

*Plenty of  
Recipes*

2025

# Gochiso

Ultimate Japanese Gourmet Magazine

**Spring Chirashizushi**  
(scattered sushi)

**Summer Noodle Dishes**

**Onigiri and Miso Soup**

**Miso Laboratory**

**Eels (unagi)**

**Spring Vegetable Side Dishes**

**Dried Shiitake Mushrooms**

**The Appeal of Tofu**

**Alaska Copper River Sockeye Salmon**

**Nutritionist ZONO's Healthy & Happy Life**

**Nijiya Brand** — Quality Products

**Curry Flakes / Mentsuyu / Organic Barley Tea / Ponzu / Koji / Kinako**





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### Ultimate Japanese Gourmet Magazine

#### Gochiso

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

Currently we have twelve stores in total and some stores have eat-in space.

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



# Spring Chirashizushi (scattered sushi)

Spring is an exciting time, with plants sprouting and a lively scent on the breeze. Why not brighten up your dinner table with some chirashizushi, which is both delicious and attractive?

Chirashizushi is not shaped into individual pieces of *sushi* that you can pick up with your fingers. Instead, *sashimi* or cooked fish is scattered on top of a bowl of *sushi* rice and eaten with chopsticks.



## Sushi vinegar variations

There are various styles of *sushi* vinegar. For example, if you want Kansai (the western region of Japan) style *sushi*, use more salt. Increase the salt and decrease the sugar for seafood such as *sashimi*. If you are mixing in sweetened boiled vegetables, add more vinegar to the rice. You can adjust the amount of vinegar depending on the ingredients you are combining, and enjoy it to taste.

## Basic Sushi Rice

### ■ Ingredients: makes 1-1/2 lb (720g)

- 1-1/2 cups (360 ml) rice
- 1 Tbsp sake
- 1-1/2 cups (360 ml) water
- 2 inch square piece *dashi kombu* (broth kelp)

### <Sushi Vinegar>

- 3 Tbsp rice vinegar
- 3 Tbsp sugar
- 1/2 tsp salt



Kombu

## What is the portion size per person?

If you are having another main dish, then 1/2 cup of rice per person is recommended.

If you want to eat a hearty meal of *sushi* as your main dish, then 1 cup of rice per person is the guideline.

## ● Directions

1. Rinse rice and place in a rice cooker. Add sake. Add water up to the *sushi* rice level (slightly less than the amount used for cooking regular rice). Add the *kombu*, and start cooking.
2. When the rice is cooked, remove the *kombu*. Put the rice on a washed and wiped wooden rice tray or in an ordinary bowl if you don't have a wooden one. Add the *sushi* vinegar, and mix gently so as not to crush the rice grains.
3. When the vinegar is spread evenly throughout the rice, continue mixing while cooling it with a hand-held fan or something similar.
4. When the rice has partially cooled, cover the rice bowl with a damp cloth or paper towel to prevent the surface from drying out. Cool to room temperature before using.





Cut to your desired width

## Kinshi Tamago (shredded egg crepe)



### ■ Ingredients: makes 1 crepe

- 1 egg
- 1 tsp sugar
- salt to taste
- 1/2 tsp potato starch, dissolved in the same amount of water
- 1 tsp vegetable oil

### ● Directions

1. Beat the egg. Add salt, sugar, and water-dissolved potato starch and mix, and strain with a metal strainer.
2. Heat a frying pan over medium heat. Spread oil evenly, and wipe off the excess with a paper towel.
3. Pour the egg mixture into the frying pan, and quickly tilt the pan to spread it evenly.
4. Reduce the heat to low. When the entire top surface is dry, peel the edge of the egg slightly away from the pan. Flip it over, and cook for about 5 seconds. Alternatively, you can cook it using parchment paper (see illustration on the bottom left).
5. Place the crepe on a cutting board and let cool. Roll one end into a cylinder and cut to your desired width.



Once the surface of the egg has dried, lift the egg slightly off the frying pan.



