows the intake of all the health-promoting components of the catechin-rich tea leaves, thereby further enhancing their health benefits. All of Orita-En’s tea products can be safely consumed because they’re grown organically, without agricultural chemicals.

Generally, it’s believed that we need to drink three to five cups of Japanese



tea each day in order to experience its health benefits. The equivalent in powdered tea is about two cups a day, but why not incorporate powdered tea in your cooking for a change? It’s surprisingly easy to make delicious sweets with powdered tea.

Funmatsu Cha Smoothie

Ingredients

- 1 Banana, sliced
- 200ml (¾ cup) Milk/Soy milk
- 1 teaspoon Funmatsu Cha

Directions

Put all ingredients in a blender. Add ice and honey to taste.

Funmatsu Cha Fukure

Ingredients

- 5.3 oz. (¾ cup) All-purpose flour (A)
- 5.3 oz. (¾ cup) Whole wheat flour (B)
- 10 oz. (1-¼ cups) White Sugar (C)
- 250ml (1 cup) Water
- 3 Eggs
- 1 Tablespoon Baking Powder (D)
- 2 Tablespoons Funmatsu Cha

Directions

1. Sift A and B together.
2. Put A–D into a bowl, add water and lightly mix.
3. Add the eggs and mix until lumps are gone.
4. Add the funmatsu cha and mix well.
5. Inside the top of a double boiler, place a sheet of cooking paper. Then place the dough onto the cooking paper. Cover with a steam cloth.
6. Steam it for about 25 minutes.



Mr. and Mrs. Orita

Exciting! Gochiso Kitchen

Dried cherry tomato & black pepper rolls

by Reiko Yoshida



Ingredients (makes 12)
300g (10.6 oz.) Nijiya organic hard flour
12 pieces cherry tomatoes halved and sun dried for one or two days
3g (0.1 oz.) instant dry yeast
9g (0.3 oz.) light brown sugar (if unavailable, regular sugar may be substituted)
6g (0.2 oz.) salt
2g (0.07 oz.) coarsely ground black pepper
185g (6.5 oz.) water
12g (0.4 oz.) olive oil
Small quantity of olive oil and grated cheese for the finishing touch

Preparation (one or two days ahead)
Cut the cherry tomatoes in half and remove the seeds and moisture with a paper towel. Dry in the sun on a drying sieve with the cut side up for one to two days.



Directions

- Mix together the flour, yeast, salt, sugar, and coarsely ground pepper in a large bowl. Knead while gradually adding the water.
- After kneading for 15 minutes, add the olive oil. Knead 5 more minutes.
 - * Primary fermentation: in the kneading bowl, shape the dough into a round by smoothing down the surface. Cover with plastic wrap and leave in a warm place for fifty minutes to one hour.
 - * When the dough has doubled in volume, poke the center with a floured index finger. Check the fermentation level. (Refer to the photo.)



- Cut into 12 pieces (approx. 50g (1.8 oz.) per piece) with a knife or scraper and shape into balls. Place the balls on a baking tray with parchment paper between each piece to keep them from touching. Cover with a firmly squeezed, paper towel to prevent drying. Let the dough rest in a warm place for 20 minutes.
 - * Bench time
- With a rolling pin, flatten each ball into a round shape of approx. 8cm (3 inches) in diameter.
- Place a dried tomato cut side down in the

middle of each ball. Wrap the dough around the tomato to make a ball shape again and pinch the top closed.



- Arrange on a baking tray with closed side down and parchment paper maintaining space in between. As in 3., cover with a paper towel.
 - * Finishing fermentation: leave in a warm place for 25-30 minutes.
 - * Pre-heat the oven to 350°F
- With scissors, make a deep cut into the top of each ball. Sprinkle with olive oil and grated cheese as desired. Spray water evenly over the balls. Bake at 350°F for ten to 12 minutes. (Spraying with water yields a crispy crust.)



Dried vegetables in California

by Yuki Hirota

I first tried drying vegetables when I started thinking about how to increase sales of domestically-produced bamboo baskets sold at a shop in Tsukiji.

Today, kitchen tools made of stainless steel, silicone, low-cost plastic, etc. are sold more than tools made of the natural materials that Japanese people have used since ancient times. However, utensils made of bamboo or wood, that have traditionally accompanied Japanese cuisine are the tools that best complement the ingredients and that are indispensable to preparing and serving Japanese food. Those of us who sell these tools look for ways to make our customers appreciate them and use them more frequently. One day, I happened to harvest many cherry tomatoes at the farm I was helping at. Since there were more than I could use right away, I was thinking of ways to preserve them and thought of the dried tomatoes often used in Italian cuisine. The idea seemed easy enough to try, so I placed the tomatoes in a bamboo basket. By the time I was ready to take them in that evening, they were partially dried. When I bit into one, it was so sweet! Because it was so delicious, I began to suggest to customers that they try drying tomatoes in a

bamboo basket. Thus, pondering how to sell bamboo baskets after I had harvested too many cherry tomatoes led to my appreciation of dried vegetables.

Dried vegetables become delicious after just a little drying time. These semi-dried tomatoes are not bone-dry like the dried tomatoes that are distributed commercially. My semi-dried tomatoes retain freshness and juiciness with a hint of "umami" that becomes more intense in the process of being dried. Semi-dried cherry tomatoes are certainly good to eat as is, but they are also delicious when made into a dip by mincing and mixing with cream cheese. They are quite flavorful as an ingredient for pizzas or pasta as the umami intensifies. I also recommend adding them to "takikomi-gohan" (boiled rice seasoned with soy sauce with meat, seafood, and savory vegetables). Since they have less moisture than raw tomatoes, they work well in cooked dishes. During hot summer days, you can create an exquisite appetizer by sprinkling high-quality olive oil and salt on frozen, dried cherry tomatoes. You can use dried cherry tomatoes in many ways to add rich flavor and umami to cooking. Please try drying them on the next sunny day.



[How to dry cherry tomatoes]

Cut in half crosswise, wipe off the moisture by removing the seeds and dry with the cut side exposed. I recommend drying cherry tomatoes for two days, and so try to choose two consecutive fine days.



Cherry tomatoes & shrimp tofu

Ingredients (makes 10 to 12)

6 to 7 dried cherry tomatoes
1 block firm tofu
2 tablespoons sakura shrimp
Pinch salt
2 tablespoons olive oil
Roasted white sesame seeds, as desired

Directions

- Cut the dried cherry tomatoes in half again (1/4 size of a whole).
- Lightly drain the tofu and place in a serving bowl.
- Put the olive oil and sakura shrimp in a frying pan over low heat. When the aroma begins to rise, add the dried cherry tomatoes 1. and heat until warm. Pour over the tofu 2.. Serve by sprinkling with salt and roasted white sesame seeds.



NIJIYA MARKET

Delicious Meat Deli

Excluding Hawaii and NY stores



Karaage (Fried Chicken)

Our karaage, which is a long-time favorite of many customers, is now more delicious than ever. By using skinless chicken thigh, we have eliminated the unwanted fat. The juicy, flavorful meat, precisely adjusted seasoning, batter mix, and an exact oil temperature combine to give our karaage its special, crunchy texture. The flavor of our karaage stimulates your appetite and tastes good even when cold. We've worked hard to make our karaage the best it can be, so you can expect a great experience each and every time.



Carefully Crafted Tonkatsu (Pork Cutlet)

Nijiya's tonkatsu gets a twist before being coated with bread crumbs. Pork meat hardens when it's heated, so our pork goes under a roller with needles before being marinated in naturally seasoned liquid. This makes the meat tender and juicy. Our batter mix is carefully created, too, so the coating and meat stay together after frying. Even the bread crumbs have a special feature. We use coarsely ground raw bread crumbs that the bread-crumbs maker makes exclusively for us. Raw bread crumbs give our tonkatsu a very crispy texture.

Hamburger Steak with Special Sauce

Nijiya's hamburger steak is made from a blend of low-fat ground beef and pork. Cooking starts by frying onion with care. After the browned onion, meat, and seasoning are combined, the patties are hand-shaped one by one. Then they're baked in a big oven, while we monitor the temperature at the center of the patties. Finally, they're tossed in Nijiya's special, additive-free demiglace sauce.



WASABI



Wasabi is an essential accompaniment to *nigiri sushi* and *sashimi*. The wasabi plant is a spicy aromatic vegetable associated with Japanese food. The sharp taste clears our sinuses in a way that is different from the spiciness of chili or pepper. Called "wasabi" in English as well, wasabi spread widely in the U.S. with the Japanese food boom. It has become an essential condiment and a staple at sushi restaurants.

Wasabi is a perennial plant of the Brassicaceae family native to Japan. The name first appeared in literature of the Nara period (710-794), and it is believed that Japanese people were already eating wasabi in the Kamakura period (1185-1333). Wasabi farming began in the Edo period (1603-1868), in what is now the Utogi area of Shizuoka City. Instead of foraging for wild wasabi, people began planting and growing wasabi near springs. Utogi remains a major wasabi

growing region after more than 400 years.

Wasabi, the Japanese condiment, is called *Hon wasabi* (Japanese horseradish), which is different from *Yama wasabi* (horseradish), which is used in Europe and other parts of the world. Horseradish is believed to have originated in Eastern Europe. With both wasabi and horseradish, the edible part is the root, which is grated and used as a condiment. The wasabi paste found in tubes at supermarkets is very popular. However, many of these wasabi tubes contain European horseradish powder; some contain both wasabi and horseradish, and others contain horseradish only.

Tubed wasabi can be found in many homes, but a close look at the list of ingredients on the back of the package reveals that it isn't made from grated wasabi alone. Instead, both wasabi and European horseradish are ingredients.

The spiciness of tubed wasabi is the same whether or not it contains *Hon wasabi*.

Wasabi has excellent deodorizing and anti-bacterial properties. That's why wasabi is perfect for sashimi and sushi, which are primarily raw fish. Also, wasabi whets our appetite with its unique flavor and promotes the release of digestive juices. The sharp taste of wasabi makes our nose tingle for a second because of a substance called allyl isothiocyanate (mustard oil). When the wasabi roots and leaves are grated, the cells break, and a compound called sinigrin undergoes a chemical reaction in the presence of enzyme and water, thus producing the allyl isothiocyanate. This is the substance that limits bacterial growth and prevents food poisoning.



Baked Wasabi Chicken

Ingredients (Serves 2)

- 1 Chicken Thigh • 1 tablespoon Sake • Salt and Pepper
- 2 tablespoons Tubed Wasabi • 2 teaspoons Olive Oil • 1 teaspoon Soy sauce

Directions

1. Butterfly the chicken thigh and pound to an even thickness.
2. Sprinkle the chicken with the sake, salt, and pepper. Pour the olive oil in a pan and cook the chicken skin side first until brown.
3. Flip the chicken and cook the other side. Cover and heat for 3 minutes on low.
4. Remove the lid. Spread the wasabi on the chicken skin, cover again, and heat for 3 minutes.
5. When the chicken is thoroughly cooked, pour the soy sauce over it and enjoy.



Nagaimo Wasabi

Ingredients (Serves 2)

- 3-½ oz. Nagaimo • 2 tablespoons Nijiya Tsuyu Tennen
- ¾ inch (2cm) Tubed Wasabi • 1 Tablespoon Vinegar
- Shredded Seaweed (Nori), as needed

Directions

1. Peel and cut the nagaimo.
2. Put all the ingredients except the nori inside a ziplock bag. Marinate in the fridge for about 20 minutes.
3. Put the marinated nagaimo on a plate and top with nori.

KUROZU (black vinegar)

A health food from the Edo period that's more than just a seasoning

The primary ingredients of Tsubo Zukuri Junmai Kurozu (artisan amber rice vinegar) are steamed rice, *kome-koji* (malt rice), and groundwater, which are fermented and aged in ceramic pots lined up in the open air. The entire fermentation process takes place in a single pot using solar energy, a unique production technique found nowhere else in the world. This pot fermentation of Kurozu was developed during the latter half of the Edo period (1603-1868) in the region currently known as Fukuyama-cho in Kirishima City, Kagoshima Prefecture. The land had easy access to the ingredients of rice and groundwater essential in the making of Kurozu; above all, its warm climate was perfect for the fermentation and aging of Kurozu. These factors led



to the development of Tsubo Zukuri Junmai Kurozu.

Kurozu enjoyed a boom during the 1990s for its health benefits and quickly gained recognition as a health food. Compared to normal vinegar, Kurozu is characterized by its distinctively rich taste, making it excellent for use in *Sunomono* salads or as a secret ingredient that enhances the flavor of a dish. More and more people drink Kurozu for wellness, usually diluting it with water or other beverages.

Power of Kurozu

Recently, renewed attention has been brought to fermented foods for their potential health and beauty-promoting qualities. Kurozu is also a fermented food, resulting from the intertwining of the various microorganisms that occur in fermentation.

A variety of microorganisms—such as

koji mold (*Aspergillus oryzae*), lactic acid bacteria, yeast, and acetic acid bacteria—are involved in the fermentation of Kurozu in a complex manner. As these microorganisms coexist or compete with each other, their interactions generate amino acids, peptides, organic acids, and other substances essential for daily health maintenance.

It has long been demonstrated that drinking Kurozu helps heal fatigue, lose weight, improve the physical condition, etc. Since the 1970s, universities and public agencies have collaborated to produce scientific evidence for these health benefits. However, these efforts have not yet yielded results.. It is expected that future research will further reveal the potential power of Kurozu and its health benefits.

Enjoy Kurozu as part of your daily diet

Kurozu, which has been used since ancient times, is made as a result of slow fermentation and aging. Kurozu isn't a chemically synthesized product, dietary supplement, or medical product. Instead, it's a 100% natural food that takes a long time to produce.

If you don't like the acidity or distinctive flavor of Kurozu, it's a good idea to mix it with fruit juice. Juices that go particularly well with Kurozu are apple and grape. In your daily health routine, drink about 2 tablespoons of Kurozu diluted four or five times with juice. The longer you continue to drink this beverage, the more you should feel its beneficial effects. Kurozu is safe to use, so take advantage of its power for health maintenance, disease prevention, beauty, and weight loss.

Kurozu can be used in cooking, desserts, or even as a sauce for ice cream!

"Kurozu and Akabudou" (black vinegar and red grapes)

This aromatic Kurozu drink is made by adding Concord grape juice (a product of the U.S.) and oligosaccharide to Tsubo Zukuri Junmai Kurozu "Sakamoto Kurozu" (artisan amber rice vinegar). To drink, mix three parts grape juice to one part Kurozu.

"Kurozu and Shirobudou" (black vinegar and white grapes)

This sweet-scented Kurozu drink is made by adding Muscat grape juice (a

product of Italy) and oligosaccharide to Tsubo Zukuri Junmai Kurozu "Sakamoto Kurozu." To drink, mix three parts grape juice to one part Kurozu.

A message from the developer

Throughout the development of "Kurozu and Akabudou" and "Kurozu and Shirobudou," we paid particular attention to ease of drinking and flavor. There is a wide variety of red grapes and white grapes, but not all of them go well with Kurozu. After trying many different varieties, we found that Concord grape juice and Muscat grape juice tasted best with Kurozu. We proudly present these products, each keeping the rich aroma of the grape while offering the health benefits of Kurozu. Just the right amount of sweetness makes it easy to continue drinking them. Personally, I recommend diluting Kurozu with carbonated water. Give it a try!



Black Vinegar Cranberry Cooler

Ingredients (Serves 2)

200ml (3/4 cup) Cranberry Juice
100ml (3/8 cup) Apple Juice
100ml (3/8 cup) non-cola soda, such as Sprite
2 tablespoons Black Vinegar

Directions

Pour everything into a glass and mix well.

Black Vinegar Sour Ginger

Ingredients (Serves 2)

400ml (1-2/3 cups) Ginger Ale
Ginger Powder, as needed
2 Tablespoons Black Vinegar

Directions

Mix the ginger ale and vinegar in a glass.
Sprinkle the ginger powder on top.



UMEBOSHI



Umeboshi, which means pickled plum, is prepared by pickling ume fruit in salt to dry, and then pickling the dried ume in vinegar with shiso leaves. Various types of umeboshi are available, from soft, large ones to crunchy little ones, all having a reddish color. Umeboshi tastes sour on its own, but it has long been a popular side dish in Japan as a perfect accompaniment to rice. With its long history, umeboshi is indeed a traditional Japanese food.

Japanese people began making umeboshi during the Heian period (794-1185). As the story goes, a Heian emperor was able to heal himself from an epidemic plague by drinking tea brewed with umeboshi and kombu kelp. While

umeboshi was originally considered a medicine for the nobles, the custom of eating umeboshi to cure diseases spread to the samurai class in the Kamakura period (1185-1333), although it was still too expensive for commoners. During the Sengoku (1467-1603) period of civil wars, umeboshi was used on the battlefield as a handy antidote and source of nutrition. It is said that every samurai set out to war with umeboshi hanging from his belt. Commoners finally got their hands on umeboshi in the Edo period (1603-1868) when ume farming became popular. As ume became readily available to the masses, people began pickling ume at home, and umeboshi became a traditional Japanese food, which it remains today.

Known for its distinctive sourness, umeboshi is a popular filling for rice balls in bentos. The antibacterial effects of umeboshi are believed to prevent food poisoning, as bentos are often eaten long after the food is prepared. A rich source of natural citric acid, umeboshi is also believed to relieve fatigue, prevent aging, and offer other wonderful health benefits if eaten daily. Another common belief is that drinking plenty of *bancha* tea with umeboshi soaked in it is a great cure for hangover.

Marumo's Katsuobushi (dried bonito flakes)

Marumo has had a history of making *katsuobushi*, or dried bonito flakes, in Makurazaki City, Kagoshima—the number-one dried bonito production region by volume—for 89 years, since its founding in 1928. The company also has a shaving factory in Kagoshima City to provide a one-stop katsuobushi production line, covering all necessary steps from making dried bonito to shaving it into dried bonito flakes products.

It takes a lot of time and effort to make katsuobushi. First, landed and frozen bonito is defrosted over a day and then butchered with a knife. One bonito fish is cut vertically into left and right halves, which are then cut into the back side and stomach side. These four parts of the bonito are cooked slowly, deboned, and then smoked under hot air. After a full day of smoking, the heat is turned off, and the bonito is left to cool overnight. This process is repeated for about two weeks to make *arabushi*, or low-grade dried bonito. More expensive katsuobushi requires an additional mold-growing process. First, the dried bonito is kept in a hot, humid chamber

that encourages the growth of mold. The mold further dehydrates the smoked dried bonito and breaks down the protein into amino acids that produce umami. Once mold has grown, the fish is dried under the sun to kill the mold. This process of growing and killing mold is repeated two to four times. After more than six months from the landing of the fish, authentic *karebushi*, or high-grade dried bonito, is completed. The final katsuobushi weighs less than one-fifth of the original bonito weight. This shows how concentrated the umami and nutrients have become. Creating katsuobushi is a work of art of dedicated craftspeople, requiring many days and

the utmost care.

Japanese food is a registered UNESCO intangible cultural heritage. In Japan, we enjoy four seasons and seasonal events through our meals. *Dashi*, or soup stock, plays an essential role in Japanese food culture. The most basic dashi is *katsuo kombu dashi*, made from katsuobushi and kelp. Japanese food is made with savory dashi that enhances the flavors of other ingredients. Marumo is proud to be a manufacturer of katsuobushi, an important component of Japanese food, and is committed to bringing its flavorful products to the people around the world.

Let's Make Umeboshi

Let's make umeboshi in ume season! Use fully ripe ume. Ripe ume assumes a yellowish hue and releases a pleasant aroma. If you bought ume that aren't yet yellow, keep them at room temperature for a couple of days to ripen.

Ingredients

- Ripe ume: 2-1/4 lb.
- Sea salt: 6-1/4 oz. (18% of ume by weight)
- Red shiso leaves: 3-1/2 to 7 oz. (10 to 20% of ume by weight)

What you need

Pickling jar (made of glass, ceramic, or enamel), weights
Before using the jar and weights, sterilize them in boiling water.

Directions

1. Wash ume and soak them in water overnight.
2. Dry the ume, spray with shochu, Japanese distilled liquor, and sprinkle with salt. Place a 4-1/2 lb. weight on top, and wait for a week or so until the juice (ume vinegar) is extracted from the ume. (A)
3. Rub salt into red shiso leaves, soak them in water to release the bitterness, and wring them dry. Spread the shiso leaves over the ume, pour the ume vinegar from (A), and wait for the "dog days of summer." As we say, "Three days, three nights of doyoboshi." Hang the ume to dry over several consecutive days of fine weather.



What Is Doyoboshi?

Doyoboshi refers to the custom of drying things for "three whole days," or three days and three nights, from July 20 to July 23 that usually coincide with the dog days of summer. The amount of ultraviolet radiation reaches its peak during the dog days. Our ancestors knew from experience that drying things under the sun during this period would prevent the formation of mildew.



Daikon Salad

Ingredients (Serves 2)

- 2 pk (3gx2) Katsuobushi (dried bonito flakes)
- 3 inches daikon (Japanese radish)
- Salad mix pack, as needed
- 1/2 lemon
- Olive oil, as needed
- Black pepper, as needed
- Salt, as needed

Directions

1. Shred daikon to thread pieces. Soak shredded daikon in cold water for 5-10 minutes.
2. Combine all the salad ingredients in a bowl and toss it all together.
3. Put the 2 on a plate.
4. Sprinkle katsuobushi (bonito flakes), olive oil, black pepper and salt.
5. Pour the squeezed lemon when you are ready to serve.

かつお節の
モマルモ
<http://www.kk-marumo.co.jp>



Colorful Chirashizushi

Chirashizushi (vinegared rice with pieces of raw fish and other ingredients arranged on top) is a perfect spring time dish. Vinegar is good for your body, and the colorful ingredient toppings make this a feast for the eyes.



Seafood Chirashi
Assorted fresh seafood on the sushi rice.

About Chirashizushi

People associate eating chirashizushi with celebratory occasions. For example, chirashizushi is a dish we traditionally eat on Hinamatsuri (Dolls' Festival). There are various theories about the relationship of chirashizushi to Hinamatsuri, but none of them has been proved. One theory is that chirashizushi was created as a healthy dish for girls by placing a variety of nutritious ingredients over rice.

Strictly speaking, chirashizushi should have ingredients of four colors: blue, red, white and black. The four colors represent the Four Godly Creatures, namely, the Blue Dragon, the Red Chinese Phoenix, the White Tiger, and the Black Tortoise (or Black Warrior). The Four Godly Creatures are believed to govern the four corners of the world. The Blue Dragon looks after the East and Spring,

the Red Chinese Phoenix is in charge of the South and Summer, the White Tiger controls the West and Autumn, and the Black Tortoise is the God of the North and Winter.

Adjusting the Taste of Sushi Rice

Adjust the balance of vinegar and sugar to taste. Generally, when making sushi with raw fish, you should add a little less sugar.

Older recipes often instruct you to first "wash the rice and place it on a bamboo sieve (or strainer)." This is because in olden times rice was refined and stored in different ways and therefore had a hard surface. That's why rice had to be washed and then dried on a bamboo sieve so that the surface would crack and more water would be absorbed. This is not necessary with today's rice.

Basic Sushi Rice

Ingredients (Serves 4)

- 2-2/5 cups rice
- 2-2/5 cups water
- 3 tablespoons sake
- 3 x 2 inches konbu (dried kelp)
- <Vinegar mixture>
- 5 tablespoons vinegar
- 4 tablespoons sugar
- 2 teaspoons salt



Cooking Directions

1. Wash rice and soak in a pot in the specified amount of water for 30 minutes to an hour.
2. Roughly wipe the surface of the konbu and add it, together with sake, to the pot containing the rice and water. Heat the pot and, just before the water starts to boil, remove the konbu. Continue cooking the rice as usual.
3. Combine the ingredients for the vinegar mixture in a small bowl.
4. When rice is done, let sit for about 5 minutes, and then transfer the rice into a large container. Pour vinegar mixture over the rice.
5. Use a rice scoop (shamoji) to mix the rice well. When the vinegar is mixed evenly into the rice, cool the rice by fanning it with a Japanese fan (uchiwa).
6. Mix the rice gently by moving the scoop in a folding motion so that air contacts with the rice grains. Cool until rice no longer emits steam.

Tips

- If you don't proceed to the sushi rice recipes immediately, cover the rice with a wet towel to keep it from drying.
- Sushi rice is best eaten around 2 hours after it's made.
- For greater convenience, use an electric fan to cool the rice.

An easy dish with simple ingredients

Salmon Chirashi

Ingredients (Serves 4)

- Sushi rice to serve 4
- <Ingredient to be mixed with rice>
- 3 Japanese cucumbers
- A pinch of salt
- <Salmon flakes>
- 3 slices of salmon fillet
- 3 tablespoons mirin (Japanese sweet cooking rice wine)
- 2 tablespoons sake
- A pinch of salt
- <Toppings>
- A pinch of black sesame seeds
- 5 oba (green perilla) leaves



Cooking Directions

1. Thinly slice the cucumbers. Sprinkle with salt and let stand for a while.
2. Remove the skin from salmon and cook in a pan with mirin, sake and salt. Use a rice scoop to break the fish into flakes as you cook.
3. Squeeze the cucumbers to drain the water. Mix with sushi rice, salmon flakes and sesame seeds.
4. Julienne oba leaves and sprinkle them over the rice mixture.



Enjoy spring to the fullest!

Chirashizushi with Spring Vegetables

Ingredients (Serves 4)

- Sushi rice to serve 4
- <Ingredient to be mixed with rice>
- 1 sheet of fried bean curd
- <Seasonings>
- 1 tablespoon sake
- 2 tablespoons mirin (Japanese sweet cooking rice wine)
- 1 tablespoon soy sauce
- 1 small boiled bamboo shoot
- 2/5 cup uncooked green peas
- 2/5 cup uncooked broad (fava) beans
- 3.5 oz. boiled sansai (mountain vegetables)
- <Toppings>
- 1/2 bunch mitsuba (Japanese honewort)
- 0.7 oz. Sakura no shio zuke (salt-pickled cherry flowers)
- 1/4 cup mominori (roasted shredded seaweed)

Cooking Directions

1. Boil the fried bean curd to remove the oil, slice it thinly, and cook with the sake, mirin and soy sauce until no liquid remains. Let dry.
2. Oil the beans in salt water. Soak the cherry flowers in lukewarm water to remove salt. Slice bamboo shoot and mitsuba (fresh) into bite-size pieces, and drain the mountain vegetables.
3. Mix the sushi rice with fried bean curd slices. Transfer the rice mixture onto a serving plate, and garnish with the toppings.

A staple sushi dish and a home-cooked delicacy, this requires careful preparation but is well worth it!

A heavenly combination of sauce and sushi rice

Eel & Squid Chirashi



Ingredients (Serves 4)

- Sushi rice to serve 4
- <Ingredients to be mixed with rice>
- 1 piece grilled eel
- 1 tablespoon sake
- 1 slice sashimi-grade squid
- 3 oba (green perilla) leaves
- 1 Japanese cucumber
- 1 oz. tobiko (flying fish roe)
- 1 pack kaiware (radish sprouts)
- Sliced nori (dried seaweed) (as needed)
- <Eel sauce>
- 3 tablespoons soy sauce
- 3 tablespoons mirin (Japanese sweet cooking rice wine)
- 2 tablespoons sugar

Gomoku-chirashi

Ingredients (Serves 4)

- Sushi rice to serve 4
- <Ingredients to be mixed with rice>
- 4 dried shiitake mushrooms
- 1/2 burdock
- 1 carrot
- <Seasonings>
- 2/5 cup dashi soup stock
- 1 tablespoon sake
- 1 tablespoon mirin (Japanese sweet cooking rice wine)
- 1 tablespoon soy sauce
- <Toppings>
- 5.3 oz. shrimp
- 0.7 oz. snow peas
- 3.5 oz. lotus root
- <Sweet vinegar mixture>
- 1/5 cup water
- 1 tablespoon vinegar
- 1 teaspoon sugar
- 1 teaspoon mirin
- <Thin strips of egg>
- 1/2 teaspoon corn starch
- 1/2 tablespoon water
- 2 eggs
- 1 teaspoon sugar
- Salt (to taste)
- Vegetable oil (as needed)

Cooking Directions

- To prepare the ingredients to be mixed with rice
- 1. Soak the dried shiitake mushrooms in lukewarm water, whittle the burdock and soak in vinegar water (add the desired amount of vinegar other than the measured vinegar listed above), and slice the carrot thinly.
- 2. Julienne the shiitake mushrooms and put them into a pot with the soaking water, add the drained burdock and carrot pieces and seasonings, and boil until no liquid remains.



To prepare the toppings

1. De-shell and de-vein the shrimps, and boil them in salted water (add the desired amount of salt other than the measured salt listed above). If the shrimps are too big, cut them into halves.
2. Boil the snow peas in salted water (add the desired amount of salt other than the measured salt listed above) and slice diagonally.
3. Slice the lotus roots into thin crescent pieces. Boil in salted water (add the desired amount of salt other than the measured salt listed above), and soak in the warmed sweet vinegar mixture.

To prepare the eggs

1. Mix the starch, sugar, and salt in a bowl. Add water to dissolve all the ingredients.
2. Add eggs and beat well.
3. Coat a frying pan with a thin layer of oil and make an egg crepe. Let it cool, and slice into thin strips.

Finish

Mix shiitake mushrooms, burdock and carrot with the sushi rice. Transfer the rice mixture onto a serving plate. Cover with the thin strips of egg, and garnish with the toppings.

Cooking Directions

1. Boil the eel sauce ingredients in a pan, and let cool.
2. Pour sake over eel. Reheat in a broiler, oven, or on a fish grill, etc., and cut into bite-size pieces.
3. Score the sashimi-grade squid. Turn it over and put oba leaves on top. Roll the squid into a cylinder, and cut into thin slices.
4. Julienne the cucumber.
5. Put sushi rice on a serving plate. Sprinkle with cucumber, tobiko, squid, and eel. Pour sauce over the chirashi rice, and garnish with kaiware and nori.

Nijiya Special: Marinated Sawara (Japanese Spanish mackerel)

Nijiya proudly presents original marinated fish recipes using sawara, type of fish that's seasonal to spring.



Sawara is a spring fish known to quickly boost energy, reduce fatigue, and prevent rough skin. The flesh of the sawara has a mild taste, but it's relatively rich in fat. The moderate amount of fat between the skin and the meat imparts a unique flavor and makes it particularly savory.

Our tasty sawara is marinated in either of two original Nijiya recipes. Both recipes are healthy and contain no additives, preservatives, or coloring agents. We purchase sawara caught in the northern part of the Sea of Japan, where the fish are characteristically fat. We select only top-quality fish in terms of fatty meat, color, freshness, and size. Both recipes require preparation by hand, which takes time and effort.

Sawara Marinated in Shio Koji



Shio koji is recognized as a universal condiment. Nijiya makes additive-free, healthy shio koji. Shio koji breaks down the starches and proteins contained in food ingredients, and the resulting sugar and amino acids enhance umami. Shio koji makes ingredients sweeter and tastier, adding richness and smoothness to their aftertaste.

Sawara Marinated in Saikyo Miso

The plump, dense meat of sawara and the mild taste of *saikyo* miso complement each other. The result is a delicate taste that isn't overly sweet. The key to juicy, flavorful saikyo-yaki (grilled saikyo-miso marinated sawara) is to remove the excess miso and cook the fish slowly over low heat.



有機栽培

ORGANIC
Nijiya Farm

With the growing population of sushi lovers, edamame is gaining popularity around the world. In Japan, freshly boiled edamame has been a summer tradition since the Edo period (1603-1868). Edamame is a must-have item for restaurants and homes during summertime. Every summer, Japanese people renew their intense love affair with edamame as a seasonal treat that's eaten as a snack or an appetizer, with beer or even after meals. The tradition of eating boiled unripe soybeans is found only in Japan. Americans eat green peas, or young peas, but the preparation of green peas is very different from that of edamame.

Soybeans are widely believed to have come from northeast China or Siberia, but one theory argues that soybeans originated with *Glycine soja*, a native plant in Japan.

Soybeans have been grown in East Asia as a crop for more than 4,000 years and are believed to have been introduced to Japan during the Jomon or Yayoi period through Korea.

With the widespread cultivation of carbohydrate-rich rice, protein-rich soybeans were also grown extensively. Soybeans supplement the nutrients lacking in rice, and are valued as contributing to a balanced diet. Techniques to process and preserve soybeans were invented

EDAMAME

(GREEN YOUNG SOYBEANS)



early on. Soybeans were processed into different forms, such as *hishio*, from which miso and soy sauce are made, and soybean culture blossomed.

Soybeans were subsequently introduced to Europe from Japan. In the seventeenth century, Engelbert Kaempfer brought soybeans back to Europe from Hirado in Nagasaki Prefecture where he had been sojourning, and soybeans became popular in Europe. In a book Kaempfer edited after returning home, soybeans were introduced as shoyu beans because they were the ingredient of shoyu, or soy sauce "shoyu beans" became "soybeans." Soybeans were introduced to America in the eighteenth century, and now the United States is the number-one soybean producer, growing as much as 9 million tons of soybeans. Japan, on the other hand, is soybean paradise where 5.3 million tons of soybeans, including around 2.3 million tons grown domestically and 3 million tons imported from the U.S., are consumed every year.

Edamame

It isn't clear when we began eating unripe soybeans in the form of edamame. The word, "edamame," appeared in the mid Edo period. Many writings from this period suggest the existence of edamame, such as "(We) ate soybeans when the pods were still soft," and "(We) saw edamame peddlers throughout the town in summer." There are even ukiyo-e prints depicting edamame peddlers. Apparently they sold boiled edamame

with stems, which became a very popular snack during the Edo period. A story goes that the name "edamame" came from "eda tsuki mame," or beans with stems.

Locally grown edamame brands are very popular among today's foodies. Famous ones include "Dadachamame," from Tsuruoka, in Yamagata Prefecture; "Kurosaki Chamame" in Kurosaki, Niigata Prefecture; and "Tamba Shinoyama Kuroedamame," from the Tamba region of Hyogo Prefecture. Each of these edamame brands has a unique taste and flavor that comes from the special soil in the area, which explains why local edamame brands can't be grown elsewhere. The diversification of edamame brands has fueled the popularity of edamame.

Nijiya Farm's fresh edamame is grown organically in a perfect environment with strongly alkaline soil, mineral-rich water, mature compost, and California's sunshine and clean air. Our edamame boasts superior taste, aroma, and sweetness equaling the distinctive characters of Japanese brands. Edamame harvesting starts in August. The edamame season is short, so if you find fresh edamame with stems in Nijiya stores, don't miss the opportunity to buy some. It's fairly easy to cook edamame. Remove the pods from the stems and place them in a pot. Fill the pot with cold water to just cover the pods, turn on the heat, bring

to a boil, cook for 2 minutes, and then drain the water and sprinkle with salt. You will enjoy the most delicious edamame!

Frozen Edamame

As frozen edamame became available in many stores, the popularity, and consumption of quick-and-easy edamame received a big boost. The United States is the number-one soybean-producing country in the world. Since a majority of soybeans consumed in Japan come from the U.S., frozen edamame from the U.S. were exported to Japan en masse in the 1980s. Frozen edamame was also prevalent in U.S. stores, boosting the sales of edamame. By 2000, however, China-made frozen edamame dominated the market. Riding the Japanese food fever, consumption of frozen edamame continues to rise because it's readily available and tasty, served at almost all Japanese restaurants as an appetizer or snack, and goes really well with sushi, beer, or sake. As the demand for frozen edamame grows, more expensive Japan-made frozen edamame products have become available, such as frozen chamame, organic edamame, and unshelled edamame, to satisfy the needs of discerning customers.

Cultivation

It is a well-known fact that legumes live in symbiosis with mycorrhizal fungi and promote nitrogen fixation. With edamame, which consumes a lot of fertilizer, it's

important to plow in a sufficient amount of basal fertilizer instead of relying on mycorrhizal fungi.

Edamame roots are shallow and grow horizontally; thus, they dry out easily. Accordingly, plastic mulching sheets, which also prevent weeds, are an essential part of edamame farming. Soil between ridges is covered with wheat straw to control harmful insects.

Since edamame leaves are a favorite meal for deer, 2 meter (6.6ft) high nets are constructed as a barrier around the field. Once this labor-intensive work is done, the field is ready for edamame cultivation.

For reasons that are not fully understood, when to plant seeds is very important in cultivating edamame. Edamame farmers have learned over the years that planting must happen in mid-May. If they plant the seeds earlier or later than that, edamame will not grow.

Once the seeds are sown, strong buds sprout in about a week. First, roots grow from the edamame seeds, and they push up the seeds as they sprout. That's why you suddenly see sprouting buds all over the ground and sense the vitality of the plant. Once sprouting occurs, weeding is all that's necessary to cultivate edamame. As the plants grow to approximately 50 cm (20inch) in height, they produce a lot of flower buds near the stems. By the hundredth day, in

mid-August, they grow as high as 1 meter (3.3ft) and are ready for harvest.

Farmers have been using the same technique to harvest edamame since the Edo period, which is to cut the stems at the base, remove the leaves, and ship edamame with stems. It is a time-consuming process, but this is the best way to keep edamame fresh, because the pods and stems are intact.

In California, the number of local Japanese edamame farms continues to shrink, so it's no longer possible to prolong the edamame season by obtaining the crop from farmers in different geographical areas or by harvesting edamame at different times from farms in the same area.

Nijiya Farm has become one of few brands that sell edamame during the short season of availability. If you find fresh edamame in our stores, don't miss the opportunity to buy them. You will surely enjoy the natural taste of organic edamame, whose texture and flavor are far superior to frozen edamame.

Organic Cultivation

Edamame, or soybeans harvested when unripe, is a brightly colored vegetable offering the nutritional benefits of both bean and vegetable. The nutritional value of soybeans has been proven in numerous studies, but edamame actually contains more vitamin A, vitamin C, vitamin B₁, folate, and other minerals and carotene than fully ripe soybeans, although the protein and carbohydrate contents of edamame are slightly lower. Edamame is a low-calorie, fiber-rich food, so you don't have to worry about eating too much of it.

Organic cultivation is a method where conditions close to the natural environment, free from chemical fertilizers and agrochemicals, are created to promote the growth of crops and allow their natural properties to be fully expressed. When grown organically, crops that are high in nutritional value, such as edamame, abundantly demonstrate their wonderful characteristics. Organic foods taste and smell different and have better texture.

Goya (bitter gourd)

Let us introduce goya dishes for those who love goya for the very reason that “it has a bitter taste.”



Goya & eggplant tuna salad

- Ingredients**
 1 medium goya
 1 medium eggplant
 ½ teaspoon salt
 1 can Nijiya tuna
 3 tablespoons mayonnaise
 Pepper, to taste
- Directions**
 1. Cut the goya in half lengthwise, remove the seeds and the white substance with a spoon. Slice into 2 to 3 mm sized pieces. Slice the eggplant similarly. Sprinkle with salt, and let rest for five minutes.
 2. Lightly squeeze the goya and eggplant to get rid of moisture.
 3. Mix in the tuna and mayonnaise, and season with pepper to taste.

Goya pork- wrapped skewers

- Ingredients** (makes 8 to 10 skewers)
 1 medium goya
 450g (approx. 1 lb.) thinly-sliced pork
 6 tablespoons Nijiya barbecue sauce
 ¼ teaspoon salt
 2 teaspoons sesame oil
- Directions**
 1. Slice the goya in half lengthwise. Remove the seeds and the white substance with a spoon. Julienne into twelve sticks.
 2. Sprinkle the goya with salt. Heat in an oven for one minute, and then cool.
 3. Spread ¼ of the pork slices on a cutting board. Wrap the pork around three sticks of the cooled goya. Slice the goya wraps into bite-sized pieces and slide the pieces onto a skewer.
 4. Put the sesame oil and skewers (3) in a frying pan and cook until they brown. Reduce the heat to low. Pour the sauce over the skewers and continue cooking until the liquid is almost gone. Arrange the glazed skewers on a plate to serve.



Goya tempura

- Ingredients** (makes for two to three servings)
 1 medium goya
 Nijiya tempura flour as needed
 Cold water as needed
 Frying oil as needed
 Matcha salt as needed
 (1:1 mixture of green tea powder and salt)
- Directions**
 1. Slice the goya with white substance intact into round slices of 7 to 8 mm thickness and remove only the hard seeds.
 2. Dissolve the tempura flour with cold water and make a stiff batter.
 3. Coat the goya slices with the batter. Fry in medium temperature oil. Sprinkle with the matcha salt and arrange on a plate to serve.



Goya roll (sushi)

- Ingredients** (makes ten thin rolls)
- | | |
|--|-----------------------------------|
| <Sushi rice> | <Blended vinegar> |
| 2 cups rice | 2 tablespoons sugar |
| 1 tablespoon sake | ½ teaspoon salt |
| 1 business-card sized piece of soup stock grade kelp | 4 tablespoons rice vinegar |
| | 1 medium goya |
| | 5 pieces sushi nori (cut in half) |
| | Pickled ginger as needed |
| | Sea salt as needed |
- Directions**
 1. Wash the rice, add sake and kelp and cook with a little less than the usual amount of water.
 2. Mix the ingredients for “blended vinegar.”
 3. When the rice is finished cooking, remove the kelp, empty the rice onto a rice board and add the blended vinegar (2) by slowly pouring over it. Quickly mix the rice with a rice paddle as if cutting into it. Once the vinegar is blended, cool by fanning.
 4. Cut the goya in half lengthwise removing the seeds and the white substance with a spoon. Julienne into ten sticks. Dip them quickly into boiling water (not shown as part of the ingredients).
 5. Place the nori on a sushi mat and spread with 1/4 of the cooled sushi rice. Arrange the pickled ginger and goya on the rice and roll. (Photo)
 6. Slice the ten rolls into bite sized pieces. Sprinkle with salt and arrange on a plate to serve. Arrange the glazed skewers on a plate to serve.



Goya tsukudani with yuzu pepper flavor (preserved food boiled in soy sauce)

- Ingredients** (makes one small portion)
 1 medium goya
 2 tablespoons sugar
 1 ½ tablespoons mirin
 1 ½ tablespoons vinegar
 2 tablespoons soy sauce
 ½ teaspoon yuzu pepper (as desired)
- Directions**
 1. Cut the goya in half lengthwise, remove the seeds and white substance with a spoon and slice into bite sizes of 5 mm thickness.
 2. In a saucepan bring the sugar, soy sauce, and vinegar to a boil. Add the goya and cook till the juices evaporate
 3. Add the yuzu pepper, and stir once before serving.

Summer soups

Manhattan clam chowder

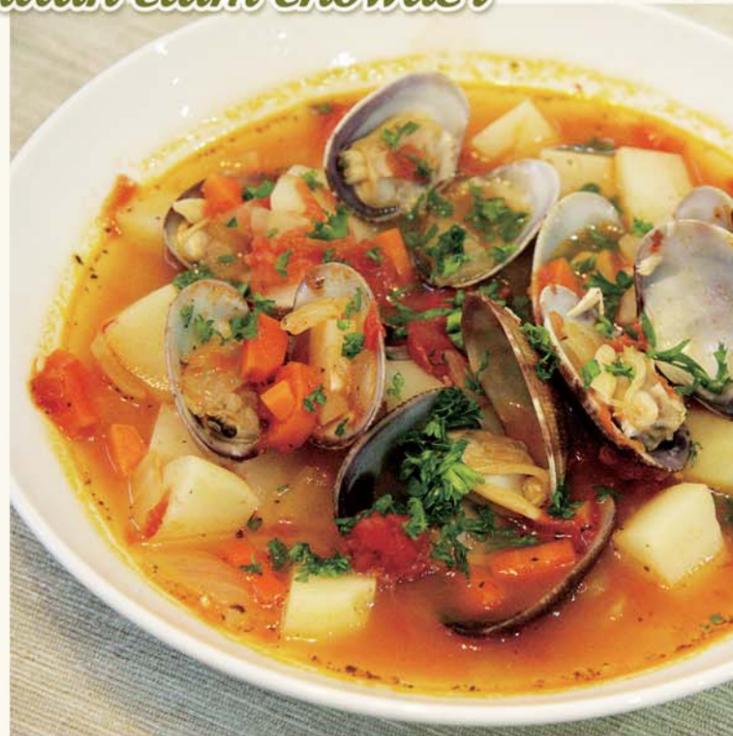
Ingredients (four servings)

- 1 onion
- 1 potato
- 1 carrot
- 2 tomatoes
- 1 clove garlic
- 14 oz. asari clams
- 600ml chicken bouillon
- 1 tablespoon olive oil
- 2 tablespoons white wine
- ½ teaspoon dried basil
- Dash of salt and pepper



Directions

1. Mince the garlic and chop all the vegetables into 1cm (0.4inch) cubes.
2. Place the asari clams and white wine in a pot. Cover and cook over high heat. When the clams open, remove from heat. Set the clams aside on a plate with juice intact.
3. Simmer the olive oil and garlic in the pot over low heat. When the aroma begins to rise, raise the heat to medium. Add the onion, carrot, and potatoes, in that order, and saute thoroughly.
4. Once the vegetables begin to soften, add the tomato, dried basil, chicken bouillon, and asari clams liquid and cook with the lid on.
5. Add the clams and adjust the taste with salt and pepper.



Ingredients (four servings)

- 4 chicken wings
- 1 chicken breast
- 1 potato
- 1 white leek
- 1.8oz. Chinese chives
- 1 clove garlic
- 1 piece ginger
- 1000ml vegetable bouillon
- 2 tablespoons sake
- 1 teaspoon salt
- Dash of pepper

[Tategi sauce]

- 1-½ teaspoon ground red pepper
- 1 teaspoon sugar
- 1-½ teaspoon nam-pla Thai fish sauce
- 1 teaspoon Gochujang (Korean hot chili paste)
- 1 teaspoon white sesame seeds
- 1 teaspoon water
- ½ teaspoon garlic
- green onions, as needed

Directions

1. Cut and divide the chicken wings into the main parts and wing tips and slice the chicken breast into bite sized pieces. Cube the potato and soak in water. Slice the white leek diagonally, into 4cm (1.6inch) widths. Slice the garlic, and julienne the ginger.
2. Place chicken, garlic, ginger, potato, and sake in a pot with the vegetable bouillon and sake. Cook for ten minutes over moderate heat and then simmer until soft.
3. Add the leek and Chinese chives and continue heating for two to three minutes. Adjust the taste with salt and pepper and serve with "tategi sauce".