Place the baking sheet on the egg and cover it with a plate.



Turn the plate and frying pan upside down and place the egg on the plate.



Put the egg on the plate back into the frying pan along with the baking sheet and cook for about 15 seconds.

Enjoy tuna in a simple way.

## Soy Marinated Tuna Mix-in Sushi

### ■ Ingredients: 2 servings

- 1-2 cups cooked *sushi* rice (see the previous page)
- 1 pkg tuna *sashimi* (red meat)
- 1 Tbsp *mirin* (sweet cooking rice wine)
- 1 Tbsp soy sauce
- 1 tsp ginger, shredded
- 4 *oba* leaves (perilla), shredded



### ● Directions

1. Heat the *mirin* to evaporate the alcohol, and let it cool.
2. Combine the *mirin* from (1) and soy sauce in a bowl.
3. When the marinade from (2) has cooled, add the tuna cut into 1/4 inch slices. Refrigerate for about 15 minutes.
4. Add the marinated tuna from (3) to the *sushi* rice and mix.
5. Place the mixed rice and tuna on individual plates, and top with *oba* leaves and ginger.



The sesame sauce brings out the delicious flavor of the sea bream.

## Sesame Marinated Sea Bream Chirashizushi

### ■ Ingredients: 2 servings

- 1-2 cups cooked *sushi* rice (see p2)
- 1 pkg sea bream *sashimi* fillets

#### <Marinade>

- 2 Tbsp soy sauce
- 2 tsp sugar
- 1/4 tsp *kombu* (kelp) stock granules
- 1/2 Tbsp *sake*
- 1 Tbsp white sesame paste
- 1 Tbsp ground sesame seeds

#### <Toppings>

- 1 egg for *kinshi tamago* (see this page top)
- 2 tsp *gari* (pickled ginger)
- 2 Tbsp *nori tsukudani* (stewed seaweed condiment)
- 1/4 pkg *kaiware* (radish sprouts)

### ● Directions

1. Mix the ingredients for the <Marinade> in a bowl.
2. Cut the sea bream into 1/4-inch thick slices. Add to the bowl from (1) and mix. Refrigerate for 30 minutes to an hour.
3. Cut the *gari* into thin strips.
4. Divide the *sushi* rice into two bowls. Scatter the *nori tsukudani*, *gari*, and *kinshi tamago* onto the rice. Arrange the marinated sea bream and *kaiware* on top.





## Spring Chirashizushi



Refreshing *sushi*.

## Shellfish Chirashizushi (scattered sushi)

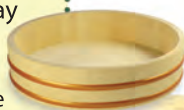
### ■ Ingredients: 2 servings

- 1-2 cups cooked *sushi* rice (see p2)
- 1 Tbsp *ao-nori* (green seaweed flakes)
- 1/4 tsp *wasabi*
- 1 tsp roasted sesame seeds
- 10 pieces snow peas
- 1 pkg Atlantic surf clams (for *sashimi*)
- 1 tsp *sushi* vinegar
- 1 pkg scallops (for *sashimi*)
- 1 Tbsp *gari* (pickled ginger)

### Advantages of a handai

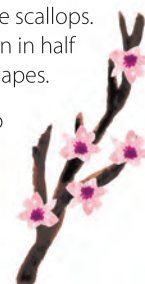
A *handai* rice tray has a wide, flat surface that makes it easy to mix and cool *sushi* rice. The wood surface is untreated, so excess moisture is absorbed while mixing. The *handai* can also be used as a serving tray for *chirashizushi* (scattered *sushi*).

Washing and moistening the *handai* before use prevents rice grains from sticking to it.



### ● Directions

1. Mix the *ao-nori*, *wasabi*, and roasted sesame seeds into the *sushi* rice.
2. Lightly boil the snow peas in salted water and cut them diagonally in half.
3. Cut the Atlantic surf clams into bite-sized pieces and toss them with the *sushi* vinegar.
4. Remove any hard parts of the scallops. Slice scallops in half and then in half again to make half-moon shapes.
5. Divide the *sushi* rice into two bowls, and top with surf clams, scallops, *gari*, and snow peas.