Takkanmari

Boeuf Bourguignon (beef stew a la Burgundy)

Ingredients (four servings)

- 14oz. beef for stewing (shank)
- 1 onion
- 1 carrot
- 1 celery stalk
- 1 potato
- 1 bag shimeji mushrooms
- 2 cloves garlic
- 1 bay leaf
- 900ml beef bouillon
- 300ml red wine (Burgundy wine if possible)
- 8.8oz. tomato puree
- 0.7oz. butter
- 1 teaspoon salt
- Dash of pepper



Directions

1. Chop the beef, onion, carrot, celery, and potato into bite-sized chunks. Remove the tip of the shimeji mushrooms and break into pieces. Slice the garlic.
2. Put the ingredients 1., red wine, and bay leaf in a Ziploc bag and refrigerate for half a day.
3. Drain 2. in a colander, reserving the liquid. Wipe the beef to remove moisture and lightly sprinkle with salt, pepper, flour (not shown in the ingredients).
4. Heat half of the butter in a pot over high heat, cook the beef till browned on both sides and remove it.
5. Add the remaining butter and stir-fry the marinated vegetables. Saute for two to three minutes. When the vegetables soften, add the beef.
6. Add the liquid from 2., beef bouillon, and tomato puree. Cover the pot and simmer for one hour over low heat. Adjust the taste with salt and pepper.



Bouillabaisse



Ingredients (four servings)

- 8 shrimp
- 14oz. asari clams (with shells)
- 1 squid
- 2 cod fillets
- 17oz. white fish bones with head and skin attached (ara)
- ½ onion
- 1 carrot
- 1 celery stalk
- 1 tomato
- 1 clove garlic
- 800ml water
- 180ml white wine
- 1 tablespoon olive oil
- 1 bay leaf
- 1 teaspoon saffron
- Dash of salt and pepper
- parsley, as needed

Directions

1. Peel and devein the shrimp leaving the tails. (Reserve the shells). Rinse the asari clams to remove any sand. Cut the squid into round slices of about 1cm (0.4inch). Cut the cod fillets into easy-to-eat pieces. Crush the garlic and chop the remaining vegetables into chunks.
2. Place the asari clams, garlic, bay leaf, and half of the white wine in a pot. Cover and cook over high heat. Once the asari clams open, turn off the heat and transfer with the juices to a separate plate.
3. In the same pot 2. add the olive oil and saute the white fish bones, shells of the shrimp, and the garlic removed from 2. over high heat. When the liquid has reduced to half, add the remaining white wine and continue to saute. When the bony parts of white fish begin to flake, add all the vegetables except the tomato and continue to cook.
4. When the liquid starts to reduce, add the tomato. Add the clam juices with the bay leaf and water and simmer for about thirty minutes over moderate heat.
5. Strain the soup 4. and pour into another pot. Add the saffron, shrimp, squid, and cod and cook over high heat. When everything is thoroughly cooked, remove from heat and add the cooked clams to the pot.

Gumbo style shrimp & sausage

Ingredients (four servings)

- 8 shrimp
- 4 arabiki sausages
- 1 onion
- ½ yellow bell pepper
- ½ green bell pepper
- 15 pieces okra
- 3 tablespoons olive oil
- 1 clove garlic
- 650ml chicken bouillon
- 2 teaspoons flour
- 1 bay leaf
- 1 sprig thyme
- 1 tablespoon paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon dry marjoram
- ½ teaspoon salt
- Dash of pepper
- cooked rice, as needed

Directions

1. Rinse and devein the shrimp with shells intact. Slice the onion, celery, and bell peppers into 1cm (0.4inch) cubes. Cut the okra and sausage into 1cm (0.4inch) rounds. Mince the garlic.
2. Put the olive oil and garlic in a pot and cook over low heat. When the aroma begins to rise, add the onion, celery, sausage, bell peppers, and okra in that order. Saute over medium heat.
3. When the vegetables soften, sprinkle in the flour and saute till it dissolves fully.
4. Add the chicken bouillon, bay leaf, and thyme. Bring to a boil and add the shrimp and spices. When the shrimp is cooked, adjust the taste with salt and pepper.
5. To serve, place the rice in the center of a bowl and pour the soup over it.



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” (canicular 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.

Nijiya specialty eel kabayaki (broiled eel)



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.



Recommending vinegar consumption

During the summer months, it seems that many people complain of tiring easily, using up more stamina than usual, and feeling out of sorts with no just cause. This is said to be due to our bodies' becoming acidic because of changes in modern eating habits. It is known that the body's natural healing power is strongest when the body maintains a slightly alkaline state. In other words, those whose physical

constitution is slightly alkaline are less vulnerable to fatigue, disease and/or injury because of an enhanced natural healing power. Conversely, those whose bodies are acidic have their natural healing power compromised, becoming easily tired and taking more time to recover from diseases. What can we then do to make the body slightly alkaline? The answer is simple – vinegar, to be exact!

As you already may know, vinegar offers many benefits. As long as you consume the required amount, the body can be maintained in a slightly alkaline condition. That's because the body's citric acid plays a major role. Vinegar contains 2% organic acid among its components. Though the amount is rather negligible, acetic acid as the

main component of vinegar and other organic acids convert into acetic acids in the body.

The State of Vermont in America is known for many residents who live well into old age. This is where apples are grown in abundance. Residents of Vermont often drink what they refer to as "Vermont Drink" by mixing apple vinegar and

honey diluted with water. While they enjoy this delicious drink, they maintain their health without really knowing it.

In addition, vinegar comes with sterilizing power and deodorizing benefits. It gives more peace of mind than using chemicals in the kitchen to sterilize a cutting board or deodorize a fishy smell, etc.

Seafood marinade

Ingredients (Serves 4):

4 scallops (sashimi grade)
8 pieces white fish sashimi
4 shrimps
½ octopus tentacle
¼ onion
4 cherry tomatoes

Marinade:

5 tablespoons vinegar
4 tablespoons olive oil
1 tablespoon yuzu pepper
Dashes of salt and pepper

Directions:

- Thinly slice the onion, rub in salt, soak in water, and drain. Cut the cherry tomatoes in half.
- Peel and devein the shrimp and boil quickly in salted water. Cut the scallops in half. Chop the octopus into ½-inch pieces.
- Combine the ingredients for the marinade in a bowl and mix thoroughly with all the other ingredients.

*The dish can be served right away, but is even more delicious if left to marinate for 2 to 3 hours in the refrigerator.



Chicken wings cooked in sweet vinegar



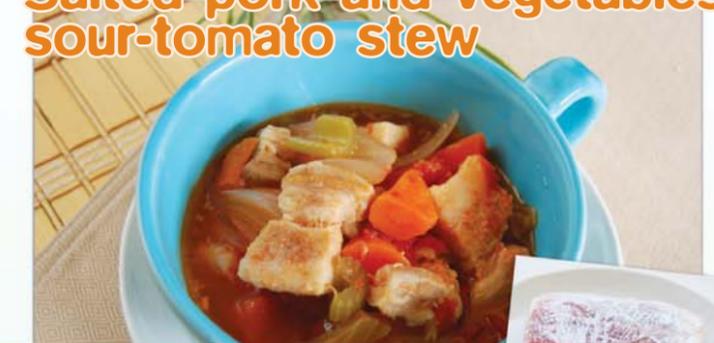
Ingredients (Serves 4):

12 chicken wings
2 tablespoons white sesame seeds
1 tablespoon salad oil
2 tablespoons sake
Dashes of salt and pepper
lemon peel (as desired)
<Sauce>
3 tablespoons vinegar
2 tablespoons soy sauce
2 tablespoons sugar

Directions:

- Score along the bones on the back of the chicken wings in two places and sprinkle with salt and pepper.
- Heat salad oil in a skillet and grill the chicken wings skin side down until browned and then grill the other side. Add sake and cover to steam over medium heat.
- Add the sauce ingredients and mix in. After the sauce thickens, reduce over high heat and pour the sauce over the wings. Quickly stir in the white sesame seeds. Garnish with lemon peels as desired.

Salted pork and vegetables sour-tomato stew



Ingredients (Serves 4):

Salted pork:
7 oz. boned pork rib
2 teaspoons salt

1 onion
1 carrot
½ celery stalk
2 cloves garlic
1 can whole tomatoes (14.5 oz.)
1 cup water

½ cup vinegar
1 tablespoon olive oil
Dashes of salt and pepper

Directions:

- Rub salt onto the pork rib and tightly wrap in cellophane. Refrigerate for 3 days to make salted pork.
- Finely mince the garlic and chop the carrot and celery. Cut the onion in half and then into eight pieces. Slice the pork into bite-sized pieces.
- Put olive oil in a pot and add the garlic, pork, and vegetables in that order. Sauté until the vegetables are tender. Crush the whole tomatoes by hand, and add to the pot. Add water and vinegar and cook for 20 minutes over low heat.
- Adjust the flavor by adding salt and pepper (as salt comes from the salted pork, taste to see if needed).

Fruit vinegar



Ingredients (Serves 4):

18 oz. seasonal fruits
*Apples, pineapples, strawberries, bananas, papaya, etc. but you can substitute any fruit
17 oz. vinegar
17 oz. crystal sugar
(Use the ratios of 1/1/1 as a rule of thumb for fruit, vinegar, and sugar. You may use less sugar to reduce sugar intake)

Directions:

Wash a wide-mouthed jar and sterilize by boiling. Wash and cut the fruit. Put fruit and crystal sugar in that order in the jar and pour in vinegar. Leave in a cool, dark corner

for one week to cure. Remove the fruit from the jar after 2-3 weeks (although the fruits can be consumed, they are sour, and so are recommended for use in jams and/or blended juices).

* Fruit vinegar can be preserved in the refrigerator for 2-3 months

Fruit vinegar can be diluted in milk, soda, or water to taste and can be enjoyed by adding shochu, wine, and spirits. Try using it in any recipe that calls for vinegar.

White fish steamed in spicy leaves



Ingredients (Serves 4):

1 whole or 4 fillet of seasonal white fish
½ Tokyo leek
1-inch piece of ginger
Cilantro (as desired)
<Marinade>
1 green part of Tokyo leek
1-inch piece of ginger
2 tablespoons sake
Dashes of salt and pepper
3 tablespoons sesame oil

Directions:

- Remove the scales from the fish, cut out the guts, and score several notches on the fish.
- In the case of fillet of fish, score as well.
- Place the fish in the marinating sauce and let the flavors seep in. Soak in the marinade for 30 minutes on both sides. In the meantime, thinly slice the white part of Tokyo leek into 3-inch pieces to make fine strips of leek, cut ginger into thin slices and soak both in water.
- Place a steaming stand in a Chinese wok. Add water and bring to a boil. Steam the fish on a plate on top of the steaming stand for 10 to 13 minutes.
- Remove the fish with the plate as is and pour the sauce on top.
- Arrange the vegetables with the fish. Drizzle the sesame oil heated in a sauce pan and sprinkle with cilantro leaves to serve.



TRIVIA

- Calcium is compatible with vinegar. When calcium is consumed, the body eliminates most of it. However, when vinegar is taken with calcium, the body absorbs almost all of it.
- If we consume one tablespoon (15ml) of vinegar a day. It is supposed to be beneficial for stiff shoulders, poor circulation, constipation, etc.

Exciting! Gochiso Kitchen

No-knead bread Focaccia (with sun-dried onion)

by Reiko Yoshida

Focaccia with plenty of sweet dried onion is exquisite. It is perfect for summer brunches! And of course, it can also be made plain.



Ingredients

300g (10.6 oz.) Nijiya organic hard flour
2g (0.07 oz.) instant dry yeast
4g (0.14g) salt
150ml water
10g (0.4 oz.) olive oil
20g (0.7 oz.) sliced, sun-dried onion
a pinch of salt
a little olive oil to finish

Preparation (one or two days ahead)

Cut the onion into arcs. Dry in the sun on a drying sieve for 3 to 24 hours.

Directions

1. Put the hard flour, instant dry yeast, and salt in a bowl. Mix thoroughly with a rubber spatula. Add the water and mix well till the ingredients are fully blended (about one minute).



2. Add the sun-dried onion. Mix gently with a rubber spatula as if cutting into the dough.



3. Place the dough into a mold. Flatten it evenly with a finger. To prevent drying, cover with plastic wrap (or a shower cap) and the lid of a pot. Leave in a warm place for 50 to 120 minutes till the dough doubles in volume.



4. When the dough finishes rising, brush the top with the olive oil. Gently but firmly poke a hole into the dough with your finger. For a finishing touch, sprinkle with salt.



5. Pre-heat the oven to 350°F.

* If the onion starts to burn, cover with aluminum foil after seven minutes of baking. When the focaccia is done, remove from oven and sprinkle with olive oil.



6. Bake at 350°F for 10 to 12 minutes.



Fall soups

Spanish mackerel & sardine tsumire (fish ball) soup

Ingredients (two servings)

[Tsumire]

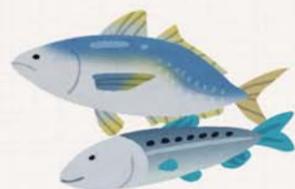
- 1 Spanish mackerel
- 1 sardine
- 1 green onion
- 0.1 oz. ginger
- 1 teaspoon flour
- ½ teaspoon miso paste
- ½ tablespoon sesame oil

[Soup]

- 0.1 oz. soup stock grade dried kelp
- 300ml water
- 1 teaspoon soy sauce
- Dash of salt
- mitsuba, as needed

Directions

1. Use scissors to cut dried kelp into 5mm (0.2inch) squares. Soak in water in a pot.
 2. Remove the skin from the mackerel and sardine and chop finely. Divide into three equal portions. Mix in the minced ginger and green onions. Turn onto a cutting board. Chop into fine pieces until the mixture becomes sticky.
 3. Add the miso paste to 2.. Continue chopping as you mix in the sesame oil and flour. Roll the mixture by hand into 2cm (0.8inch) balls of "tsumire".
 4. Put the pot 1. over medium heat and bring to a boil. Add the "tsumire" and cook for three minutes. Adjust the taste with soy sauce and salt.
 5. Garnish with mitsuba to serve.
- * Other types of fish, such as "sanma" (Pacific saury), can also be used.



Chinese-style eggplant & eggs soup

Ingredients (two to three servings)

- 1 eggplant
- 1 egg
- 1 tablespoon dried seaweed
- 400ml water
- 2 teaspoons Nijya Chinese soup mix
- 1 tablespoon sake
- 1 teaspoon sesame oil
- Dash of salt and pepper
- white sesame seeds, as desired
- Rayu (chili oil), to taste



Directions

1. Remove the eggplant stem, slice into 5mm (0.2inch)-width rounds and soak in water.
2. Drain the eggplant. Place eggplant and sesame oil in a pan and stir-fry over high heat. As the eggplant cooks, add the sake and saute till the eggplant softens.
3. Add the water and Chinese soup mix. Bring to a boil and add the dried seaweed.
4. Adjust the taste with salt and pepper. Slowly pour the beaten egg over the top and remove from heat. Add white sesame seeds and chili oil as desired.



Burdock & mushroom potato potage

Ingredients (four to five servings)

- 1 burdock
- 1 potato
- ½ pack Maitake mushrooms
- ½ pack Shiitake mushrooms
- 4 pieces Shiitake mushrooms
- 1 clove garlic
- 1 tablespoon olive oil
- 500ml chicken broth
- 200ml milk
- Dash of salt and pepper
- Pinch of sugar

Directions

1. Place the burdock under running water and wash with a Tawashi scrubber. Slice into 5mm (0.2inch) pieces and immerse in water. Remove the mushroom stems and slice the mushrooms into bite-sized pieces. Cut the potato into 1cm (0.4inch) cubes. Mince the garlic.
2. Stir-fry the garlic in the olive oil over moderate heat. When the aroma begins to rise, add the drained burdock and potato in that order.
3. When the vegetables soften, add the mushrooms and quickly stir-fry. Add the chicken broth. Cover the pot and cook for about ten minutes.
4. Turn off the heat. Remove one-third of the ingredients with a perforated ladle and set aside. Mix the ingredients remaining in the pot by inserting a hand mixer.
5. Return all the ingredients to the pot and cook over medium heat. Add the milk and adjust the taste with salt, pepper, and sugar.



Tricolored bell pepper soup

Ingredients (two servings)

- ¼ green bell pepper
- ¼ red bell pepper
- ¼ yellow bell pepper
- ¼ onion
- ½ clove garlic
- 400ml chicken broth
- 1 teaspoon olive oil
- 2 teaspoons potato starch (katakuriko) (dissolved in 2 teaspoons water)
- Salt and pepper to taste



Directions

1. Finely chop the garlic and cut all the remaining vegetables into 5mm (0.2inch) cubes.
2. Stir-fry the olive oil and garlic in a pot over low heat. When the aroma begins to rise, add the onion and cook over moderate heat until the garlic and onion soften. Add the peppers and chicken bouillon and cook for three minutes.
3. Adjust the taste with salt and pepper. Slowly pour in the potato starch. Bring to a boil and remove from heat.



Kabocha squash & carrot potage

Ingredients (three to four servings)

- ½ kabocha (a little over 1 lb.)
- ½ carrot
- ½ onion
- 2 teaspoons olive oil
- 2 teaspoons white wine
- 450ml chicken broth
- 0.1 oz. ginger (grated)
- Small quantity of cumin
- Small quantity of coriander
- Salt and pepper to taste

Directions

1. Remove seeds from the kabocha and cut into thirds. Cut one third into 1.5cm (0.6inch) cubes with the skin intact. Remove the peel from the remaining two thirds and slice into bite-sized pieces. Slice the onion and cut the carrot, unpeeled, into 1cm (0.4inch) cubes.
2. Lightly sprinkle the salt and mix with olive oil (not shown in the ingredients). Pour over the cubed kabocha and carrot. Spread onto a baking pan and bake in a 390°F oven for 10 minutes.
3. Saute the onion. Add the sliced kabocha in olive oil and cook over medium heat. When the vegetables are cooked half-way, add the white wine and chicken broth. Cook for twenty minutes.
4. Turn off the heat. Remove one third of the ingredients with a perforated ladle and set aside. Add the grated ginger to the remaining contents of the pot. Insert a hand mixer to mix the contents of the pot.
5. Place the oven-baked ingredients and the portion set aside in 4. in the pot and cook over medium heat. Add the cumin and coriander and adjust the taste with salt and pepper.



Seafood in Fall:

Oyster, Sockeye Salmon, Salmon Roe, Sea Urchin

When the weather becomes cooler, people tend to have bigger appetites. Let's eat nutrition-rich food to shake off the fatigue remaining from the hot summer weather! Here we'll introduce some seafood for the fall season.

■ Oyster

Oyster is referred to as the milk of the sea. Its nutritional value is outstanding, with the highest amounts of glycogen, taurine, vitamin A, B, and C, niacin, zinc, and iron compared to other seafood. It will nourish you well!

Nijiya purchases bottled, ocean-fresh raw oysters delivered by air from Washington State. Japanese farming

methods have been introduced to the contracted farm, and the oysters are grown in a clean environment. Harvested just before shipping, the extremely fresh meats are bottled right after the shells are cracked. They taste rich, sweet, and creamy. The highest quality is truly worthy of being called the milk of the sea.



Oil-Marinated Oysters

Ingredients: Serves 3 to 4
10-1/2 oz. oysters
1 clove garlic
1 bay leaf
1 red chili pepper
Vegetable oil, as needed
Salt, as needed

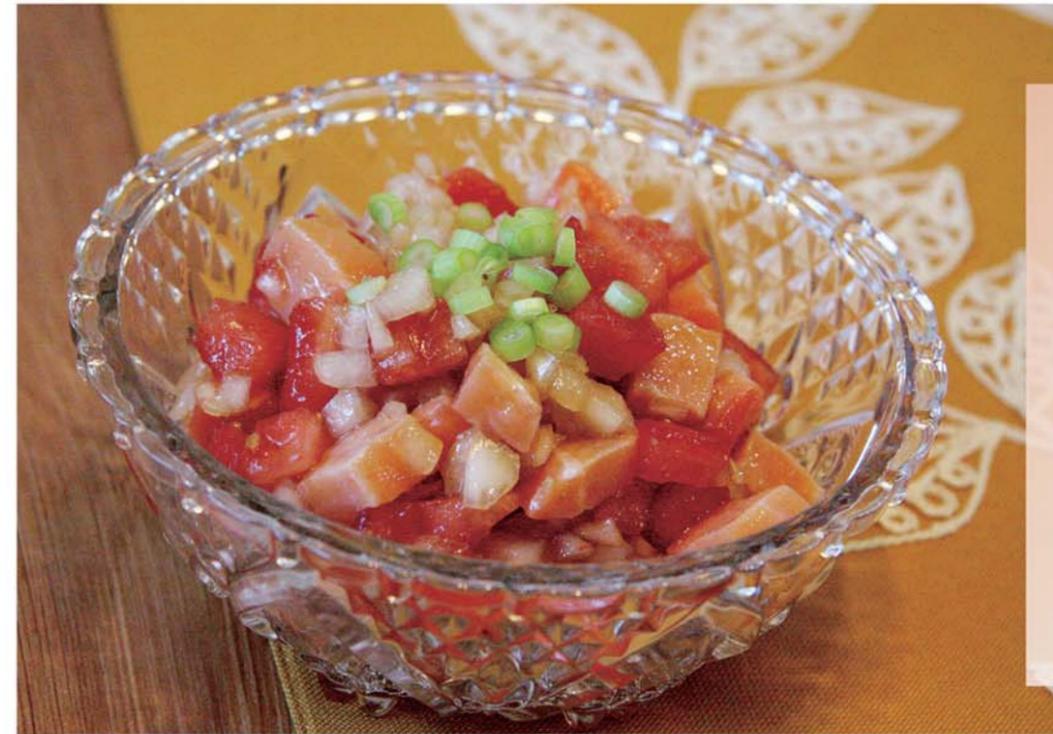
Directions

1. Sprinkle salt on the oysters, and rub lightly by hand. Rinse well. Set aside on paper towels to dry well.
2. Heat a frying pan over high heat. Dry-fry the oysters until the moisture has evaporated.
3. Place the oysters (2), crushed garlic, bay leaf, and red chili pepper in a jar you have sterilized in boiling water. Add enough vegetable oil to cover the oysters. Place the lid on the bottle and store in the refrigerator.

* Best after 2 or 3 days. Can be preserved for about 2 weeks if the bottle is kept refrigerated.

■ Wild Sockeye Salmon from the Copper River

Nijiya's sockeye salmon is different from any other because the salmon is wild-caught in the Copper River! This shows our strong commitment to provide our customers with safe, healthy, natural, genuine sockeye salmon that isn't farm-raised. Instead, this wild-caught fish is grown in Alaska, where nature rules. The distance from the outlet of the Copper River to the tributary where the adult salmon spawn is about 500 kilometers (311 miles), a very harsh journey. The salmon that conquer these severe conditions to travel to the spawning grounds are rich in nutrition; their fat level is said to be among the richest of all sockeye salmon. Copper River salmon enjoy the highest rating in the world because of the extraordinary quality of their meat and fat content.



Lomi Lomi Salmon

Ingredients: Serves 2 to 3
3-1/2 oz. bar of sashimi-grade salmon
1/4 onion
1/2 tomato
1 tablespoon olive oil
1 teaspoon soy sauce
Lemon juice to taste
Green onion, chopped (as desired)

Directions

1. Dice the salmon into cubes of about 1/2 inch. Peel the tomato and remove the seeds. Dice the tomato into cubes of about 1/2 inch. Chop the onion and place it in water.
2. Squeeze the excess moisture from the onion. Mix all the ingredients in a bowl.
3. Place the mixture in a serving dish. Top with chopped green onion.

■ Wild Salmon Roe Marinated in Soy Sauce

Nijiya's soy-sauce marinated salmon roe uses only Alaskan wild salmon roe. In summer, we carefully select delicious seasonal salmon, process its fresh roe at the site and freeze it. Our salmon roe maintains its excellent flavor throughout

the year, because it's preserved fresh. The selection of roe is carried out under strict standards by skilled people. Only selected, highest-quality roe can carry the Nijiya brand name. Moreover, our salmon roe is marinated in a special, original sauce. The flavor is just right, neither too sweet nor too salty.



Salmon and Salmon Roe Sushi in a Cup

Ingredients: Serves 2
2 cups cooked rice
2 tablespoons sushi vinegar
3 tablespoons salmon roe
3 tablespoons salmon flakes
1/2 cucumber, grated
2 teaspoons white sesame seeds

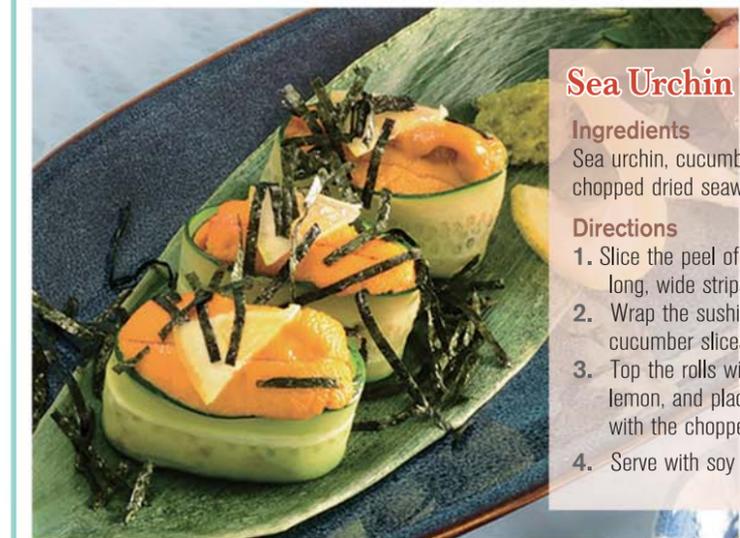
Directions

1. Mix the warm cooked rice and sushi vinegar to make sushi rice. Add the salmon flakes and white sesame, and mix.
2. Place the sushi rice in a cup. Top with grated cucumber and salmon roe.

■ Sea Urchin

Japan is said to be the world's number-one consumer of sea urchin. Purple sea urchin, northern sea urchin, green sea urchin, short-spined sea urchin, etc., are on the market mainly as products of Japan. Today, Nijiya recommends red sea urchin. Red sea urchin is hard to spot, as it lives in deep water. Moreover, it's a very delicate creature; if it is injured even slightly, it sheds its spines and dies. Therefore, red sea urchin is considered to be extremely valuable. It tastes particularly rich and creamy. In Japan, red sea urchin is

highly valued for its superior quality. We have committed to purchasing sea urchin directly from the processor, as we want our customers to experience the difference in taste. By purchasing it from the processor, we're able to deliver extremely fresh, delicious sea urchin to our customers. It is true to say, "Sea urchin requires no cooking skills. The only thing that matters is its freshness." Sea urchin is best eaten raw. We recommend eating sea urchin with cold tofu or cucumber slices, so you can enjoy the flavor with even a small portion of sea urchin.



Sea Urchin Warship Roll

Ingredients
Sea urchin, cucumber, sushi rice, lemon, chopped dried seaweed (all as desired)

Directions

1. Slice the peel of the cucumber into long, wide strips with a slicer.
2. Wrap the sushi rice with the cucumber slices to form warship rolls.
3. Top the rolls with the sea urchin and lemon, and place on a plate. Sprinkle with the chopped dried seaweed.
4. Serve with soy sauce and wasabi.



Fall's Newly Harvested Rice "Shinmai"

Fall, the season for shinmai

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

"White and shiny, warm and fluffy, a

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

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

Although rice is a preserved food, it slowly degrades with time. Its moisture evaporates and oxidation occurs. By improving the conditions of preservation, the process of decay can be suppressed, thereby preserving the delicious flavor of rice for a longer period of time.

Even here in California which has the largest Japanese rice production in the U.S., shinmai season is in the fall. Shinmai is sold in California markets starting around mid-September through



December, slightly earlier than in Japan because of the climate.

What is organic rice?

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

What characterizes organic rice is that it is made without any inorganic agricultural chemicals such as chemical fertilizers, pesticides, chemical disinfectants, herbicides, or artificial hormones. Therefore, both the surface and the interior of organic rice are 100% natural, known as all organic. Organic refers to anything derived from the natural world; particularly, substances made and used as energy by plants and animals, including human beings. The ongoing cycle of the consumption and

creation of organic matter existed far before the creation of mankind, which leads us into topics far too grand and existential to discuss here. However, recently people have been reverting back to lifestyles that are more in sync with the natural cycle of life. The reasons are deeply related to matters concerning our health and wellbeing.

Worldwide research on the effects of inorganic substances on the human body is revealing day by day new facts about which substances may be harmful and at what dosage. New regulations are being set and alternative methods are being investigated to counter these harmful consequences. However, the consequences of inorganic substances would not even be a problem if we continued to eat organic foods that are guaranteed safe and natural. These are a few of the reasons why organic foods may be the right choice for a healthy and worry-free life.

Nijiya Organic Rice

"No usage of inorganic agricultural chemicals"—this may sound simple at first, but it proves to be very difficult in reality. Fortunately, Nijiya's plantations have succeeded in making organic rice by implementing new, quite unusual methods of cultivation. One of these methods is to allow the soil to rest during crop rotation. In the past, this method was avoided as being unprofitable.

Growing the same crop repeatedly in the same place eventually depletes the soil of various nutrients. Chemical fertilizers are usually used to compensate for these effects. However, in order to protect the abundant organic matter in the land used to cultivate organic rice, although increased costs cannot be avoided, every year certain fields are given

a break and planted with selected weeds that will replenish its nutrients. Furthermore, the land is supplied with water that is cleaner than the water from reservoirs, and wild birds are attracted to eat the weeds and help break down organic matter. In this way, clean water, weeds, and birds give the land new life. This method was developed through years of research and made possible through the use of the newest facilities and devices. What we previously thought to be impractical and uneconomical was revised, reconsidered, and enacted and finally resulted in the most successful production of organic rice.

Organic Brown Rice

Along with organic rice, brown rice has recently been gaining attention and popularity. Brown rice is the state of rice before it is polished and turned into white rice. With any grain or fruit, it is said that the nutrients are mainly found right beneath its shell or skin. Because the bran and germ layer of brown rice has not been removed, it contains more vitamins and dietary minerals than white rice. It is also rich in vitamin Bs and fiber, is known to help with constipation, and is popular amongst people on diet. It is highly recommended to choose brown rice that is organic, because agricultural chemicals are likely to remain on the surface of the rice through common procedures of cultivation. With organic brown rice, you can enjoy the grain's entirety without worrying about its safety.

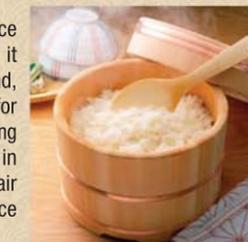
How to Prepare Organic Brown Rice

The process of preparing delicious brown rice has its twists and turns. If it's cooked in a rice cooker the same way as white rice, the grains will turn out too hard to eat. This is

The 3 Key Steps to Cooking Delicious Rice



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



because the thick shell does not easily absorb water, and water cannot permeate the center of the grain. Therefore, when preparing brown rice, you must use 1.5 times more water than usual, and cook it in a pressure cooker. This method will allow water to seep through to the centers of the grain, and make the rice soft and delicious.

Innovative IDEAS!

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



Okonomiyaki (Savory Japanese pancake)

Hiroshima Style or Kansai Style – Which Do You Like Better?

Okonomiyaki is definitely one of the most popular Japanese dishes. This Japanese-style pancake is made from a mixture of batter, vegetables, and meat. Nothing beats the experience of sliding the sizzling pancake off the electric griddle, topping it with dried bonito flakes, green nori, and a generous amount of sauce. All Japanese people, young and old, love the taste of the okonomiyaki they've grown up with.

You may already know that there are different types of okonomiyaki with distinctive local flavors. The basic okonomiyaki recipe allows you to change the ingredients and enjoy different tastes. The existence of so many varieties is proof that okonomiyaki has taken root as a local food across Japan. Especially famous are the Hiroshima-style and Kansai-style okonomiyaki. The Hiroshima style is characterized by layers of ingredients, while the Kansai style is made by mixing all the ingredients together. We asked an expert for tips on making the two types of okonomiyaki.

Hiroshima-Style Okonomiyaki

For Hiroshima-style okonomiyaki, the ingredients are layered rather than mixed together. Loads of thinly sliced cabbage are steamed and become sweeter, and noodles make the pancakes a satisfying meal.

▼ Ingredients (2 pancakes)

1-½ oz. all-purpose flour / 2 fl. oz. water / 10 oz. cabbage / 0.4 oz. green onion / 2 oz. bean sprouts / 2 packs yakisoba noodles (egg noodles) / 6 slices pork belly / 2 eggs / okonomi sauce, to taste green nori, to taste

▼ Directions

Mix the flour and water in a bowl until smooth.

● Thinly slice the cabbage.

Cabbage leaves and veins have different levels of sweetness and cook at different rates. Slice the leaves and veins together so you won't have a heap of sliced cabbage where some parts are only leaves and other parts are only veins. First, quarter the cabbage and cut off the core diagonally from each quarter. Place the cabbage quarter with its cut face down, and slice thinly. Start from the arced edges of the leaves and continue to slice with the knife at right angles to the vein. When the part of the cabbage you hold as you slice becomes too small, topple it over so that the cut face is down, and then rotate the cabbage 180 degrees. You will now be cutting the face that's been sitting on the cutting board. Move the knife in a straight motion and continue to slice with the knife at right angles to the vein.



Making Pancakes

1) Preheat an electric griddle to around 400°F. Grease it with a thin coating of oil, scoop up the batter with a ladle and pour it on the center of the griddle. Spread the batter from the center to the edge to make a circle.



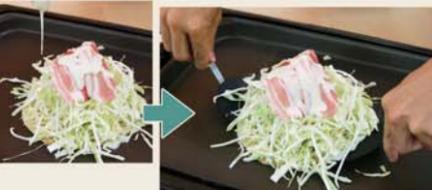
[Tip]

Move the back of the ladle around the center in a spiral motion about 5 times to flatten it, and then spread the batter outward. Circling the same lines may create thin areas where the pancake may break, so try to move the ladle evenly.

2) Sprinkle dried bonito flakes evenly over the pancake made in step 1) and put chopped cabbage on top. Add green onion and then bean sprouts, and top with the sliced pork belly.



3) Pour a small amount of the batter evenly from above until the pork is completely covered.
4) Use 2 spatulas (or other turners) to flip the pancake over.



[Tip on Flipping]

[a] Grip the handles of the spatulas from above, insert underneath the pancake, and lift the pancake.
[b] Slide the pancake to the far end of the electric griddle. Your elbow should be straight, and you now have open space in front of you.
[c] Use your wrist to flip the pancake toward you. Bend your wrist fully so that when the pancake is flipped, you see the back of the spatulas.

5) You should hear the sizzling sound of the pork as the pancake lands upside down. Yum! Cook the pancake and pork fully.

● When to Flip

• Edges of the dough are formed. • You can move the pancake easily with the spatula. • Steam is coming from the entire surface of the pancake.
6) Steam the vegetables. Once the pancake is flipped, the cooked side of the batter seals in the heat to steam the vegetables.



* Never press the pancake from above. Lift the pancake with the spatula left, right, front, and back to let air in so that steam will cook the vegetables evenly.

7) Prepare noodles. When the vegetables are steamed, slide the pancake to one side. Fold in the cabbage around the edges to keep the pancake from burning. Stir-fry noodles in the open space. Separate and spread them to a size slightly larger than that of the pancake. Season with the yakisoba (okonomi) sauce.



[Tip]

Make a slightly larger circle with the noodles than the pancake. This way, the vegetables will not scatter when the pancake is turned over.

8) Place the pancake on top of the noodles and press down.

[Tip]

Press the pancake from the edges so that the center part is higher, as the pancake looks better this way.

9) Crack an egg onto an open area of the griddle and spread it to the size of the pancake. Place the pancake on top and press down.



[Tip]

Place the pancake over the egg and press down while the egg is still half done. This makes the egg stick better to the pancake.
10) When the egg is done, turn the whole thing over, spread on okonomi sauce, and sprinkle with green nori. Your okonomiyaki is ready to eat!



“Okonomiyaki Art,” or the art of decorating okonomiyaki, is the latest trend. With some creative ideas, you can make your next okonomiyaki party more fun and exciting. Try it!



Kansai-Style Okonomiyaki

This widely popular style of okonomiyaki starts from a hotchpotch of ingredients. Chopped cabbage, seafood, and any other ingredients are mixed into the batter. To give the pancake a fluffier texture, grated Japanese mountain yam is sometimes mixed into the batter, or fish stock is used instead of water. In Kansai, the western region of Japan, people often eat okonomiyaki as a side dish with rice. No wonder some restaurants have “okonomiyaki meals” on their menus.

▼ Ingredients (2 pancakes)

3 oz. all-purpose flour / 3 fl. oz. water / 2 tablespoons Japanese mountain yam (yamaimo) (grated) / 10 oz. cabbage / 0.4 oz. green onion / 3 oz. sliced pork belly / 2 eggs okonomi sauce, to taste mayonnaise, to taste dried bonito flakes, to taste green nori, to taste

▼ Directions

1) Put water, flour, and yam into a large bowl and mix well.
[Tip] Mix well until bubbles form.
2) Chop cabbage. Thinly slice the cabbage as you would when making Hiroshima-style pancakes, and then chop it crosswise into smaller pieces.
3) Add the batter to the cabbage and green onion, and then add the eggs. With a folding motion, use a spoon to mix the ingredients evenly and let air into the mixture.



[Tip]

To fold in the ingredients, spoon from the bottom and drop the spoonful on top to allow air into the mixture. Mix only roughly. Do not over mix!

4) Preheat an electric griddle or hot plate to around 400°F, grease it with a thin coat of oil, pour the mixture onto the griddle, and use the edges of the spoon to spread the mixture until approx. 0.8inch thick. Cook for 3 minutes or so.



[Tip]

For a fluffy pancake, spread the mixture without pressing down, and avoid making the pancake too thin!

5) After about 3 minutes, place sliced pork belly on top.



[Tip]

Add the pork right before flipping the pancake.

6) Flip the pancake over, and put a lid over the electric griddle. Let the pancake cook for about 4 minutes. After flipping the pancake, you may use a spatula to adjust the shape but never press on the pancake. This will push air out and make it less fluffy.

7) After about 4 minutes, flip the pancake over and cook for another 3 minutes or so.

8) The center of the pancake should be cooked thoroughly during the last 3 minutes. Also, release the moisture from the pancake to make it fluffier.



9) Spread on okonomi sauce and mayonnaise, and sprinkle dried bonito flakes and green nori. The pancake is ready to eat!



Did you like the recipes? Both sound delicious, don't they? Which style of okonomiyaki do you prefer? Whichever style you choose, you can eat loads of vegetables and enjoy making and eating the delicious pancakes with your family and friends. See? Okonomiyaki is the best!



Tofu (Soy) Cream

Tofu cream is easy to make and low in calories. It's an almighty condiment that can be used from pasta dishes to sweets. Tofu cream is made from tofu, which is healthy, tasty, and good for weight-loss. Let's give it a try!

What is Tofu Cream?

Tofu cream is very white and creamy, like heavy cream. It looks so yummy, it's surprising to realize that it's made from tofu. All you have to do is drain tofu well and place it in a food processor. A blender, a whisk or a strainer can do the job, too. Basic tofu cream is as simple as that. Then, add seasonings of your choice. You can eat as it is or use it in cooking.

Save Time! How to Drain Tofu

Heating method: Crumble tofu into pieces and put in a heat-resistant container. Heat in the microwave for 1 minute (at 1000 watts) and cool until you can touch it comfortably with your hands. Wrap the tofu in paper towels and squeeze out the water.

Non-heating method: Wrap the tofu in paper towels. Place a cutting board on top of the tofu and add weight to apply even pressure. In either method drain the tofu to half the weight of the original.

Basic Tofu Cream

Either soft tofu (kinugoshi, or silken) or firm tofu (momen, or cotton) can be used. Soft tofu should be used to make a thicker sauce, and firm tofu should be used for a more solid, creamy one.

For cooking

- 1/2 pkg. (7-1/2 oz.) tofu (soft or regular)
- 1-1/2 Tbsp. soy milk
- 1 tsp. Nijiya shio koji or shiro miso (white soybean paste)
- 1/8 tsp. salt
- 1/8 tsp. pepper

Directions

Drain tofu well and place it in a food processor. A blender, a whisk or a strainer can do the job, too.



Shio koji

For sweets

- 1/2 pkg. (7-1/2 oz.) tofu (soft or regular)
- 1-1/2 Tbsp. sugar (adjust to taste)
- 2 tsp. lemon juice

Double the flavor with a little addition!

Recommended added ingredients: avocado, walnuts, sesame seeds, etc., to enhance the richness



Soft tofu



Regular (medium firm) tofu

Cream

Tofu

For cooking

For sweets

Tofu Cream's Appeal

What makes tofu cream superior is its richness in nutrition. First, tofu is rich in quality protein, which is believed to decrease levels of cholesterol and neutral fats. Additionally, it contains isoflavone, which is thought to function like estrogen, and prevent osteoporosis, or improve menopausal disorders. Furthermore, tofu contains calcium and saponin that prevent the aging process. Tofu has come under the spotlight since it's beneficial to health and beauty. Another great advantage of tofu is that it is low in calories. If you use healthy cooking

methods, you'll find that tofu cream will yield outstanding results for your weight-loss diet.

How to Use

Tofu cream can be substituted for various condiments, such as heavy cream, white sauce, mayonnaise, and custard cream. White sauce is made from butter, flour, milk, etc. A dish can become a very healthy one by replacing those ingredients with tofu cream. By adding sweetening and eggs, tofu cream will perform well in desserts as well. With your creativity, tofu cream can be used in any kind of cooking.



Sesame Sauce

Ingredients: Serves 2

- Basic tofu cream for cooking (made from 1/2 pkg. tofu)
- 4-inch Tokyo negi (green onion)
- 1 pkg. buna shimeji mushrooms
- 4 pieces raw shiitake mushrooms
- Salt and pepper to taste
- 3-1/2 oz. boiled spinach
- 1 Tbsp. vegetable oil

<Topping>

- 3 Tbsp. panko (bread crumbs)
- 2 Tbsp. Nijiya sesame sauce
- 1 tsp. vinegar
- 1 tsp. vegetable oil
- Pinch of minced parsley



Tomato Tofu Cream Pasta

Ingredients: Serves 2

- 5-1/2 oz. pasta (dry)
- 3-1/2 oz. shrimp (peeled)
- 4/5 cup tomato sauce
- Basic tofu cream for cooking (made from 1/2 pkg. tofu)
- 2 Tbsp. vegetable oil
- 1 clove garlic
- 3 Tbsp. white wine
- 1 small tomato
- Lemon juice (from 1/4 lemon)

Directions

1. Preheat oven to 350 °F (175 °C). Line the bottom of a baking pan with parchment paper.
2. Make the cake. Whisk the eggs in a mixing bowl placed in hot water.
3. Add the granulated sugar, and beat the mixture. Lift the bowl from hot water when the mixture warms to body temperature. Continue to beat until it's heavy and fine.
4. Sift the flour and cornstarch over the mixture. Mix well with a whisk until fully incorporated.
5. Add vegetable oil to the batter. Lightly fold with a rubber spatula, and pour the batter into the baking pan.
6. Spread the batter evenly. Bake for 12 to 16 minutes. Remove the cake from the oven when a toothpick remains dry when inserted in the center of the cake.
7. Set aside for a while and cover the pan with parchment paper. Flip the cake onto a baking sheet or flat plate. Let the cake cool completely.
8. Mix vanilla extract with the tofu cream, and spread the cream onto the cake. Lay the chopped fruit on the cream at the front edge. Roll the cake using parchment paper the same way you do to make a sushi roll.
9. Chill the roll in the refrigerator for 1 hour or more. Slice to serve.

Ingredients: Serves 4

- Basic tofu cream for cooking (made from 1/2 pkg. of tofu)
- 3 small potatoes
- Salt to taste
- 1 tsp. vinegar
- 1/2 tsp. sugar
- 1 small cucumber
- 1/8 small onion
- 1 Tbsp. mustard

Tofu Cream Mushroom Gratin

Directions

1. Prepare the topping. Dry-fry the bread crumbs in a pan over low heat. When they start to brown, add the sesame sauce, vinegar, and vegetable oil until the mixture becomes crisp. Remove the pan from the heat.
2. Cut Tokyo negi into strips. Separate the shimeji mushrooms into smaller bunches. Slice the shiitake mushrooms after cutting off any tough spots on the stems.
3. Heat the vegetable oil in a frying pan. Lightly sauté the Tokyo negi, shimeji mushrooms, and shiitake mushrooms. Sprinkle with salt and pepper.



4. Mix the spinach and tofu cream with the sautéed negi and mushrooms and transfer to a baking dish. Sprinkle with the prepared topping. Bake in an oven broiler or toaster oven for about 7 to 8 minutes until browned.

5. Sprinkle with minced parsley to serve.

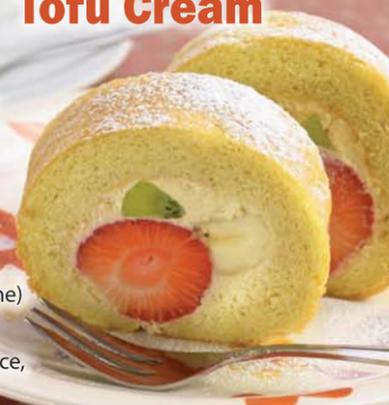
Directions

1. Cook the pasta for 1 minute less than indicated in the package instructions.
2. Mince the garlic, and dice the tomato.
3. While cooking the pasta, heat the vegetable oil in a frying pan over medium heat and sauté the garlic. Add the shrimp and white wine.
4. When the shrimp is cooked, add the tomato sauce and tofu cream. Stir until warmed.
5. Place the cooked pasta into the frying pan. Lightly stir-fry, adding the diced tomato and lemon juice.

Fruit Roll Cake with Tofu Cream

Ingredients: For a 9-inch roll

- <For sheet cake>**
- 3 large eggs
- 2-1/2 oz. granulated sugar
- 1-3/4 oz. all-purpose flour
- 1/3 oz. cornstarch
- 2 Tbsp. vegetable oil
- <For filling>**
- Tofu cream for sweets (made from 1 pkg. of tofu, i.e., double the basic volume)
- 1/2 tsp. vanilla extract
- 3-1/2 oz. fruits of your choice, chopped



Tofu Cream Potato Salad

Directions

1. Peel the potatoes and cut into bite-sized pieces. Place the pieces in a pot, and add water and salt. Bring to a boil and cook for 10 minutes. Drain.
2. Place the potatoes back into the pot and heat. Shake the pot to let moisture evaporate. Remove from heat. Mash the potatoes coarsely while they're hot, and then season with the vinegar and sugar to cool.
3. Slice the cucumber and onion. Sprinkle with a pinch of salt and rub together until soft. Place in water and squeeze out the excess moisture.
4. Mix the mashed potatoes (2), cucumber and onion (3), tofu cream, and mustard in a bowl.