The colorful and fun-shaped sushi is popular with children.

## Spring Polka Dot Chirashizushi

### ■ Ingredients: 2 servings

- 1 egg for *kinshi tamago* (see p3)
- 2 fish sausages
- 2 slices cheese
- 1/4 Japanese cucumber
- 2 radishes
- 5 cherry tomatoes
- 1-2 cups cooked *sushi* rice (see p2)
- 1 bunch broccoli

\*Need a round dough cutter with a diameter of about 1 inch.

### ● Directions

1. Make the thin egg crepe following steps 1-4 for *kinshi tamago* (see p3).
2. Cut the broccoli into bite-sized pieces and steam or boil in salted water.
3. Use a round dough cutter to cut circles from the crepe and the cheese.
4. Thinly slice the fish sausage, cucumber, radish, and cherry tomatoes.
5. Place plastic wrap in a bowl so that the plastic wrap extends over the edges of the bowl. Place the round ingredients onto the wrap inside the bowl, overlapping them slightly so that the colors are scattered.
6. Once the ingredients completely cover the surface, chop up the remaining ingredients and the scraps from the cut-out parts except for the cherry tomatoes, and mix them into the *sushi* rice.
7. Put the *sushi* rice mixed with the ingredients from (6) into the bowl (5). Press down on the top with the plastic wrap to shape the rice. Let rest for 15 minutes.
8. Open the plastic wrap and cover the bowl with a plate. Turn the plate and bowl upside down together. Remove the bowl and plastic wrap. Garnish the *sushi* with broccoli and top with any remaining cherry tomatoes.





## Spring Chirashizushi



Enjoy the color and the taste.

## Spring Gomoku (mixed) Sushi

### ■ Ingredients: 3 servings

2-3 cups cooked *sushi* rice (see p2)  
 3 oz. boiled *sansai*  
 (mixed mountain vegetables such as ferns,  
*warabi*, and bamboo shoots)  
 2 dried *shiitake* mushrooms  
 1/2 cup of water  
 1 rectangular piece *abura-age* (thin fried tofu)  
 1 Tbsp sugar  
 1-1/2 Tbsp soy sauce  
 2 tsp *mirin* (sweet cooking rice wine)  
 2 tsp *sake*  
 1 egg for *kinshi tamago* (see p3)  
 4-5 asparagus stalks  
 6 shrimp, boiled  
 Salmon roe, as needed  
 Shredded *nori* seaweed, as needed

### ● Directions

1. Soak the dried *shiitake* mushrooms in water for about 30 minutes. Drain the *sansai*, and slice so that no piece is longer than 1 inch. Cut the *abura-age* into short strips.
2. Once the dried *shiitake* mushrooms have rehydrated, slice them thinly and place them in a pot with the *sansai* and *abura-age*. Add the soaking water from the dried *shiitake* mushrooms and more water (not included in the recipe) to just cover the ingredients. Place over medium heat. When it starts to boil, add the sugar, soy sauce, *mirin*, and *sake*, and simmer until almost all the liquid has evaporated.
3. Lightly squeeze the cooking liquid from the ingredients, then mix them into the *sushi* rice.
4. Boil the asparagus in salted water and drain. Slice on the diagonal, into bite-sized pieces.
5. Place (3) in a bowl, sprinkle with the *kinshi-tamago*, and garnish with the asparagus, boiled shrimp, salmon roe, and shredded *nori*.



You can also enjoy creating a design with *sushi*.