Exciting! Gochiso Kitchen



Ingredients (makes 20 buns)

- 200g (7 oz.) Nijiya organic hard flour
- 100g (3.5 oz.) Nijiya organic soft flour
- 5g (0.2 oz.) unsweetened cocoa powder
- 6g (0.2 oz.) instant dry yeast
- 30g (1 oz.) sugar
- 3g (0.1 oz.) salt
- 20g (0.7 oz.) unsalted butter
- 30g (1 oz.) egg (beaten)
- 170g (6 oz.) water
- 10g (0.4 oz.) milk

Chestnut jam

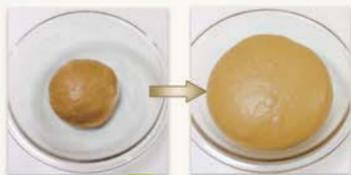
- 2 bags Nijiya organic peeled sweet roasted chestnuts
- 3 sweet potatoes
- 150g (5.3 oz.) sugar
- 200g (7 oz.) water

For finishing

- Small quantity beaten egg (reserved from above)
- Nijiya roasted, shelled sesame seeds, as needed

Directions

- Put the hard flour, soft flour, unsweetened cocoa powder, instant dry yeast, sugar, and salt in a large bowl and mix thoroughly.
- In a separate bowl, thoroughly mix the water, egg (reserve a little egg to coat the dough before baking), and milk.
- Add the liquid 2. to the dry 1. ingredients and mix with a rubber spatula for about one minute till thoroughly blended.
- Knead by hand in the bowl for 20 minutes.
- In the kneading bowl, shape the dough into a round by smoothing down the surface.
- Cover with plastic wrap and leave for 50 to 60 minutes till the dough doubles in volume.



Mini-chestnut bun

by Reiko Yoshida

- Make the chestnut bean jam. Peel and dice the sweet potatoes. Immerse them in water for ten minutes and then cook in boiling water until soft. Drain. Add the chopped chestnuts and sugar and mash the mixture in the saucepan.
- Let 7. cool briefly. Shape the jam into 20 balls. Cover with a damp paper towel and let rest for 10 minutes.



- After the dough 6. rises, place on a floured board. Divide into 20 pieces of 30g (1 oz.) each and roll into balls, closed side down.



- Stretch each piece 9. to an oval shape with

the closed side on top. Mold further into a chestnut shape and place the bean jam in the center.



- Arrange on a parchment paper covered baking tray and let rise for about 30 minutes. Cover with a damp paper towel and let rest in a warm place.



- Pre-heat the oven to 350°F.
- Brush the buns with the reserved, beaten egg and garnish with the sesame seeds.



- Bake for twelve minutes.

Homemade furikake (dry seasoning mix sprinkled over rice) from Nijiya's original products



Ingredients (makes 20 buns)

- 12 tablespoons Nijiya roasted, shelled sesame seeds
- 2 tablespoons Nijiya organic kinako (soybean flour)
- 1 bag Nijiya wafu dashi (Japanese stock)
- 5g (0.2 oz.) green nori (optional)
- 10g (0.4 oz.) to 20g (0.7 oz.) chirimén-jako (dried young sardine)

Directions

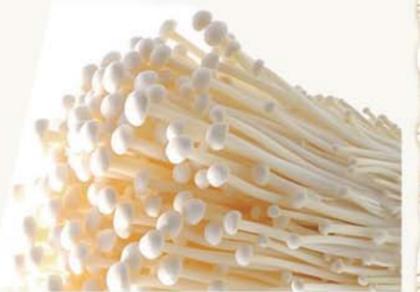
Add each ingredient to an empty Nijiya sesame seed jar, starting with the larger ones. Shake the jar after each addition. The furikake is done when the contents are fully mixed. The order of adding the ingredients is key: Adding from the larger to the smaller ingredients allows them to mix easily: Chirimén-jako, green nori, roasted sesame, dashi, and kinako.

Add any ingredients you desire! Why not create your own furikake by combining shade dried sakura shrimp, dried wakame seaweed, shredded dried plums, and crushed nuts?



Dried vegetables in California Dried enoki mushrooms

by Yuki Hirota



[How to dry enoki]

Cut off the part with sawdust. Cut the stem into 1/2-inch widths and the mushroom body into small pieces. Dry for one to three days. (It is edible whether semi- or fully dried.)

*Please select enoki with stems that are fresh, firm, and white. Otherwise, the stems may disintegrate while drying



At the International Conference on Pharma-Food, a book called "Dried Enoki Diet" was presented. It stated that eating sun-dried enoki mushrooms reduces "visceral fat." In preparation for publication, one month was spent creating recipes with sun-dried enoki. Thanks to this book, everyday cooking with sun-dried enoki is easy and delicious. This book discussed dried enoki as a diet food, but it offers other excellent benefits as well. Benefits of dried enoki:

- Because dried enoki generates delicious dashi after soaking in water for just a few minutes, miso soup can be made any time you feel like having a bowl.
- The time required to soak till tender is less than ten minutes. For other dried mushrooms, it can take up to a full day.
- When stir-fried as is, dried enoki turns into an irresistible snack.
- Because its dashi has a neutral flavor, it can be used in Japanese, Western, and Chinese cuisine.
- Adding enoki dashi to recipes transforms them profoundly.
- Dried enoki reduces belly fat without effort on your part.
- It is easy to use and has no risk of failure, etc. Dried enoki has an endless list of excellent points!

The dry climate of California is well suited for drying enoki mushrooms. Once you start

using dried enoki, you will be surprised at how easy they are to add to your daily recipes. I find making dashi for miso soup to be most convenient.

When I feel like having miso soup, I soak dried enoki briefly in water. If cooking for one, heat the liquid as soon as the enoki soften. Dissolve miso paste in the heated enoki dashi, add wakame or other garnishes, and the soup is ready as soon as the miso paste has dissolved. Enoki alone produces a sweetish dashi. You can use enoki as dashi and as an ingredient. I enjoy instant miso soup at lunchtime by bringing enoki mushrooms and miso paste to work. Added to tomato soup, enoki creates a rich flavor through a synergy of various umami components (glutamic acid and guanylic acid). For example, you can reduce cherry tomatoes in oil and add hydrated dried enoki. Steaming hydrated dried enoki in dishes like chawanmushi (a savory steamed egg custard with assorted ingredients), creates superb flavor. What is great about enoki is that you can make what you want when you want without any trouble! However, because dried enoki as is needs to be chewed very well to be digested, those who tend to gulp down their food should use it in miso soups and other soups. Any way you enjoy it, dried enoki is highly recommended. As Nijiya carries fresh enoki, please consider drying on the next fine day.

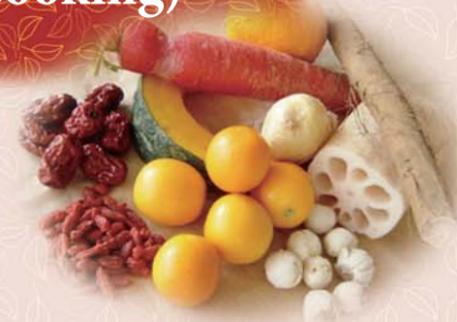
Enoki dashi Japanese-style rolled omelet



Yakuzen (medicinal cooking)

Yakuzen is often mistaken as health food that contains a lot of not very tasty herbal medicine. However, the definition of yakuzen is simply a way of cooking based on the theories of Chinese medicine. In other words, it's a type of food preparation that employs different ingredients and methods depending on one's constitution and state of health to achieve spiritual balance in each season.

The basic principles of yakuzen and Chinese medicine are the same; the only difference is whether the specific therapies involve medicinal herbs or food ingredients. As they say, "A healthy diet leads to a healthy body." Medicinal herbs and nutrients are both natural substances, having similar characteristics and demonstrating therapeutic effects. However, one key principle of yakuzen we should never forget is that the dishes must



be "tasty and can be eaten every day." It doesn't matter how good a given dish is for our health, if it doesn't taste good, we'll soon stop eating it. With yakuzen, it's important to make the dishes as tasty as they are medicinally effective.



Roots of Yakuzen

"Shennong Ben Cao Jing (Divine Husbandman's Classic on Pharmacology)," a Chinese pharmacopoeia written more than 200 years ago, introduced the phrase "Yakushoku dogen (Yao shi tong yuan)," which means "Medicine and food share the same source." In China, people have for centuries used food to maintain health and cure disease. Before the term yakuzen was born, Chinese people had already been practicing shokuyo, which means eating specific foods to maintain a healthy body and prevent illness, and shokuryo, which

refers to using foods that promote recovery from illnesses and help cure diseases. The word "yakuzen" became common only in the 1980s. One possible origin of the term is a passage from Biographies of Exemplary Women, a book from the late Han period (206 B.C. – 220 A.D.), about "a mother who wholeheartedly prepared yakuzen for her sick child."

Yakuzen and Chinese medicine are characterized by unique measures of the characteristics of ingredients, such as

shisei or four properties, and gomi, or five tastes. Shennong Ben Cao Jing describes as many as 365 different types of traditional herbal medicines and food ingredients, stating, "Medicines have five tastes (gomi), including sour, bitter, sweet, spice, and salt, as well as four temperatures (shiki), including cold, cool, warm, and hot." Chinese medicines and food ingredients have these five tastes and four temperatures, so it's essential that yakuzen cooking incorporates ingredients with these various characteristics.

Four Temperatures of Food Ingredients

Shiki, or shisei, is a measure of how cold or hot an ingredient is when it enters the body. Food ingredients are classified into four types: cold, cool, warm, and hot foods. Sometimes an additional property, heisei, referring to mild food neither cold nor hot, is added to this system, in which case the five properties are collectively called goki (five temperatures).

■ Cold/cool

Cool or cold foods cool the body to remove excess heat from the body, calm its functions, and promote bowel movement. These effects are more pronounced with cold foods than with cool foods.

Examples of cold/cool foods include winter melon, Job's tears, mung bean, turmeric, tofu, celery, eggplant, cucumber, tomato, bitter melon, burdock root, daikon, Chinese cabbage, spinach, lotus root, asari/shijimi clams, crab, wakame seaweed, banana, watermelon, pear, persimmon, soba, green tea, salt, white sugar, etc.

■ Warm/hot

Warm or hot foods warm the body to promote energy flow and blood circulation, and increase metabolism. These effects are more pronounced with hot foods than with warm foods.

Examples of warm/hot foods include ginger, green onion, shiso, safflower, cinnamon, chili pepper, pepper, sansho, garlic, onion, Japanese leek, leek, pumpkin, turnip, canola flower, lamb, chicken, tuna, salmon, shrimp, chestnut, peach, black tea, glutinous rice, sake, wine, brown sugar, etc.

■ Heisei

Mild foods aren't cold or hot and don't overly cool or warm the body. Heisei foods are suitable for people of any constitution. They are recommended for people in frail health or recovering from illness, children, the elderly, etc.

Examples of heisei foods include black sesame, yam, wolfberry, ume, non-glutinous rice, soybean, potato, sweet potato, taro, cloud ear mushroom, shiitake mushroom, cabbage, egg, beef, seabass, peanuts, ume, strawberry, grapes, apple, plum, fig, honey, rock sugar, etc.

Five Tastes of Food Ingredients

Ingredients that taste different have different functions. "Gomi," or five tastes, is based on the palatable properties and functions of food ingredients. The five tastes correspond to the five viscera of the body.

■ Sour

Sour foods cause the muscles to contract and tighten, thus preventing the leakage of bodily fluids. They can be used to prevent perspiration, diarrhea, frequent urination, premature ejaculation, etc.

Examples of sour ingredients include ume, lemon, vinegar, rosehip, hawthorn, strawberry, tomato, etc.

■ Bitter

Bitter foods remove excess heat and toxins to suppress inflammation, remove moisture, and stimulate the bowels. These foods are used to treat skin rash and also reduce vaginal discharge, fatigue from summer heat, and constipation. Examples of bitter ingredients include green tea, ginkgo nut, dried citrus peel, lotus seed, Japanese ginger, bitter melon, etc.

■ Sweet

Sweet foods supply nutrients for blood, keep us alert, relieve fatigue, and mitigate pain. Sweet foods are mixed with herbal medicines to treat fatigue and infirmity.

Examples of sweet ingredients include rice, peanuts, sugar, honey, milk, banana, grapes, etc.

■ Spice

Spicy foods warm the body to promote energy flow and blood circulation, and induce perspiration. These foods are used to treat cold symptoms, sensitivity to cold, and pain due to cold. Examples of spicy ingredients include ginger, green onion, shiso, chili pepper, pepper, garlic, onion, etc.

■ Salt (i.e., natural saltiness)

Salty foods have the effects of softening hard things or solids and promoting urination and bowel movement. They are used to treat lymphoma, stiff muscles or skin and constipation. Examples of salty ingredients include kombu, wakame seaweed, nori seaweed, shrimp, squid, asari clam, pork, etc.

Some food ingredients have multiple tastes, such as spicy and sweet. Foods with multiple tastes have more efficacy. The principle of yakuzen cooking is to understand the functions of each ingredient and combine multiple ingredients according to the season and one's physical makeup. Don't get too fussy about the rules. Instead, try to create flavorful foods and beverages you can enjoy. It is important, both spiritually and physically, to incorporate great tastes into your life through creativity.

Yakuzen Recipes

Yam have excellent moisturizing effects, edamame, or unripe soybean in the pod, is rich in nutrients and strengthens blood vessels. Sugina (horsetail) is a good source of calcium, which we need to combat aging. Oba promotes energy flow and repairs gastrointestinal function. After eating food that contains these beneficial ingredients, end the meal with the refreshing lemon daikon to detoxify your body!

Energize the body with dishes that help your liver and kidney to replenish your vital energy for youth and beauty!



Red Bean, Job's Tears, and Date Dessert for Beautiful Skin and Anti-aging

Teriyaki Chicken Breast Tenders with Black Sesame Oba

Lemon Daikon

Fried Yam and Sugina (horsetail)

Red Bean, Job's Tears, and Date Dessert for Beautiful Skin and Anti-aging

Sugar is believed to accelerate aging. This healthy, sugar-free dessert is made with mineral- and fiber-rich dates, which prevent the blood sugar level from rising; red beans, which help remove waste products from the blood; and Job's tears, known for its excellent skin-beautifying effect.

Ingredients (Serves 3 to 4)

2oz. red beans, 2oz. Job's tears, 2oz. dates (Add more dates, or add rice syrup, if you have a sweet tooth), 0.088 oz. agar

13-½ fl. oz. warm milk (almond milk or hemp milk, if possible), Wolfberries (or cranberries), Mint

Directions

- [1] Wash the red beans and Job's tears well, and soak them in water for at least an hour.
- [2] Cook the red beans and Job's tears in 3 cups of water in a large pot as volume will increase by four times during cooking. Cook for 40 to 60 minutes, adding water as needed to prevent burning. When the beans become soft, add the dates, and continue cooking.
- [3] Soak the agar in water and drain. Bring 3-½ fl. oz. of water to a boil and add the agar. When it dissolves, remove from heat, add warm milk and [2], and mix thoroughly.
- [4] Transfer the mixture into serving bowls or cups. Refrigerate until it gels. Top with wolfberries (or cranberries) and mint.

Lemon Daikon

Ingredients (Serves 4)

¼ daikon, 1 tablespoon lemon juice (more or less to taste), 10g hemp seeds, 0.3 fl. oz. hemp oil, a pinch of sea salt

Directions

- [1] Thinly slice daikon.
- [2] Mix lemon juice, hemp seeds, and hemp oil. Add sea salt.

Efficacies: Daikon is a rich source of diastase, a digestive enzyme, which, when combined with lemon, helps metabolize excess oil. Hemp is a leading source of omega 3 and omega 6 fatty acids, which strengthen cell membranes to boost cellular function. The body needs these nutrients every day.

Fried Yam and Sugina (horsetail)

Ingredients (Serves 4)

1 yam, 10g sugina or sugina tea (you may substitute rosemary), wheat flour, as needed, sesame oil for frying, as needed

Directions

- [1] Julienne the yam. Slice the sugina into ½-inch pieces. Sprinkle wheat flour over the yam sticks and coat with the sugina.
- [2] Fry the yam sticks in sesame oil and sprinkle with sea salt to taste.

Efficacies: Sugina is a rich source of calcium, an essential nutrient. (Rosemary is a rejuvenating herb that strengthens blood vessels and enhances the vitality of cells). Eating sugina and yam together promotes digestion and absorption. They also enhance the efficacy of other food ingredients. Do not peel the yam, as the skin helps to fortify our own skin.

Teriyaki Chicken Breast Tenders with Black Sesame Oba

Ingredients (Serves 4)

4 chicken-breast tenders, 4 oba leaves, 0.4 fl. oz. mirin, 0.3 fl. oz. soy sauce, ground black sesame, frying oil (sesame oil), salt and pepper, to taste

Directions

- [1] Remove tendons from chicken-breast tenders. Season the chicken with salt and pepper.
- [2] Dust the chicken with flour and coat with black sesame.
- [3] Put sesame oil in a frying pan, pan fry the chicken with teriyaki sauce (mirin and soy sauce). Add oba as garnish.

Efficacies: Lean and rich in protein, chicken-breast tender is an energy food that heals muscle fatigue and gastrointestinal problems. Black sesame is an effective cure for lack of energy due to aging, ringing in the ears, dizziness, and menopausal disorders. Oba regulates the flow of energy. This dish, which combines all these helpful ingredients, is a perfect antidote to aging.



Winter soups

Ingredients (four servings)

- 2 salmon fillets
- 1 carrot
- ½ burdock
- 5cm (2 inches) daikon (Japanese radish)
- 2 abura-age (deep-fried bean curd)
- ½ pack Nijiya wafu-dashi (Japanese stock)
- 2 tablespoons Nijiya Mirin kasu (sweet sake lees)
- 2 tablespoons Nijiya barley miso (regular miso can be substituted)
- 1 tablespoon sesame oil
- green onion, as needed

Directions

1. Remove the bones and cut the salmon into bite-sized pieces. Immerse the burdock in water and drain. Slice the burdock and carrot into 5mm (0.2 inch)-width rounds. Cut the daikon and abura-age into 1cm (0.4 inch)-width strips.
2. Stir-fry the vegetables in sesame oil in a pan. When the vegetables soften, add the abura-age, water, and wafu-dashi.
3. Add the salmon. After the fish is cooked, stir in the mirin-kasu and barley miso paste.
4. Top with chopped green onion to serve.

Mirin kasu (sweet sake lees) salmon soup



Oyster chowder

Ingredients (three to four servings)

- 10 oz. oysters
- 1 onion
- 1 celery stalk
- 1 carrot
- 1 potato
- 1 clove garlic
- 250ml chicken soup stock
- 2 teaspoons olive oil
- 0.2 oz. butter
- 1 tablespoon flour
- 1 tablespoon white wine
- 300ml milk
- Dash of salt and pepper
- dill leaves (optional), to taste

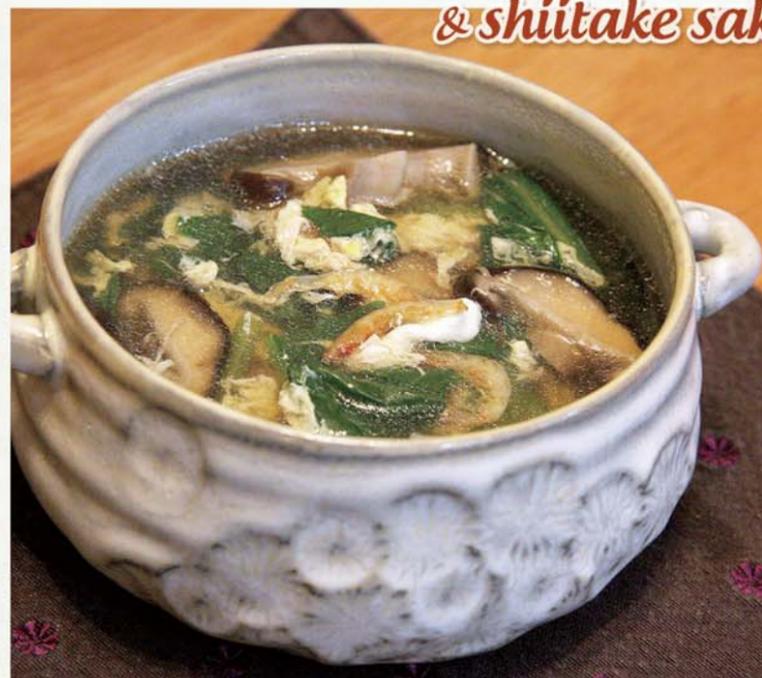


Directions

1. Rinse and drain the oysters. Mince the garlic. Cut the potato into 2cm (0.8 inch) cubes and the other vegetables into 1cm (0.4 inch) cubes.
2. Heat the olive oil and garlic in a saucepan over low heat. When the aroma begins to rise, add the onion, celery, carrot, and potato in that order and saute over medium heat.
3. When the vegetables soften, sprinkle in the flour and saute till the flour dissolves. Cover the pan, add the chicken soup stock and continue cooking.
4. Remove the moisture from the oysters with a paper towel. Lightly sprinkle with flour (not listed in the ingredients). Heat the butter in a frying pan. Arrange the oysters in the pan and grill quickly on one side. Turn them over and add the white wine. Cover the pan and steam.
5. When the vegetables are cooked, add the grilled oysters and milk. Adjust the taste with salt and pepper. Finish with a sprinkle of dill leaves, if available.



Komatsuna (Japanese mustard spinach) & shiitake sakura shrimp



Ingredients (four servings)

- 3.5 oz. komatsuna
- 3.5 oz. shiitake mushrooms
- 1 tablespoon sakura-ebi (sakura shrimp)
- 1 egg
- 720ml water
- 1-½ tablespoons Nijiya Chinese soup mix
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce
- Dash of salt and pepper
- green onion, as needed



Directions

1. Cut komatsuna into 3cm (1 inch) lengths. Remove the hard stems from the shiitake mushrooms and slice them into 5cm (2 inches)-widths.
2. Place the sakura-ebi in a saucepan and grill over medium heat. When the aroma begins to rise, add the water and shiitake mushrooms and bring to a boil.
3. Add the komatsuna, Chinese soup mix, and soy sauce. Adjusting the taste with salt and pepper. Gently stir in the beaten egg and add the sesame oil.
4. Top with chopped green onion to serve.

Burdock tea soup



Ingredients (four servings)

- 0.2 oz. burdock tea (dried)
- 0.5 oz. harusame (gelatin noodles)
- 600ml chicken soup stock
- 1 egg
- Dash of salt and pepper
- green onions, as desired



Directions

1. Place the burdock tea and chicken soup stock in a saucepan over medium heat and bring to a boil. Turn down the heat and cook till the burdock tea noticeably softens.
2. Add the harusame, cooking till it softens. Adjust the flavor with salt and pepper. Stir in the beaten egg. Top with chopped green onion to serve.

Hot gazpacho

Ingredients

(two to three servings)

- 2 tomatoes
- ½ celery stalk
- ¼ yellow bell pepper
- ¼ red bell pepper
- ¼ green bell pepper
- ½ clove garlic
- 2 tablespoons panko
- 300ml tomato juice
- 2 teaspoons olive oil
- Dash of salt and pepper
- Tabasco sauce, (to taste)
- parsley, as desired



Directions

1. Chop all the vegetables into chunks.
2. Put the garlic, panko, tomato juice, and olive oil in a blender and mix well. Add the vegetables and blend to a coarse consistency so that their shapes are still visible.
3. Pour the mixture into a saucepan. Add salt, pepper, and Tabasco, to taste. Remove from heat and add the minced parsley.



Niku-man (meat buns) & an-man (sweet bean buns)

Here are recipes for easy-to-prepare and genuinely delicious niku-man and an-man.

Shaping the dough

1. When the dough expands to twice the original size, place it on a floured cutting board. Roll thinly into a 15 inches length and divide into eight equal pieces. Flatten each piece with a rolling pin into a round of approximately 4 inches diameter. The center should be somewhat thicker than the edges of each round. Place filling in the middle of each round and fold in the edges.

* To fold, put the dough between your upright thumb and index finger. The index finger pulls the dough toward the thumb by rotating the dough while not moving the thumb. (Try to pull the edges of the dough to the center while making the folds.)

* If this technique is too difficult, any method is okay as long as the filling does not ooze out!

2. Cut pieces of parchment paper larger than each piece of dough. Place each filled ball of dough onto a piece of parchment. Arrange in a rice steamer (or steamers). Leave at room temperature for about fifteen minutes (secondary fermentation).

* Leave space between each piece to allow for expansion while steaming.

3. Finished the niku-man by steaming for fifteen minutes over high heat!



When you want to eat niku-man right away, start with pancake mix!

Ingredients (6 buns)

7 oz. Nijiya Hotcake mix, 80ml water, small quantity of flour (for dusting), 6 pieces frozen shu-mai (steamed meat dumpling), 2/3 tablespoon vegetable oil

Directions

1. Blend the pancake mix and water and knead till mixed thoroughly. Place on a floured board shaping the dough into a cylinder. Divide into six equal pieces. Thinly spread each piece and shape into rounds.
2. Place a frozen shu-mai in the middle of each round of dough and wrap.
3. Heat the vegetable oil in a large frying pan over medium flame. Arrange the niku-man with 1 inch spaces in between. Add 2/3 cup of water and cover. Steam for three minutes over medium heat.
4. Reduce the heat to low and steam for an additional five to six minutes. After all the moisture has evaporated, remove the lid. Cook to crispness for ten seconds over high heat and serve.



Ingredients (8 buns)

Dough

7 oz. Nijiya wheat flour
1 teaspoon dry yeast
1 tablespoon sugar
Pinch salt
100ml lukewarm water (about 100°F)
1 tablespoon vegetable oil

Fillings

7 oz. chopped pork meat
11 inches leek
1 teaspoon grated ginger
Dash pepper
1 tablespoon sake
1/2 tablespoon oyster sauce
1 tablespoon soy sauce
1 tablespoon sesame oil

Directions

Dough

1. Add the flour, dry yeast, sugar, and salt in a bowl and mix lightly.
2. Gradually add the lukewarm water to 1. by thirds and mix well until evenly blended.
3. Add the vegetable oil and knead by hand until the oil is mixed evenly. Transfer to a cutting board and knead with the palm of your hand.
4. When the dough turns smooth overall, transfer to a bowl. Cover with a damp dishcloth and let rise (primary fermentation) at room temperature for thirty minutes.

Fillings

1. Cut the pork into cubes slightly smaller than 0.4 inch and finely chop the leek.
2. Put the pork 1. and pepper in a bowl and mix. Continue mixing while adding the sake, oyster sauce, soy sauce, sesame oil, leek, and grated ginger.
* Mix well every time you add an ingredient.

An-man

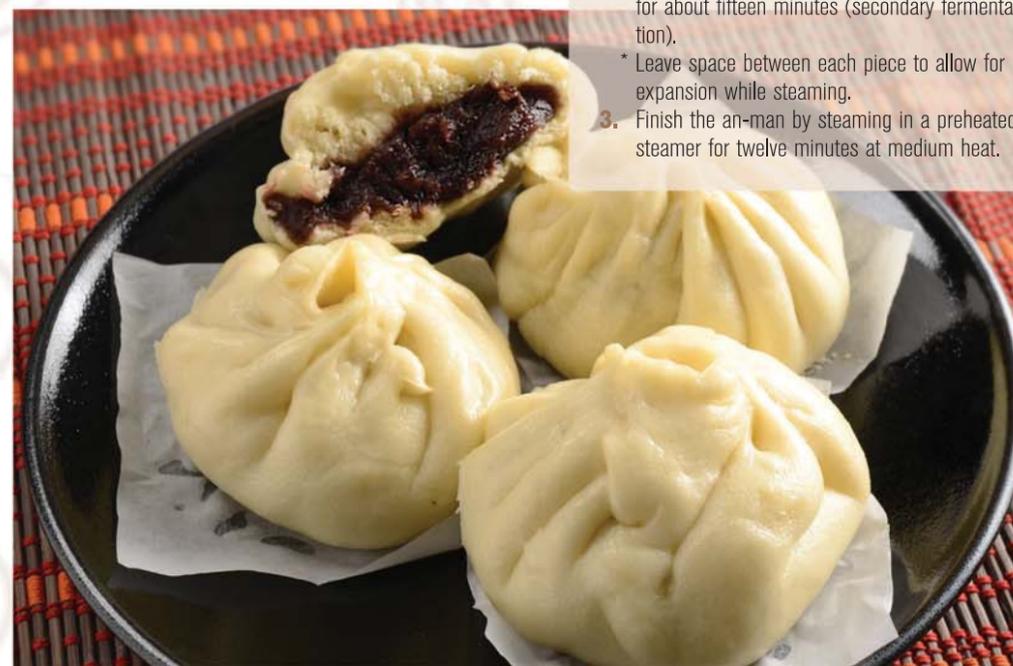
Use the same dough as in the niku-man recipe.

Ingredients

5.6 oz. commercially-available koshi-an (strained bean paste), 0.7 oz. black sesame paste, sesame oil (as needed), pinch of salt

1. Add the black sesame paste and sesame oil to the koshi-an and mix well with a spoon into a paste. Adjust the taste by adding salt. Place koshi-an in the middle of each piece of dough. Fold in by pulling the dough from the outside toward the center and close tightly.
2. Cut pieces of parchment paper larger than each piece of dough. Place each filled ball of dough onto a piece of parchment. Arrange in a rice steamer (or steamers). Leave at room temperature for about fifteen minutes (secondary fermentation).

3. Finish the an-man by steaming in a preheated steamer for twelve minutes at medium heat.
* Leave space between each piece to allow for expansion while steaming.



Seafood buns

Ingredients

Meat filling

3 oz. dried mushroom slices, 3 oz. pork minced meat, 2 green onions, 1-1/2 oz. bamboo shoots, 1/2 tablespoon minced ginger

Seasonings

1/2 tablespoon soy sauce, 1/2 tablespoon oyster sauce, 1/2 tablespoon katakuriko (potato starch), 1 teaspoon sesame oil

Seafood filling

4 shrimp
2 scallops
2 king crab legs
1/4 teaspoon salt

Directions

1. Soak the dried mushrooms in 3 tablespoons water till tender.
2. Put the pork in a bowl and add 1. with the liquid. Add the green onion, bamboo shoots, and ginger with all the seasonings and refrigerate.

3. Peel and devein the shrimp, and slice in half. Cut the scallops into quarters and the crab legs into six pieces each. Sprinkle with salt and refrigerate.

4. Divide the flattened dough (Step 1 from the pancake mix directions) into eight equal pieces. Place one-eighth of the prepared meat ingredients and one piece each of the seafood ingredients in the middle of each round and wrap by gathering the edges toward the middle. Place parchment paper in a steamer and add the wrapped seafood buns. Let rest for fifteen minutes or so at room temperature.

5. Boil the water in the steamer and steam the seafood buns for twenty minutes.

* If the steamer is metal, insert a dry cloth below the lid and shift the lid from time to time to let extra steam to escape. This will maintain an even texture in the buns.

Let's try healthy recipes!

Vinegar onion

Consuming vinegar is said to reduce fatigue and to burn fat. Onion is said reduce blood pressure and to allow blood to flow smoothly. The combination of these two superb ingredients can transform simple recipes into healthy meals.



Basic vinegar onion recipe

- 1 medium onion (approx. 7oz.)
- 5 tablespoons vinegar (any brewed vinegar will do)
- Pinch salt
- 1-½ to 2 tablespoons honey, to taste
- * Apple cider vinegar is fruitier and more easily digested than brewed vinegar.

- (1) Lightly wash the onion, peel, and cut into thin slices.
 - (2) Let rest for thirty minutes without soaking in water.
 - (3) Put the onion (2), vinegar, salt, and honey in a clean, sterilized storage container.
 - (4) Refrigerate overnight, and it is ready to use.
- *Refrigerating it for two to three days makes the mixture more potent. You can store it up to one week or so.



Vinegar onion, tuna, & daikon salad

- Ingredients (one serving)**
- Two handfuls vinegar onion
 - 5cm (2inch) daikon (thin strips)
 - 1 teaspoon ponzu vinegar
 - 1 teaspoon vinegar onion juice
 - Katsuo-bushi (dried bonito), as desired

Directions

1. Thinly slice the daikon into strips, soak in water, and drain.
2. Arrange the daikon on a plate. Place the vinegar onion on top and sprinkle with the katsuo-bushi.
3. Mix the ponzu vinegar and vinegar onion together and drizzle on top.

Salmon & vinegar onion salad

- Ingredients (one serving)**
- 4 pieces salmon sashimi
 - One handful sprouts
 - Vinegar onion, as needed
 - 2 teaspoons soy sauce
 - 2 teaspoons vinegar onion juice
 - 1 teaspoon olive oil

Directions

1. Wash the sprouts and arrange on a plate.
2. Layer the vinegar onion and salmon on top, in that order.
3. Mix the soy sauce, vinegar onion juice, and olive oil together and drizzle on top of 2..

Salted tomato

Tomatoes contain all types of nutrients such as vitamin C, dietary fiber, carotene, and lycopene, which is considered its most valuable nutrient.

Lycopene is a type of pigment that offers a powerful antioxidant effect; it suppresses the oxidation of LDL cholesterol. Salting tomatoes brings out umami components similar to those of dashi (Japanese soup stock) via osmotic pressure. Salted tomatoes can be used as a flavor enhancer instead of salt. When salted tomato is left overnight, a lot of the umami component is extracted. With a bit of ingenuity, you can use salted tomato in a variety of dishes: putting it on top of cooked rice, mixing it with natto, etc.



Salted tomato

- 7 oz. ripe tomato
- 0.7 oz. salt (one-tenth the amount of tomato by weight)
- 1-½ teaspoon honey
- 2 teaspoon grated garlic

- (1) Finely chop the tomato and put in a bowl with the juice intact.
- (2) Mix the salt, honey, and garlic and add to (1).
- (3) Place in a sterilized, clean storage container and refrigerate overnight. *Use within one week or so.



Ginger-grilled salted tomatoes

- Ingredients (two serving)**
- 6 thin slices pork roast
 - 1 tablespoon grated ginger
 - 3 tablespoons salted tomato

Directions

1. Place all the ingredients in a Ziploc plastic bag and rub together.
2. Refrigerate for fifteen minutes.
3. Grill in a frying pan.



Salted tomato pilaf

- Ingredients (three serving)**
- 2 cups rice
 - 4 tablespoons salted tomato
 - 4 pieces winers
 - ¼ onion
 - 1.8 oz minced carrot
 - 1.8 oz. corn (frozen)
 - 0.4 oz. butter
 - Parsley, as desired

Directions

1. Rinse the rice and let drain in a colander for thirty minutes.
2. Cut the wiener into round slices and finely chop the carrot.
3. Put the rice in a rice cooker. Add the salted tomato and pour water to the 2-cup line.
4. Lightly mix the rest of the ingredients except the parsley and cook.
5. When finished cooking, mix thoroughly and let steam with the lid on.
6. Sprinkle with parsley and serve.

Honey miso

The saltiness and umami of miso plus the mild sweetness of honey offer a balance of rich flavors. Honey miso can enhance the flavor of side dishes, grilled dishes, of cooked foods, and in pickling. As a fermented food, miso offers many nutritional benefits including dietary fiber and protein. Honey is lower in calories than sugar and contains vitamins, minerals and enzymes. The combination of miso and honey acts like a tag team offering nutritional benefits and enhanced taste.



Honey miso

- 3.5 oz. miso (naturally fermented miso with no seasonings)
- 2-½ tablespoons honey

- (1) Place the miso in a saucepan and add the honey.
- (2) Mix thoroughly to blend well.
- (3) Place over low heat and stir into a paste with a rubber spatula. Be careful not to burn the mixture.
- (4) Remove from heat when the edges of the paste begin to bubble. The flavor of miso begins to emerge while the honey aroma disappears.
- (5) After it cools, transfer to a sterilized, clean storage container and refrigerate.

Tuna and avocado aemono (dressed salad)

Ingredients (two serving)

- 5.3 oz. tuna cut in chunks
- 1 tablespoon honey miso
- ¼ Japanese leek
- 1 avocado

Directions

1. Mix the tuna with honey miso and refrigerate overnight.
2. Mince the Japanese leek and slice the avocado into bite sized pieces. Mix together.
3. Dress 1. with 2. and serve.



Honey miso grilled onigiri (rice balls)

Ingredients (two balls)

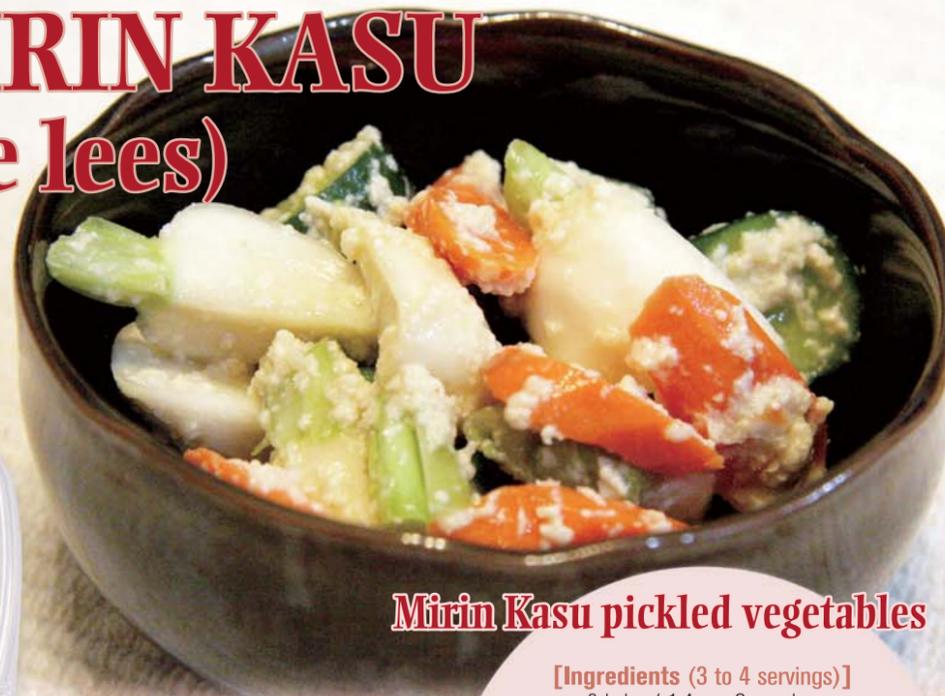
- One rice bowl of cooked brown rice
- Honey miso, as needed

Directions

1. Make two onigiri with hot brown rice.
 2. Heat a frying pan with vegetable oil and quickly grill the onigiri on both sides.
 3. Coat the surface with honey miso, turn over and coat the other side.
 4. Grill till lightly browned.
- * If you use a toaster oven to grill, coat the onigiri with the honey miso before toasting.



Nijiya's MIRIN KASU (sweet sake lees)



Mirin Kasu pickled vegetables

[Ingredients (3 to 4 servings)]

- 3 kabu / 1.4 oz. Cucumber
- 1 Carrot / Salt (to taste)
- [For Pickled sauce]
- 2 tablespoons Nijiya Mirin kasu
- 1 tablespoon White soy sauce

[Directions]

1. Cut the vegetables to bite size, sprinkle in a salt, wait 5 minutes, and wipe off the moisture with paper towel.
2. Put the vegetables and the pickle sauce inside a plastic bag and put in refrigerator for 3 hours - overnight.

Mirin kasu is born from the brewing process of mirin (sweet sake) and is made of sweet rice, malted rice, and shochu. The sweet rice gives it stickiness and a granulated drop shape. The flavor of mirin kasu is faintly sweet, as distinguished from the stronger taste of sake kasu. As described in the book "Wakan Sansai Zue" (Chinese and Japanese All things Encyclopedia) from the mid-Edo

Period, mirin kasu has been consumed since long ago as a "sweet confectionary." Aside from being eaten as is, with the natural sweetness of rice and delicate aroma, it has been used in a variety of ways in cooking and in making sweets. Natural mirin kasu can be found only at a kuramoto (brewer) where its manufacturing process has been protected since olden days. Kasu (lees) can rarely be generated

from mirin that is mass-produced by adding sugar content and/or umami. The mirin kasu that has been produced

naturally since time immemorial is a valuable by-product born from the malted rice enzyme in its raw state.

High quality mirin kasu consists of approximately forty per cent alcohol and water, thirty per cent carbohydrate, and the rest protein, fat, etc. Of particular importance is the fact that it is rich in an ingredient that works the same as a dietary fiber called "resistant protein." This is not easily digested in the stomach and travels

unchanged to the small intestine, where it traps fats such as cholesterol. Because it is eliminated from the body as is, it can be expected to offer the benefits of relieving constipation, reducing cholesterol, and preventing obesity. Because mirin kasu contains alcohol, one needs to be careful when offering it to children.

Nijiya's mirin kasu comes from a brewer who has been producing genuine mirin under the same manufacturing process

since long ago. Once it is savored in the mouth, it leaves an indescribably refreshing and clean aroma. It offers a graininess derived from its raw ingredients as well as a rich sweetness. It is indeed a luxurious feeling to enjoy today something that was cherished by people of olden days! Understandably, mirin kasu appears on the market only during the period when mirin is pressed. In this sense, the taste of mirin kasu can be described as a seasonal treat.



Baked Cod with Mirin Kasuzuke

[Ingredients (2 servings)]

- 2 slices Cod fillets
- Salt (to taste)

[For Pickled sauce]

- 1.4 oz. Nijiya Mirin kasu
- 0.7 oz. Miso
- 2 teaspoons Mirin
- 2 teaspoons Sake

[Directions]

1. Sprinkle salt onto the cod and leave it for about 5 minutes. After, wipe off the moisture with paper towel.
2. Mix all the ingredients for the pickled sauce, and put it on both sides of the cod, wrap it well and place in the refrigerator overnight.
3. Lightly wipe the moisture off the cod, and bake on both sides with a grill.



Soy milk banana shake with mirin kasu

[Ingredients (2 servings)]

- 300ml Soymilk
- 1.4 oz. Nijiya Mirin Kasu
- 1 Banana
- 1 tablespoon Lemon juice

[Directions]

1. Put all the ingredients into the mixer.
2. Mix
You could enjoy with mint leaves and/or your favorite fruits.



Mirin Kasu Pound Cake

[Ingredients for the cake] (9in circular)

- 1 Pack Nijiya Mirin Kasu (room tempeture)
- 5.6 oz. Nijiya Organic flour
- 2.8 oz. Sugar
- 3 Eggs (room temperature)
- 1 teaspoon Baking powder
- 1 stick Butter (room temperature)
- 2.8 oz. Raisins that are marinated in orange liqueur

[Ingredients for boiled apples]

- 2 organic apples
- 1 tablespoon Sugar (Please adjust to your favorite sweet.)
- 1 tablespoon butter

<Material of caramel>

- 3 tablespoons Sugar

[Directions]

1. Preheat oven to 350°F
2. Remove the core of apples and cut into 5mm long pieces. Boil the apples with sugar and butter over medium to low heat.
3. In a bowl, mix in butter and sugar, mix well. Add in Mirin Kasu, mix, and then add in the eggs one by one. Mix well.
4. Add in flour and baking power in the same bowl. Sprinkle raisins with flour and add it into the bowl.
5. In a 23cm circular baking tray, spread aluminum foil
6. In a pan, make the caramel sauce with the sugar, and spread it onto the baking tray.
7. Add in the sliced apples.
8. Pour in the cake batter. Bake in the oven for 25-30 minutes, or until cooked. Insert a bamboo skewer into the cake and pull it out. If it comes out clean, the cake is done.
9. Remove the cake from the oven. Allow the cake to cool before you remove it. A dish is put over the cake and turned upside down, apple becomes the top.



Crispy Mirin Kasu Cookie

[Ingredients (40x27cm baking pan)]

- 1 pack Nijiya Mirin Kasu
- 1 can Condensed milk
- 1 eggs (room temperature)
- 1 stick Butter (room temperature)
- 5.6 oz. Flour
- 1.8 oz. + 1 oz. Cornflakes

[Directions]

1. Preheat the oven to 350°F
2. In a bowl, mix butter, ½ of mirin kasu, add ½ of condensed milk.

3. Add in eggs and mix well.
4. Add in 1.8 oz. of cornflakes and mix while crushing it.
5. Add in the pre-sifted flour and mix well
6. Mix cornflakes 1oz..
7. Lay aluminum foil onto the baking pan and add in the batter by extending it while pressing (cover the whole pan)
8. Mix in the rest of the mirin kasu with the condensed milk and pour over the pan.
9. Bake for 20-30 minutes.
10. Cut into desirable pieces while its still warm. When it cools, sprinkle powder sugar and enjoy.

Exciting! Gochiso Kitchen

Tear-off buns

Use an 7inch x 7inch baking pan

by Reiko Yoshida



Ingredients (makes 16 buns)

280g (9.9 oz.) Nijiya hard flour
7g (0.2 oz.) instant dry yeast
34g (1.2 oz.) sugar
4g (0.1 oz.) salt
14g (0.5 oz.) skim milk
22g (0.8 oz.) organic shortening
182g (6.4 oz.) lukewarm water (95°F)

For finishing

Small quantity beaten egg

Two-colored tear-off buns

Coffee dough (mix half of the dough overall to 280g)

3g (0.1 oz.) instant coffee
7g (0.2 oz.) granulated sugar
6g (0.2 oz.) water
dissolve the instant coffee in separate bowls of water.

For finishing

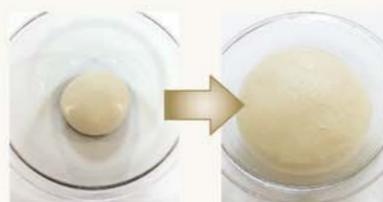
Small quantity beaten egg

Directions

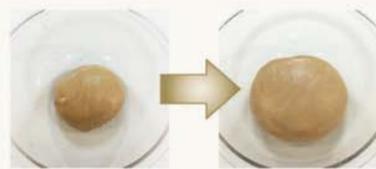
1. In a large bowl, add the flour, instant dry yeast, sugar, salt, and skim milk, mixing thoroughly. Add the lukewarm water and blend thoroughly with a rubber spatula for

more than one minute

2. Knead for more than twenty minutes by hand until the dough is evenly smooth.
3. Cover the bowl of dough with plastic wrap and set in a warm place at more than 77°F for fifty to sixty minutes till the dough doubles in volume.



To make the two-toned variation, divide the dough after Step 1 (before kneading). Leave the plain bowl as is. Dissolve the instant coffee and sugar in water. Mix this liquid thoroughly into the other bowl of the plain dough. Continue with Step 2. In Step 4, you'll make 8 rounds from the plain dough and 8 rounds from the coffee dough.



4. Divide the dough into sixteen pieces of approx. 35g (1.2 oz.) each. Roll into rounds with the smooth part on top.
5. Lightly cover with a damp dishcloth or paper towel and let rise in a warm place for fifteen minutes.
6. Punch down each ball of dough and shape again into rounds. Arrange on an oiled baking sheet, leaving space between each round. Cover lightly with a damp cloth or paper towel and set in a warm place for thirty to forty minutes. Pre-heat the oven to 350°F.
7. When the buns expand and begin to stick together, brush with beaten egg and bake at 350°F for fifteen to twenty minutes.

For a variation on the recipe, make two-toned buns (one plain and one coffee colored).

If you are making both colors, use two mixing bowls, one for the coffee color. Coffee dough 3g (0.1 oz.) instant coffee 7g (0.2 oz.) granulated sugar 6g (0.2 oz.) water



Dried vegetables in California

Chinese cabbage

by Yuki Hirota



[How to dry Chinese cabbage]

Drying the separated leaves:

- Dry the Chinese cabbage by peeling the leaves one by one from the outside. Dry for approx. 24 hours until the core becomes supple. This is good for making rolled Chinese cabbage.