## Mosaic Sushi

### ■ Ingredients: 2 servings

1-2 cups *sushi* rice (see p2)  
 1 pkg salmon (for *sashimi*)  
 1 pkg squid (for *sashimi*)  
 1 pkg boiled shrimp (for *sushi*)  
 1 imitation crab stick  
 1/2 Japanese cucumber  
 1 egg for *kinshi tamago* (see p3)

<Toppings> as you like  
 Radish  
*Kaiware* (radish sprouts)  
 Salmon roe  
 Green onion  
 Black sesame seeds  
*Gari* (pickled ginger)

\*Put into a square container such as a tiered box or lunch box.

### ● Directions

1. Prepare the egg crepe following directions (1-4) for *kinshi tamago* (see p3).
2. Put the *sushi* rice into the container. Cover with plastic wrap, and press down with your hands little by little to firm it evenly.
3. Remove the plastic wrap. Use a plastic pan scraper or rounded butter knife to cut the *sushi* rice into squares inside the bowl.
4. Thinly slice the cucumber and radish. Tear the crab stick into thin strips and tie them together.
5. Cut the ingredients to fit into the squares of *sushi* rice, and arrange them as shown in the photo.





## Spring Chirashizushi

The sweet and spicy chicken makes for a satisfying meal.

### Minced Chicken Chirashizushi (scattered sushi)

#### ■ Ingredients: 2 servings

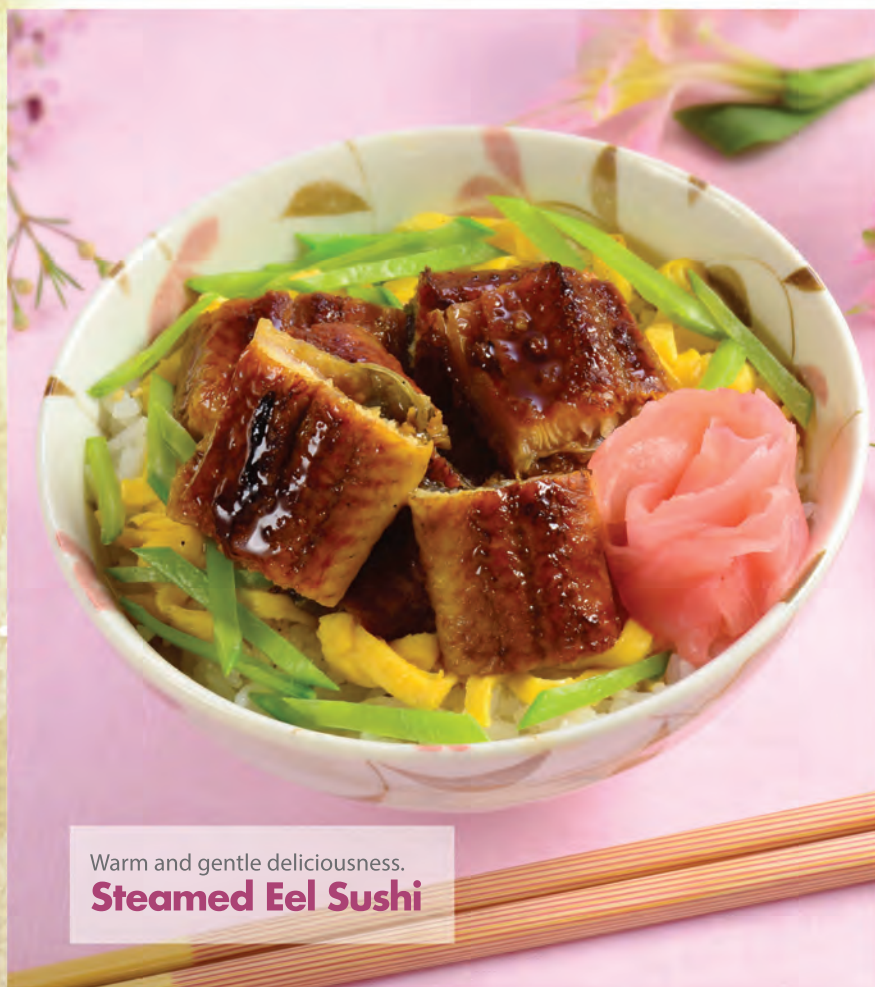
- 1-2 cups cooked *sushi* rice (see p2)
- 1/4 lb. minced chicken
- 1/2 tsp minced ginger
- 1/2 tsp Nijiya *wafu dashi*  
(Japanese soup stock powder)
- 1 Tbsp soy sauce
- 1 egg for *kinshi tamago* (see p3)
- 3-4 green beans
- 3 *oba* leaves (perilla)