When dried with the core intact

- When you keep the core intact, dry by cutting into six to twelve portions, depending on the size of the Chinese cabbage. Dry for approx. one to three days, till the core softens. Use in sautéed dishes and/or stews. When you lightly brown the Chinese cabbage in a good-quality oil, it produces a full-bodied stew without the need to add dashi. Dried Chinese cabbage can be stored in the refrigerator for approx. five days.



The parts of vegetables that people tend to discard as inedible can actually be a treasure house of umami when sun-dried and/or pickled. Chinese cabbage that has merely been sun-dried not only produces dashi but is also delicious as an ingredient. It stays crunchy even when stir-fried and does not turn limp over time. Dried or pickled Chinese cabbage works well in cheese dishes and in other western-style dishes. For example, when it is cooked raw as Chinese cabbage, its moisture and the cheese tend to separate but once Chinese cabbage is dried, the flesh tightens to create a compatible, umami-enhanced Chinese cabbage and cheese

dish. It does not separate, even over time. When cooked in stews or in Japanese-style dishes, the cabbage core turns into a dashi-rich "cluster" that is irresistibly delicious. If you simply dry Chinese cabbage before you use it in pickles, a stir-fry, or a hot-pot recipe, the results are remarkably improved. The following recipe uses Chinese cabbage in a cumin flavored peperoncino. The key to success is to use an ample amount of oil. The dried Chinese cabbage stays crunchy despite softening. The recipe calls for Chinese cabbage only but you can add salt-boiled pasta. Why not try drying Chinese cabbage on one fine day!

Chinese cabbage peperoncino

Ingredients (two servings)

4 pieces dried Chinese cabbage
1 clove garlic (sliced)
½ red pepper
½ teaspoon cumin seeds
2 tablespoons olive oil
additional salt, to taste
soy sauce, to taste

Directions

1. Cut the dried Chinese cabbage into thick strips.
2. Put the garlic, cumin seed, oil, and red pepper in a frying pan. Heat slightly and add the thick parts of Chinese cabbage, stirring once. Cover and cook for one minute.
3. Add the leafy parts of the Chinese cabbage and steam cook with salt and water (30ml). Keep the pan covered.
4. After about two minutes, with the cabbage fully softened, add salt and soy sauce to taste.



Common People's Taste in the Edo Period (1603-1868)

Isami Kondo's favorite food!?

Fluffy egg

This is Japan's oldest egg dish and was a local specialty in Edo period. It was the dish the third Shogun, Iemitsu, served Emperor Gomizunoo. This fluffy egg dish is depicted in the of the Edo period bestseller, "Tokaido Hizakurige," and it has been recorded that Isami Kondo of the Shinsengumi (the Bakufu police force of the late Edo period) used to eat it during the last days of the Tokugawa shogunate. .



Ingredients (three servings)
 3 eggs
 600ml first brew of dashi (soup stock)
(A)
 Soy sauce for aroma only
 ½ teaspoon salt
 1 tablespoon sake
 Black pepper to taste

Directions
 a) Dissolve **(A)** in the soup stock and add just enough soy sauce to discern the soy sauce flavor.
 b) Pour into a small saucepan and bring to boiling.
 c) Crack the eggs into a bowl and beat briskly till frothing. (Nowadays, an egg whisk may be used.)
 d) When the eggs are fully beaten, pour all at once into the boiling soup stock and cover.
 e) Wait from thirty seconds to a minute and remove from heat. When the lid is removed, the eggs are fluffy and expanded. Sprinkle with pepper. Serve the eggs with the broth in a bowl.



The most popular miso soup in Edo

Natto-jiru (miso soup with minced fermented soybeans)

Tenkai, a monk of the Tendai sect, who served as an aide to Ieyasu and Ieshige Tokugawa lived to the astonishing age of 108 years. This is the recipe for the natto-jiru that Tenkai is said to have enjoyed eating. It is recorded that when Ieyasu's health deteriorated, Tenkai was the one who recommended that Ieyasu eat natto-jiru. Since then, it has been considered a dish that offers an excellent nutritional balance. Let us introduce natto-jiru as it described in the cookbook, "Ryori Monogatari" from the early Edo period.



Ingredients (four servings)
 2 packs natto
 4 tablespoons miso paste
 *Originally, Edo low-salt miso was apparently used.
 600ml soup stock
 1 block tofu
 3 roots komatsuna (Japanese mustard spinach)

Directions
 a) Cut the komatsuna into chunks. Drain the tofu and slice into small cubes.
 b) In an earthenware mortar, partially grind the natto to pieces about one-third the original size. Gradually pour in the soup stock.
 c) Dissolve the miso in the soup stock and heat in a saucepan to just before boiling. Add the tofu and komatsuna.
 d) Once the tofu and komatsuna are heated, add the ground natto. Mix lightly but thoroughly, and it is ready to serve.
 * If you add yuzu peel before serving, the smell of natto is not noticeable.



Yasuko's Recipes



Hello, I am Yasuko. Let me introduce my recipes to you. I carefully picked up 5 home style dishes and developed the recipes simple but still fancy and authentic.

Dashi, soy sauce, miso and rice are the most significant ingredients in Japanese cooking, and I believe recognizing how to use these 4 ingredients are very important to learn Japanese cooking. All of the recipes involve at least one of them in these 5 recipes.

Enjoy cooking Japanese dishes with my recipes!

Teriyaki rolled asparagus



(4 PIECES)

6 sticks asparagus
4 large slices beef (thinly sliced packaged)*
1 teaspoon all purpose flour

For sauce, mixed and prepared in a cup
1 Tablespoon soy sauce
1 Tablespoon brown sugar
1 Tablespoon sake
1 teaspoon potato starch
White sesame oil

* Thinly sliced beef can be found at Japanese super markets. Usually, it is specially labeled "f for sukiyaki" or "for shabushabu".

PREPARE THE ASPARAGUS

Discard the woody stem, and peel the tougher skin near the bottom of spears. Cut into a half length.

STEAM THE ASPARAGUS

In an 11 inch wok or a deep pan, boil a cup of water. Add a pinch of salt. Carefully set in steam equipment, steam asparagus over boiled water for about 2 minutes. The center of asparagus isn't cooked through yet.

MAKE THE ROLLED ASPARAGUS

Spread thin sliced beef on a cutting board or a cooking pad. Sprinkle beef with salt, black pepper and flour. Put 3 pieces asparagus on the beef and roll it up. Flour prevents the beef from peeling off.

PAN-GRILL AND GLAZE

Heat a tablespoon of white sesame oil in an 11 inch fry pan over medium heat until hot but not smoking. Place the asparagus on the pan with the roll end down. Cook until the underside turns brown. Cook other sides as well. When the beef is cooked, once turn the heat off. Mix the prepared sauce once again, and pour the sauce over the asparagus. Cook over low heat, rotate and graze the asparagus, until the sauce thickened.

SERVE

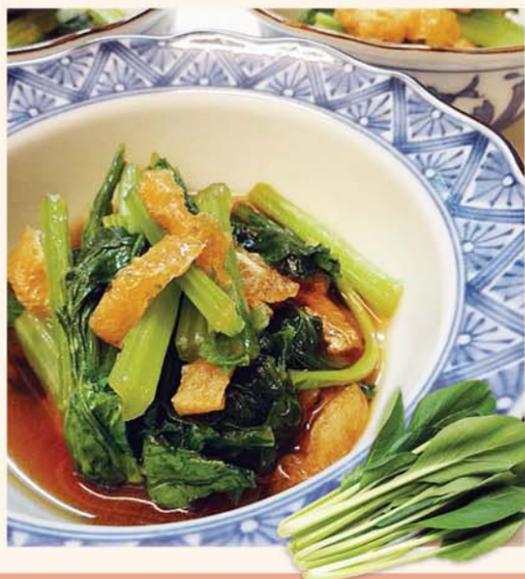
Lay the asparagus down on a serving plate, or on a cutting board, cut the asparagus crosswise into one inch pieces, place those pieces on a serving plate with the sections of asparagus up. Enjoy!

[COOK'S NOTE]

- Pork can be substituted for beef.



Nibitashi of komatsuna and aburaage



(SERVES 4)

Named by combining Japanese words for simmer (niru) and soak (hitasu), vegetables and other ingredients are simmered together with dashi soup. Spinach and mizuna are popular vegetables for ni-bitashi. Aburaage and atsuga (thick deep fried tofu) is also favorite ingredients.

1 (7-ounce) bunch komatsuna, tough stems discarded, cut into one inch pieces.
1 piece 3 inch square aburaage
For dashi soup, mixed and prepared in a cup
½ cup dashi
1 teaspoon soy sauce
1 teaspoon mirin

White sesame oil
Salt

PREPARE THE ABURAAGE

Rinse aburaage in boiled water to remove excess oil.

Cut in a third lengthwise. Then cut across into ¼ inch pieces.

STIR-FRY THE KOMATSUNA

Heat 1 teaspoon of white sesame oil in an 11 inch deep pan over medium heat until hot but not smoking. Add komatsuna and ¼ teaspoon of salt, stir-fry for about 30 seconds.

SIMMER WITH THE DASHI SOUP

Carefully add the prepared dashi soup and aburaage, bring to a boil, then turn the heat down to low, simmer for 1 minute. Green vegetables should be stayed green. Heat off before the green vegetables are overcooked and turned into brownish.

SERVE

Divide among 4 small serving bowls. Enjoy!

[COOK'S NOTE]

- Aburaage can be prepared up to a day ahead. Cool and keep in the fridge.
- The combination of aburaage and komatsuna also can be good for miso soup.

Maitake gohan



(4 RICE BOWLS)

2 go cups (360ml) rice
1 cup maitake mushroom, trimmed, torn into bite sized pieces by hands
½ teaspoon salt
1 teaspoon soy sauce
White sesame oil

COOK THE RICE

Start the rice cooker and make steamed rice
MEANWHILE, STIR-FRY THE MUSHROOMS
Heat a teaspoon of oil over medium heat in an 11 inch fry pan until hot but not smoking. Add maitake mushrooms, stir-fry for 30 seconds. Once turn the heat off. Mushrooms can become watery, if they are overcooked. Quickness is crucial. Add ½ teaspoon of salt and a teaspoon of soy sauce into the pan, stirring.

Cook for 30 more seconds over moderately high heat. Soy sauce smells nice burned.

MIX THE RICE AND MUSHROOM

Put the mushrooms on top of the steamed rice in the rice cooker. Gently mix the rice and mushrooms with a rice spatula.

SERVE

Divide the rice among 4 rice bowls. Enjoy!



Nasumiso (miso stir-fried eggplant)



(SERVES 2)

2 (5-to 6-ounce) eggplants, cut in half, then cut in quarter lengthwise
For miso sauce, mixed and prepared in a small cup

1 Tablespoon hacho miso
1 Tablespoon sake
1 Tablespoon maple syrup
½ teaspoon grated ginger
5-6 roasted peanuts, coarsely chopped
White sesame oil

PREPARE THE EGGPLANTS

Soak the eggplants in water for a minute. Drain. Wipe excess water with cooking papers to avoid oil splashing when cooking eggplants.



PAN-GRILL

In an 11 inch deep pan or a wok, heat a tablespoon of white sesame oil over medium heat. Carefully place the eggplants skin sides down in the pan. Pan-grill for about 1 minute. Turn the eggplants and grill for about 1-2 minutes until the egg plants cooked through.

SAUCE

Once turn the heat off. Carefully add the prepared miso sauce and stir. Stir-fry for about 1-2 minutes over medium heat.



SERVE

Divide among 2 small serving bowls. Sprinkle coarsely chopped peanuts. Enjoy!

Nira pancake



½ cup all purpose flour
¼ cup water
1 Tablespoon miso
1 (4-ounce) bunch nira (Chinese chive), tough bottom discarded, cut into one inch pieces
White sesame oil

MAKE THE BATTER MIXTURE

In a large bowl, combine all purpose flour with water. Do not knead. Add miso and nira into the bowl, mix.



PAN-GRILL

Heat 2 teaspoons of white sesame oil in an 11 inch fry pan over medium heat until hot but not smoking. Scoop about 3 tablespoons of the batter mixture, place in a thin 3 inch diameter round shape on to the pan, grill, 3 pieces each time. When the edge turns nice brown color, flip it onto the other side. Gently push with a spatula to make it thinner.



Cook until the both sides are crisp and brown.

SERVE

No need to sauce, salt or pepper over the pancake. Enjoy the flavor of nira and miso!

Discovering Sake

Its tradition and the future

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

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

and Koji mold.

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

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



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

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

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

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

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



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

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

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

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

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

Nijiya Original Sake Series!

Only available at Nijiya Market.

Yamawa

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



Senkin Fire

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



Hakuin Masamune

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



Sakaya Hachibei

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



Noutaka

From Niigata Prefecture
Tanaka Shuzo
Junmai Shu
720ml



Tancho Zuru

From Hokkaido Prefecture
Nippon Seishu
Junmai Shu
720ml



Chitose Zuru

From Hokkaido Prefecture
Nippon Seishu
Junmai Ginjo
720ml



Oyama Gion Jo

From Tochigi Prefecture
Nishibori Shuzo
Junmai Ginjo
720ml



Nijiya Recommended Shochu



Satsuma Kuro wakashio

From Kagoshima Prefecture
Wakashio Shuzo
Satsuma Shochu
750ml

Basic Information on Japanese Food

Authentic Japanese Food You Should Know

Every country in the world has a unique food that has traditionally been eaten by its people. Such foods differ according to the climate, geographical influences, and history of each land. Apparently, each food has been faithfully passed on from generation to generation while undergoing gradual changes.

Likewise, over the very long history of Japan, its people have fostered Japanese food. These traditional dishes live on to this day and have begun to make the leap from Japan to fly out into the world.

Now, why is it that Japanese food is considered good for health and has drawn so much attention from all over the globe? The following is an explanation of Japanese seasonings, the basis of Japanese cuisine, along with an in-depth study of authentic Japanese food.

“Umami” (Savoriness) Is the Basis of Japanese Food

First and foremost, all Japanese dishes are chiefly characterized by three qualities: the use of “dashi stock,” the

source of umami; the inclusion of “fermented food” in a variety of creative ways; and the pursuit of “freshness” in ingredients.

The sources of umami in Japanese food include the glutamic acid obtained from konbu kelp, inosinic acid from katsuobushi (smoked, dried bonito flakes) and guanylic acid from shiitake mushrooms, among others. Another feature of Japanese food is the combination of umami components in the amino acids produced by fermentation and very fresh ingredients.

Over the history of Japanese food, since the time when science wasn't as advanced as today, cooks have improved and enhanced their cooking skills, as if to solve chemical equations, by using their experience and sensitivity while carefully selecting ingredients.

Food is often offered at festivals and ceremonies, to entertain guests, and for seasonal occasions. One of the most excellent features of Japanese cuisine is that the utmost care and attention is given to how food is presented and served.

Basic Seasonings Used in Japanese Cuisine

■ Soy Sauce

Soy sauce is brewed by mixing soybeans, wheat, and salt with koji mold and allowing the mixture to ferment. Soy sauce is apparently the seasoning that is loved and used the most by Japanese. It works to add three elements – color, flavor, and aroma– to dishes.

By using soy sauce in the preparation of food, while cooking, and to finalize a dish, you can add a unique depth and umami to the flavor. Soy sauce contains a good balance of five basic tastes:



sweetness, sourness, saltiness, bitterness, and umami. The flavor components of soybeans and wheat interact during the brewing process to create a new balance of flavors. Moreover, because soy sauce contains components that help eliminate the smell of raw fish and meat, people began to use soy sauce when eating sashimi.

■ Miso

Miso (soybean paste) is a seasoning made by mixing grains such as soybeans, rice, and barley with salt and



koji and fermenting the mixture. There are many types of miso.

Each miso has a distinct flavor, taste, color, and other features. People have their own preferences for miso, depending on the unique climate and geographical influences of the land in which they live. For that reason, often used in local specialties are the misos produced in those particular regions. That's how the unique local preferences and flavors are passed on from generation to generation. Rice and miso soup used to be the food staples consumed by Japanese every day. In recent years, miso studies have been conducted from the standpoints of dietetics and medicine and have rediscovered the great benefits of miso.

■ Vinegar

Vinegar is produced by brewing sake (Japanese rice wine) from materials like grains and fruits and adding acetic acid bacteria for acetic acid fermenta-

tion. Since olden days, vinegar has been considered healthful and has been consumed as medicine or used in traditional Chinese medicine. In particular, because of its antibacterial and antiseptic properties, vinegar has been frequently used in Japanese cuisine, centered on dishes of raw fish. Vinegar is one of the most familiar seasonings for Japanese, as it matches their taste preferences and helps to ensure the safety of dishes such as sushi with raw fish and sunomono (vinegar dishes). It's also popular because of health benefits such as increasing appetite and relieving fatigue.

■ Sake

Sake (Japanese rice wine) is already a popular drink in the United States, but it's also used as a seasoning in Japanese cuisine. Sake is produced by adding koji (rice malt) and water to steamed white rice and then allowing the mixture to ferment and age. There is even a saying that goes, “Sake is the best of all medicines.” This Japanese wine is believed to be extremely good for health when consumed in moderate amounts. Great varieties of sake are produced, and unique products are distributed as local sakes throughout Japan. Sake has such benefits as bringing out flavors, eliminating the smell of raw fish and other foods, mellowing and softening flavors, among others. Cooking sake is produced by adding 2% or 3% salt to sake and sold at less expensive prices, but this should not be consumed as a beverage.

■ Mirin

Mirin (sweet Japanese cooking wine) is an alcoholic liquid flavoring made from sweet rice, rice koji, and shochu (distilled spirits) and then allowing the mixture to age. Mirin is widely used as a seasoning. This sweet, light yellow liquid gives a nice gloss and luster to a dish and is often used as a secret ingredient. Today, “hon mirin (true mirin)” and “mirin-fu seasoning (mirin-like seasoning made from materials that are significantly different from those of hon mirin; produced by adding flavors from

millet jelly and glucose)” are available on the market. Mirin plays an essential role in Japanese cuisine. The alcohol content in mirin helps minimize the smell of raw fish and meat and allows flavors to penetrate ingredients more easily. Mirin is also used to prevent food from falling apart while cooking and as a secret ingredient to add umami to a recipe. However, if it's used to excess, this sweet seasoning may ruin the flavor balance of your dish. Keep in mind that mirin should be used moderately so as not to kill the flavors of a recipe.

■ Shio Koji

Shio koji (salt koji) is an all-round seasoning produced by mixing rice koji, salt, and water and then allowing the mixture to ferment. It lets you enjoy a slightly sweet saltiness. Since olden days in Japan, shio koji has been used as a pickling solution for vegetables and fish. In recent years it has been rediscovered for its ease of use, tastiness and health benefits and enjoys great popularity. Shio koji can be readily used in place of salt, and it adds a milder finish to the dish. Marinating in shio koji will make meat and vegetables softer and add more umami. Shoyu koji (soy sauce koji) is made with soy sauce instead of salt: it lets you enjoy a different kind of umami.



■ Dashi Stock

The soup stock called “dashi” works wonders to bring out the distinctive flavors of ingredients. Dashi stock can be made by placing konbu kelp in water, heating it, removing the konbu right before the water comes to a boil and adding katsuobushi (smoked, dried bonito flakes). The glutamic acid and inosinic acid extracted from konbu and katsuobushi, respectively, make up umami components, creating a soup with great flavors, aromas and nutrition.

In addition to konbu and katsuobushi, seafood and shiitake mushrooms may be used to make dashi stock.



TIPS

Add Seasonings in the Order of “Sa Shi Su Se So”

Sa, shi, su, se, and so are part of the Japanese alphabet but are also the syllables of the words, sato (meaning sugar in Japanese), shio (salt), su (vinegar), seuyu (pronounced “shoyu” and meaning soy sauce), and miso (soybean paste). When cooking Japanese foods such as simmered dishes, they can be effectively seasoned when the seasonings are added in the order of “sa, shi, su, se, so.”

Because sugar molecules are larger than salt molecules, if sugar is added first it will help the sweet flavor penetrate the food well. Vinegar should be added after the food is seasoned with the sweet and salty flavors, so that the acidity won't die down too much. Soy sauce and miso should be added last because you want to make the most of their flavors.

Just remember these tips, and the Japanese dishes you cook will taste even better.

Many varieties of powdered dashi stock are also available. They are convenient and easy to use, sparing you the time needed to make the dashi stock from scratch. However, you might want to use all-natural dashi as much as you can.

As explained above, most of the basic seasonings used in Japanese cuisine are produced through fermentation. In addition to these seasonings, there are many other fermented Japanese foods. This culture of fermenting food is rarely found elsewhere in the world. The reason for that is that Japan's climate and geographical factors are perfectly suited to food fermentation. As a result of living with Japan's unique weather and Mother Nature, characterized by four distinct seasons, and without defying them, Japanese people must have unknowingly gained wisdom regarding delicious food and healthy life.

This background must have led to today's attention to Japanese food.

Nijiya Brand



Nijiya Brand ~Quality Products~

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

The characteristics of quality Nijiya-brand products are:

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

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

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

USDA-Certified Nijiya Products

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

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



Nijiya Organic Miso

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



Nijiya Organic Tofu

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



Nijiya Flour Series

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

NIJIYA-BRAND



Nijiya Organic Soy Milk

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



Nijiya Organic Nori (Dried Seaweed) Series

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

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



Koji



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

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

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

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

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



Shio Koji Mayo Potato Salad

Ingredients: (Serves 4)

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

[Sauce]

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

Directions:

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



Kinoko Gohan

Ingredients: (Serves 4)

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

[A]

- 1-1/2 Tbsp. shio koji
- 1 Tbsp. shoyu
- 1-1/2 Tbsp. mirin (sweet cooking rice wine)
- 1/2 Tbsp. sesame oil
- 864ml of water
- (Adjust scale marks /refer to the rice cooker level)

Directions:

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



Shio Koji Mitarashi Dango

Ingredients: (Serves 4)

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

[Sauce]

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



Directions:

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



Grilled Salmon Shoyu Koji Pasta

Ingredients: (Serves 2)

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



Directions:

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

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

Tataki-Cucumbers and Kani-kama Shoyu Koji Salad

Ingredients: (Serves 2)

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

[Sauce]

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



Directions:

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

Recommended!! Spicy Garlic Shoyu Koji

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

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



Additive-Free Wafu Dashi Stock (Japanese-Style)



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



"Arakibushi" – Makurazaki Brand Katsuobushi

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

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

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

Blending Shiitake Mushroom and Konbu Dashi Stock

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

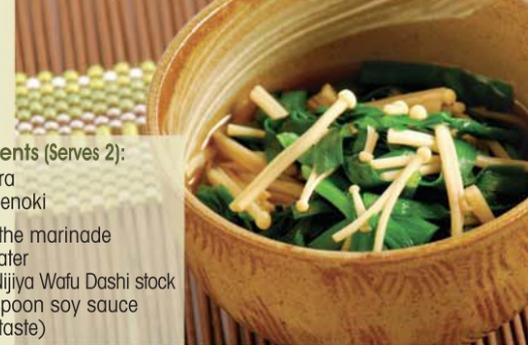
character. This synergistic effect of multiple umami sources ensures the rich, delicious taste of our dashi stock.

Granular-type Dashi Stock That's Easy to Use

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

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

Dashi Simmered Nira (Chinese Chives) and Enoki Mushroom



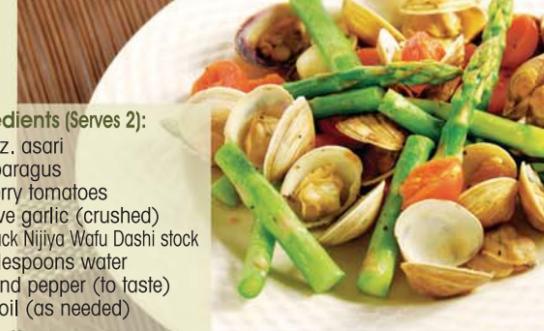
Ingredients (Serves 2):
2 oz. nira
3.5 oz. enoki

[A] For the marinade
5 oz. water
1 pack Nijiya Wafu Dashi stock
1 tablespoon soy sauce
salt (to taste)

Directions:

1. Slice the enoki mushrooms in half. In a shallow pan, combine [A] and enoki and heat to a boil. Set aside to cool.
2. Par-boil the nira and soak in water to cool. Use a paper towel to wipe excess water from the nira and chop into 2-in. lengths. Combine the nira with the cooled dashi. Let soak for a while before serving.

Lightly Simmered Asari (clams) and Asparagus



Ingredients (Serves 2):
9.5 oz. asari
6 asparagus
6 cherry tomatoes
1 clove garlic (crushed)
1/4 pack Nijiya Wafu Dashi stock
4 tablespoons water
salt and pepper (to taste)
olive oil (as needed)

Directions:

1. Soak asari in water to remove sand. Remove the tough ends of the asparagus and cut the stems in half. Cut the cherry tomatoes in half.
2. Heat pan with olive oil and crushed garlic over low heat until fragrant. Add cherry tomatoes and cook quickly. Add water, dashi, asari and asparagus and cover with a lid. Cook on high heat.
3. When all the asari have opened, sprinkle salt and pepper to taste.

Curry Udon Japanese Style

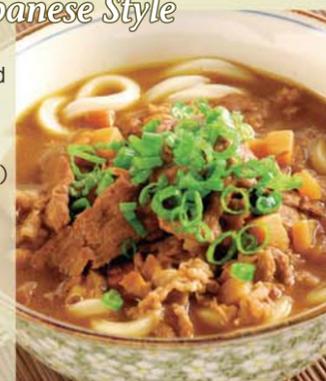
Ingredients (Serves 1-2):
3.5 oz. sliced beef plate or sliced beef flank

[A] For the sauce
1 pack rebot curry
(or leftover homemade curry)
1/4 pack Nijiya Wafu Dashi stock
1.8 oz. water
1 tablespoon soy sauce
1 tablespoon mirin

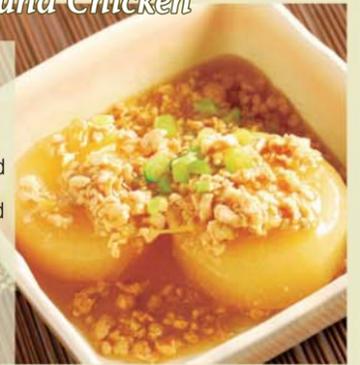
1 pack udon
scallions as needed
salt and pepper (to taste)
shichimi (to taste)

Directions:

1. Heat a skillet with a small amount of oil and cook the beef quickly. Season with salt and pepper and set aside.
2. Combine [A] into a pan over medium heat. When the curry sauce reaches a boiling point, add the beef and bring to a boil.
3. Place the boiled udon in a serving bowl and pour the mixture from Step 2 over the noodles. Scatter finely chopped scallions on top. Sprinkle with shichimi as desired.



Daikon with Ground Chicken



Ingredients (Serves 2):
3-in. daikon
3.5 oz. ground chicken
1 small chunk ginger
1 teaspoon salad oil
2 tablespoons katakuriko saturated in 2 tablespoons water
Daikon stem (if available), as needed

[A] For the sauce
6.8 oz. water
2/3 pack Nijiya Wafu Dashi stock
1 tablespoon soy sauce
1 tablespoon mirin
salt (to taste)

Directions:

1. Peel the daikon, cut into 0.8 in. blocks. Chamfer the edge on both sides of each slice and par-boil.
2. Chop the ginger into thin strips. Heat oil in a pan and cook ground chicken with ginger. Add [A] and daikon and cook over low heat. Simmer until daikon is tender.
3. Chop the daikon stem and add to the ingredients in the pan. When the mixture comes to a boil, stir in the saturated katakuriko to thicken.

Octopus Rice



Ingredients (Serves 2-3):
2 cups rice
4.5 oz. boiled octopus

[A] For the sauce
1 pack Nijiya Wafu Dashi stock
10.8 oz. water
1 tablespoon soy sauce
1 tablespoon mirin
2 teaspoons sake

2 shiso leaves
sesame seeds (as needed)
crushed nori (as needed)

Directions:

1. Rinse the rice and drain for 30 minutes.
2. Slice the octopus diagonally.
3. Combine rice, [A] dashi mixture and octopus in a rice-cooker and cook as usual.
4. Stir and fluff the cooked rice. Serve the rice in a bowl with sesame, crushed nori and thinly chopped shiso leaves on top.

Pork and Onion Stir-Fry with Ginger

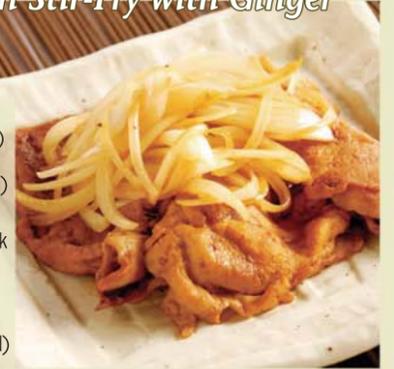
Ingredients (Serves 2):
7 oz. pork loin (thinly sliced)
1/2 onion (thinly sliced)
1 small chunk ginger (grated)

[A] For the marinade
1/4 pack Nijiya Wafu Dashi stock
1 tablespoon sake
1 tablespoon soy sauce
1 tablespoon mirin

2 teaspoons salad oil (divided)

Directions:

1. Combine the ginger with [A]. Pour the marinade over the pork.
2. In a skillet, heat 1 teaspoon oil over medium heat. Drain excess marinade from the pork and cook the meat on both sides. Transfer to a serving dish.
3. Clean the pan with a paper towel and pour in the remaining oil. Cook the onions quickly over high heat and place on the pork. Pour the marinade into the pan and simmer until the liquid becomes a thick sauce. Pour the sauce over the pork and onion to serve.





Nijiya's Chicken Kara-age

Nijiya's Kara-age is handmade and fried with care.

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

Secrets to the Delicious Taste

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

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

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

Fried chicken with vinegar and tartar sauce

◆ **Ingredients (Serves 2):**
8 oz. Nijiya's Chicken Kara-age

(vinegar sauce)

120ml vinegar
30ml water
1-½ tablespoon sugar
1 tablespoon mirin
2 teaspoons soy sauce

(tartar sauce)

3-½ oz. mayonnaise
2 boiled eggs
1 tablespoon sweet pickles
1 oz. onion
1 teaspoon parsley
1 tablespoon lemon juice
Salt, pepper (as desired)

◆ Directions:

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

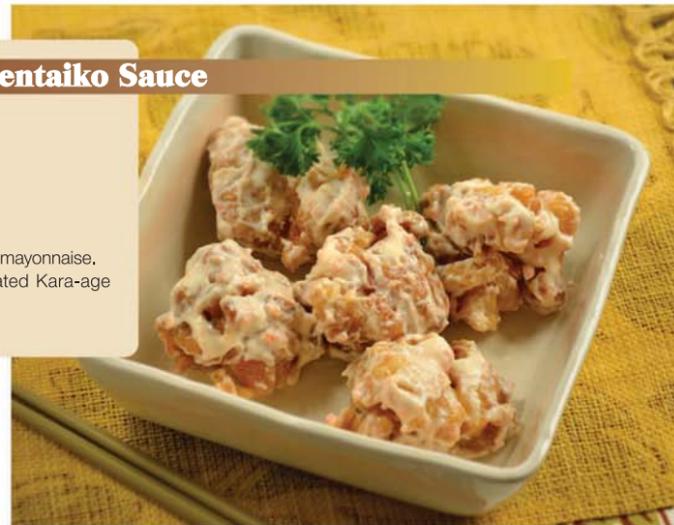


Kara-age with Mentaiko Sauce

◆ **Ingredients (Serves 2):**
8 oz. Nijiya's Chicken Kara-age
0.5 oz. mentaiko
3 oz. mayonnaise

◆ Directions:

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



Vegetable and Kara-Age Kabob

◆ Directions:

Assemble the vegetables and kara-age on a skewer.



Story of Amazake

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

Efficacy of Amazake

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



Let's make amazake!

Ingredients:

5 oz. Uncooked Rice, 900ml Water, 10-½ oz. Kome Koji

Directions:

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

Please Note:

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



Nijiya's Delicious Cold Sweet Potato Amazake

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



Nijiya Brand

Miso Series



Traditionally many fermented products have been eaten in Japan, because the climate encourages the growth of microorganisms. These fermented products reflect the wisdom of Japanese people accumulated over centuries of experience. In particular, the idea of fermenting soybeans, which are rich in nutrients but difficult to digest, has created natto (fermented soybeans), soy sauce and miso (fermented soybean paste). As they say, "A bowl of miso soup a day keeps the doctor away." Miso has been a health secret of the Japanese for many years.

Why don't we review our basic diet and add miso soup to our daily menu?



Nijiya Market Offers Miso in Several Forms

Additive-Free, Unprocessed Miso

This is unprocessed miso made from organic whole soybeans. Yeast and enzymes, which remain alive in unprocessed miso, are directly absorbed into our body and are effective in maintaining and promoting health. Keep miso in the refrigerator to prevent it from fermenting further.



USDA-certified organic soybeans and rice. No additives or preservatives are used. Slowly aged rice-malt miso lets you enjoy the natural flavor.

Organic Miso/ Aged Koji (Rice Malt)

Our organic miso is made from



Organic Miso/ Komekoshi (Pureed Rice)

This organic miso is made from USDA-certified organic soybeans and rice. No additives or preservatives are used. Enjoy the smooth texture of light-colored komekoshi miso made by pureeing rice-malt grains.



Miso Soup Made with Organic Miso

This instant miso soup is ready to enjoy almost immediately. Our Organic Miso/Aged Koji is blended with additive-free dashi stock and other carefully selected natural ingredients. You'll never tire of the natural flavor. Our Organic Miso/Aged Koji is highly recommended, especially when you have no time to cook.

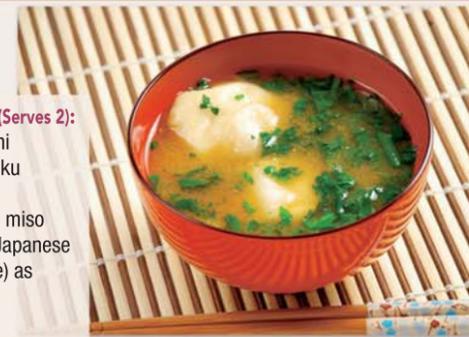


Grilled Mochi and Leafy Green Miso Soup

Ingredients (Serves 2):
2 pieces mochi
1.8 oz. shungiku
11.8 oz. dashi
2 tablespoons miso
neri karashi (Japanese mustard paste) as desired

Directions:

1. Cut mochi in half and grill until lightly browned.
2. Bring a pan of water to a boil and quickly boil the shungiku. Drain, squeeze out excess water and finely chop the shungiku.
3. Heat dashi in a pan. Stir in miso and cook over low heat for 2-3 min.
4. Place mochi and shungiku in a soup bowl and pour in the miso soup. Add neri karashi as desired.



Pan Fried Miso Marinated Chicken

Ingredients (Serves 2):
1 large chicken thigh
2 tablespoons miso
1 tablespoon mirin
1 tablespoon sake

Directions:

1. Cut chicken in half. Pierce the chicken with the tip of a knife to easily absorb the marinade.
2. Mix miso, mirin and sake. Pour over chicken and marinate for 1 hour.
3. Heat oil in a pan and cook the chicken on both sides until golden.



Salmon, Butter and Miso Rice Ball

Ingredients (Makes 8 Rice Balls):
8 portions of cooked rice
1 fresh salmon
A pinch of salt
1 tablespoon butter
2 in. green onion
3 tablespoons miso
1/2 teaspoon sugar
1 tablespoon sake
Nori as needed

Directions:

1. Remove skin and bones from the salmon. Diagonally cut the salmon into thick slices. Sprinkle with salt and set aside.
2. Finely chop the green onions.
3. Melt butter in a pan and cook the salmon, while breaking into flakes. Add green onions and stir fry.
4. Combine miso, sugar and sake in a small bowl.
5. Make 8 rice balls. Fill with the salmon and green onion mixture.
6. Coat each rice ball with nori. Spoon miso paste over each rice ball.



Miso Simmered Mackerel

Ingredients (Serves 2):
1/2 of one mackerel filleted into two pieces
0.35 oz. ginger
5.4 oz. water
1 tablespoon soy sauce
1 teaspoon mirin
1 teaspoon cooking sake
1/2 teaspoon sugar
miso to taste

Directions:

1. Cut mackerel fillet in half. Insert a knife blade on the skin side and slit cross-wise. Slice the ginger into thin strips. Heat water in a pan to a boil. Add ginger, soy sauce, mirin, sake and place the mackerel fillet skin side up and simmer for a while.
2. Skim foam from the surface. Add sugar and continue cooking.
3. Gradually stir in miso, a small amount at a time. Check to taste. Continue simmering until the liquid thickens. Coat and glaze the mackerel with the sauce.



Niku-Miso (Miso Flavored Ground Beef)

Ingredients (Makes 1 batch):
5.30 oz. ground beef
<Marinade >
1 clove garlic, grated
1/2 tablespoon sake
1/2 tablespoon soy sauce
A pinch of pepper
1-1/2 teaspoons tobanjan
2 teaspoons sesame oil

1/2 onion
5-6 green chili peppers (jalapeños)
2-3 tablespoons ground white sesame
4.2 oz. miso
1 cup water
1-1/2 tablespoons sugar
1-1/2 tablespoons sesame oil

Since it is an almighty niku-miso, it is very convenient when you make them in large amounts and kept frozen. Niku-miso goes well with soba and somen as well as rice.

Directions:

1. In a shallow pan, combine ground beef and marinade. Mix well with your hands. Leave for 10 min. Mince the onion and green chili pepper.
2. Cook the ground beef over medium heat, mixing with a spatula so that there are no lumps. Add miso and water, continue to cook while stirring.
3. Add onion and green chili peppers, lower the heat and continue stirring until the liquid thickens. Add sugar. (Adjust the amount of sugar according to the amount of miso)
4. Stir with a spatula until the sauce thickens. Add white ground sesame and sesame oil and continue stirring without burning the mixture.
5. Cooking is done when the ground beef mixture becomes as thick as miso paste. Transfer to a dish.
6. To serve, spoon rice over a lettuce leaf, and top with the niku-miso.



Soy milk is delicious!

The nutritional and health benefits of soy milk

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

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



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

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

Ingredients (serves 2):

- 2 servings of frozen udon noodles (or 7 oz. *somen* noodles)
- 3.5 oz. ground pork
- 1 head *chingensai* (baby bok-choy)
- ¼ cup Nijiya Organic Soy Milk (regular)
- 1 ½ cup chicken broth
- ⅔ green onion, chopped
- 1 teaspoon garlic, chopped
- 3 tablespoons white *surigoma* (ground sesame seeds)
- 2 teaspoons *tobanjan* (Japanese chili paste)
- 1 tablespoon sesame oil
- 2 tablespoons Nijiya Organic Miso

Cooking Directions:

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



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

Ingredients (serves 4):

- ½ head *Nappa* cabbage
- 1 bunch of Tokyo *negi* (green onions)
- 10.5 oz. beef (thinly sliced)
- **Soy Milk Soup** •
- 2 ½ cups Nijiya Organic Soy Milk (regular)
- ¼ cup *dashi* soup stock
- 4 tablespoons Nijiya Organic Miso
- 1 to 2 tablespoons *kochujang* (Korean chili paste) (optional)
- 2 tablespoons *sake*
- 1 tablespoon soy sauce
- 1 to 2 teaspoons grated garlic

Cooking Directions:

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



Kintoki-imo Pudding (Japanese sweet potato)

Ingredients (for 4 to 5 pudding cups):

- 3.5 oz. *Kintoki-imo*
- **For pudding batter**
- ¼ cup Nijiya Organic Soy Milk
- 5 tablespoons whipping cream
- 1.4 oz. *sanontou* (Japanese brown sugar) or sugar
- A few drops of vanilla extract
- 2 large eggs
- The yolk of one large egg
- Honey (to taste, optional)
- Butter (to taste)

Cooking Directions:

- [1] Thoroughly wash the kintoki-imo and then pat it dry. Cut into slices ½ inch thick. Place the kintoki-imo slices in a microwave-safe shallow dish, and cover with plastic wrap. Microwave for 4 minutes (till tender). Remove the skin, being careful not to burn yourself. Strain the kintoki-imo.
- [2] Butter the inside of each pudding cup.
- [3] Heat the soy milk, whipping cream, *sanontou*, and vanilla extract in a saucepan over medium heat. Turn off the heat just before it reaches a boil.
- [4] In a bowl, beat the eggs and egg yolk. Whisk the results of step [3] into the egg mixture. Add the results of step [1] and mix well. Using a strainer, strain the pudding mixture into another bowl.
- [5] Pour water into a frying pan to a depth of ¾ and bring it to a boil.
- [6] Pour the results of step [4] into the cups, and skim any small air bubbles away from the surface.
- [7] Place the cups in the hot water in the frying pan [5]. Cover and steam for about 10 minutes. (Wrapping the lid with cloth will prevent water from dripping onto the pudding, which will cause small holes on the surface.)
- [8] Gently shake the pudding cups. When the center wiggles a bit, it's done. Let it cool down and refrigerate for about 30 minutes. If you like, pour honey over the top.



Sweet potato tempura

Ingredients (Serves 2):

- 1 sweet potato
- 1.8 oz. Nijiya's organic tempura flour
- 2-1/3 tablespoons ice water
- Oil for frying (as needed)

Directions:

1. Scrub the sweet potato well. Cut into 1/3 inch slices with skin on and soak in water.
2. Pour oil in a frying pan and heat to 338°F (170°C).
3. Prepare the batter by putting Nijiya's organic tempura flour and ice water in a bowl and folding in lightly. Dip the moisture-removed sweet potato slices in the batter and slide into the hot oil to fry.
4. Do not touch the tempura until the pieces begin to float to the surface. Then, turn them over and fry the other side.

Freshly-fried tempura is delicious. Let us make tasty tempura by using Nijiya's organic tempura flour.

The secrets to making good tempura are as follows:

- 1) Keep all the ingredients cold. When cold water is used in the batter, it fries nice and crispy. It's even more effective if carbonated water is used.
- 2) Fold in the flour and water quickly. If you over-mix the batter, it gets sticky and heavy.
- 3) Monitor the oil temperature continuously while you fry. The rule of thumb is 320°F (160°C) for leafy greens and 338°F to 356°F (170-180°C) for other vegetables, fish, and kakiage (mixed ingredients). When ingredients are put into the frying pan all at once, the cooking temperature drops. The amount of tempura frying at the same time should occupy no more than half the space in the pan.

Keep these tricks in mind before you start cooking so that you will be able to make delicious tempura with no waste of time.

Imoten & kakiage

(tempura of sweet potato & mixed ingredients)

Kakiage tempura

Ingredients (Serves 2):

- 1/3 sweet potato
- 1/2 carrot
- 3 stalks asparagus
- 4 shrimps
- 2 oz. Nijiya's organic tempura flour
- 2-2/3 tablespoons ice water
- Oil for frying (as needed)

Directions:

1. Scrub the sweet potato and julienne into 1-1/2-inch strips with skin on and soak in water. Drain the sweet potato strips in a colander to remove moisture. Julienne the carrot and asparagus into the same sized strips as the sweet potato. Peel and slice each shrimp into thirds.
2. Pour oil in a frying pan and heat to 338°F (170°C).
3. In a bowl, dredge the ingredients from Step 1 in Nijiya's organic tempura flour. Add ice water and lightly fold to make the batter. With a spoon, assemble the ingredients to the desired size and fry.
4. Wait until the tempura floats to the surface. Then, turn it over and fry the other side.

When making kakiage, the vegetables are usually dipped into the prepared batter and then fried. An alternative is to dredge the ingredients in the tempura flour, then add water and quickly fry. In this method, you can coat the ingredients uniformly and thinly. You'll use less batter, and the kakiage won't spread in the fry pan.

If the oil is too hot initially, the ingredients will spread. As soon as the ingredients are dropped into the oil, the oil temperature drops. monitor the temperature by maintaining a frying temperature of 338°F to 356°F (170 to 180°C) at all times. When the temperature is too low, the tempura turns sticky and oily.

Six Great Flour Products from Nijiya Taste and Safety Guaranteed!

Hard flour (organic)



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

Soft flour (organic)



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

Tempura flour



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

Okonomiyaki flour



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

Takoyaki flour



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

Pancake mix

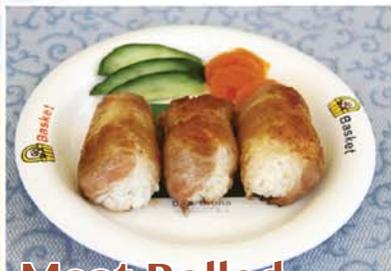


Simply add water, and you can make delicious pancakes in no time. Also ideal for cupcakes, doughnuts, and pastries Of course, it's made from 100% organically grown wheat!

NIJIYA'S YAKINIKU SAUCE

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

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



Meat Rolled Fried Rice Ball

Directions:

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

Ingredients (Serves 4):

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



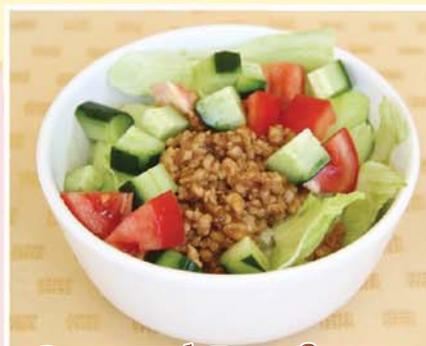
Yaki Udon

Ingredients (Serves 3-4):

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

Directions:

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



Ground Beef Salad Bowl

Directions:

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

Ingredients (Serves 4):

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



Niku-Jaga (Meat and Potato Stew)

Ingredients (Serves 4):

7 oz. beef
2 potatoes
¾ carrots
1 onion
½ shirataki (konnyaku noodles)
1 tablespoon oil
2 cups hot water
5 tablespoons of
Nijiya yakiniku sauce

Directions:

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

Teriyaki Chicken

Ingredients (Serves 4):

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

Directions:

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



Nijiya's Sushi & Bento

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

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

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

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

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

(yellowtail tuna) are everyone's favorites.

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

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

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

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!



BROWN RICE
SPICY TUNA ROLL



KAISEN
CHIRASHI



DX SALMON BENTO



COLD BUCKWHEAT NOODLES
(OR UDON) COMBO



BROWN RICE VEGETABLE ROLL



SUKEROKU SUSHI



DX TONKATSU BENTO



CHICKEN TERIYAKI BOWL



CALIFORNIA ROLL
INSIDE OUT



SHRIMP TEMPURA ROLL



DIAMOND
CHIRASHI



SPICY
CHICKEN BOWL

*At participating stores only.

NIJIYA Private Brand

What is Private Brand?

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

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

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

Nijiya Brand

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

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

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

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

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

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