#### ● Directions

1. Put the minced chicken, ginger, *wafu dashi*, and soy sauce in a pot and heat over medium heat. Mix quickly, and let cool.
2. Boil the green beans in salted water and cut into thin strips.
3. Place the *sushi* rice into individual bowls. Top with the *kinshi tamago* and minced chicken.
4. Shred the *oba* leaves and arrange them with the green beans on top of the rice.



Wafu Dashi



Warm and gentle deliciousness.

### Steamed Eel Sushi



Grilled Eel

#### ■ Ingredients: 2 servings

- 1-2 cups *sushi* rice (see p2)
- 1 Tbsp roasted sesame seeds
- 1 egg *kinshi tamago*, sliced into wide strips (see p3)
- 1 piece grilled eel
- 6 pieces snow peas
- 1 Tbsp *gari* (pickled ginger)

#### ● Directions

1. Mix the roasted sesame seeds with the *sushi* rice and place in individual bowls.
2. Cut the eel into bite-sized pieces and place on top of the rice. Boil water in the steamer over medium heat. Once the steam rises, place the *sushi* bowls in the steamer and cook for 10 minutes.
3. Boil the snow peas in salted water. Cut them into thin strips, and arrange them on top of the rice along with *gari*.

kitchen towel →

If you don't have a steamer, you can also steam the *sushi* in a pot with shallow water. Place a kitchen towel underneath the *sushi* bowls to lift them easily from the pot after steaming.

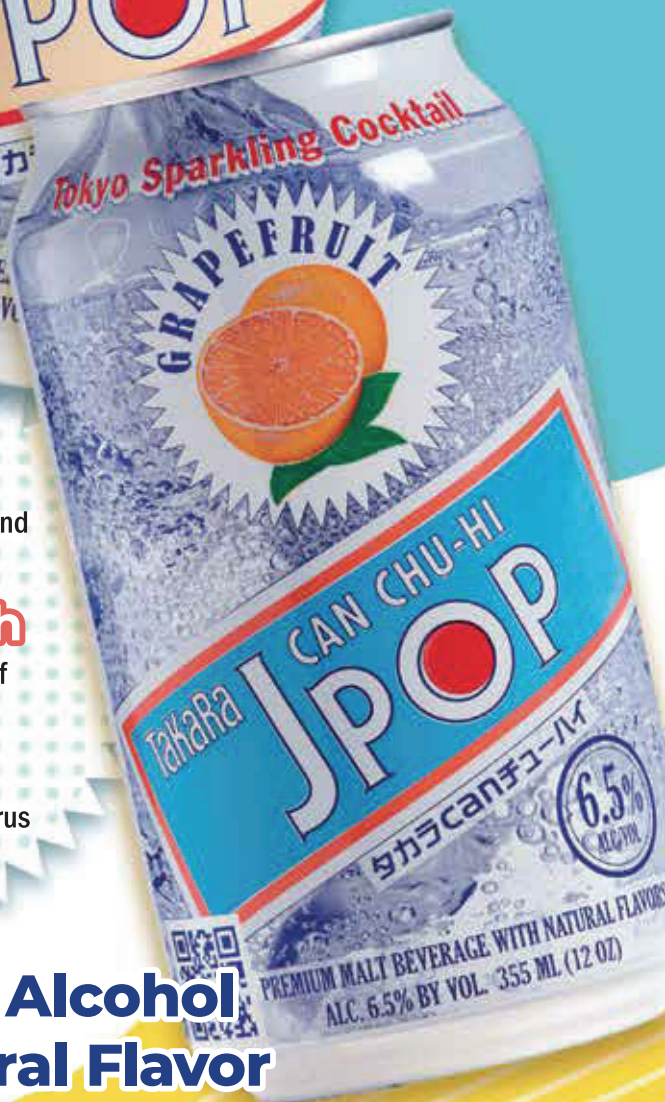




# Tokyo Sparkling Cocktail

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Mellow, enticing aromas and flavors of ripe lychee

## White Peach

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## Grapefruit

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## Refreshing, 6.5% Alcohol Light, Fruity, Natural Flavor



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## Stay Strong, Eat Bright: **Stamina Meals with a Summer Twist**

Summer is a time when fatigue sets in easily. Eat foods rich in vitamins that support stamina or endurance to build your strength and get through the season in good health.





Beef power for energy.

## Yakiniku Fried Rice

### ■ Ingredients: 1-2 servings

1/4 lb (100g) yakiniku beef

#### <Marinade>

2 tsp Nijiya Sukiyaki sauce

1 tsp sake

1 tsp minced garlic

1/4 grated onion

#### <Vegetables and Rice>

1 small carrot

4 green beans

3 green onions

1 clove garlic

10 oz (300g) rice (about 2 rice bowls)

#### <Seasoning>

2 Tbsp Nijiya Sukiyaki sauce

1/8 tsp salt

1/4 tsp pepper

1 Tbsp vegetable oil

1 Tbsp butter

Sukiyaki Sauce



### ● Directions

1. Cut the beef into bite-sized pieces, place in a bowl, and mix with the <Marinade> ingredients.
2. Peel the carrot and chop finely. Cut the green beans into 1/4-inch pieces.
3. Finely chop the green onions, reserving about 2 Tbsp of the green part for garnish. Finely chop the garlic for the <Vegetables and Rice>.
4. Pour vegetable oil in a frying pan and heat over medium.
5. Add the marinated beef from (1) and stir fry for one minute. Push meat to the side of the pan. Add the vegetables, reserving the green onions for garnish, in the remaining space, and sauté over medium heat for about 3 minutes.
6. Add the rice to the pan. Drizzle the <Seasonings> over it and mix it all together. Add the butter and melt it. Toss the mixture, and remove from heat.
7. Serve in a bowl topped with the reserved green onions.



Protein for stamina.

## Stir-fried Nira and Chicken Breast with Spicy Sauce

### ■ Ingredients: 2 servings

1 bunch *nira* (garlic chives) (about 3-1/2 oz.)

1 tsp minced garlic

8 chicken breast pieces (about 1/3 lb.)

1/8 tsp salt

1/8 tsp pepper

1 Tbsp potato starch

2 Tbsp sesame oil

#### <Sauce>

1/2 tsp doubanjiang (豆瓣醬 Chinese chili bean sauce), adjust to taste

2 Tbsp oyster sauce

1 tsp soy sauce

2 Tbsp sake



### ● Directions

1. Cut the *nira* into 3 inch-long pieces. Cut the chicken fillets diagonally into bite-sized pieces. Sprinkle with salt and pepper, and coat with potato starch.
2. Mix the <sauce> ingredients in a bowl.
3. Heat sesame oil in a frying pan over medium heat. Add the chicken fillets and sauté until the surface is browned. Add the garlic, and when it becomes fragrant, add the *nira* and the sauce from (2).
4. Once everything is mixed, remove from heat and serve in serving bowls.

### Allicin is the flavor component of onions.

When combined with vitamin B1, which helps the body recover from fatigue, it retains vitamin B1 in the body longer, prolonging its beneficial effects. Allicin also stimulates the secretion of digestive juices, so it can increase the appetite.

Chicken breast is high in protein and low in calories. It's packed with nutrients, including vitamin B6, which helps reduce stress and problems caused by an immune system weakened toby fatigue; and imidazole dipeptide, which has antioxidant properties, making it a great combination with *nira* (garlic chives).





Microwave cooking recipe.

## Stamina Pork Eggplant



Mentsuyu

### ■ Ingredients: 2 servings

- 7 oz (200g) thinly sliced pork
- 2 Japanese eggplants
- 2 tsp sesame oil
- 1/4 onion
- 2 *oba* leaves (perilla)
- 3 Tbsp Nijiya *mentsuyu* (noodle soup base, 3x concentrated)
- 1/2 tsp grated garlic
- 1 tsp grated ginger
- Chili oil, to taste



### What vitamins work for different types of fatigue?

**Vitamin B1** for fatigue caused by exercise:  
Found in large amounts in pork, eel, brown rice, etc.

**Vitamin B2** for energy metabolism:  
Found in large amounts in liver, *natto*, eggs, etc.

**Vitamin B12** for concentration and cognitive function:  
Found in large amounts in shellfish, fish eggs, liver, etc.

### ● Directions

1. Cut off the stem of the eggplant and cut into 1/4-inch thick slices. Slice large pieces in half again. Soak in water (not included in the recipe) for about 5 minutes. Wipe off the water with a paper towel, and coat the eggplant with sesame oil.
2. Slice the onion thinly and julienne the *oba* leaves. Cut the meat into bite-sized pieces.
3. Mix the *mentsuyu*, garlic, and ginger in a heat-resistant container, then add the eggplant, onion, and pork from (1) and mix.
4. Cover with plastic wrap and heat in a 1200W microwave for 1 minute 30 seconds.
5. Remove from the microwave and stir. Cover with plastic wrap again, and heat at 1200W for approximately 2 minutes. Cook until the meat is cooked through. Adjust the heating time accordingly.
6. Serve topped with *oba* leaves and chili oil.



Bonito is rich in iron.

## Seared bonito with grated daikon and ponzu sauce

### ■ Ingredients: 2-3 servings

- 1 clove garlic
- 1 tsp vegetable oil
- 1 pack seared bonito
- 4 inches *daikon* radish
- 2 stalks green onion
- 1/2 tsp grated ginger
- 2 Tbsp *ponzu* sauce (citrus-based soy sauce)



### ● Directions

1. Thinly slice the garlic. Place it in a heat-resistant container with vegetable oil and mix to coat with oil.
2. Heat (1) in a 1200W microwave for 2 minutes to 2 minutes 30 seconds or until garlic is golden brown (be careful not to overcook). Transfer to a paper towel and drain.
3. Grate the *daikon*, lightly drain, and place it in the center of a serving plate.
4. Slice the bonito into *sashimi* and arrange around the grated daikon.
5. Finely chop the chives and top with the sliced garlic (2). Garnish with ginger.
6. Finish by adding *ponzu* sauce.



Bring back your appetite.

## Sticky Assortment Rice Bowl

### ■ Ingredients: 2 servings

- 1 lb (450g) rice (about 3 rice bowls)
- 1 pack of okra (about 8 pieces)
- 2 tsp salt (for rubbing)
- 3 inches medium *nagaimo* (Japanese yam)
- 1 tsp Nijiya *mentsuyu* (noodle soup base, 3x concentrated)
- 1 green onion
- 1 pack of *natto* (fermented soybeans)
- packets of sauce and mustard that come with *natto*
- 4 Tbsp *mentaiko* (spicy cod roe), skin removed
- 2 *onsen tamago* (see below)
- 1/2 tsp *aosa nori* (green laver flakes)
- 1/8 pack *kaiware* (radish sprouts)
- Soy sauce, to taste



Natto

The egg has a unique, silky texture.

### How to Make Onsen Tamago (low-temperature boiled egg):

#### ■ For 2 eggs:

- 2-1/2 cups (600 ml) hot water
- 1/2 cup (100 ml) tap water (room temperature)
- 2 cold eggs

#### ● Directions:

1. In a 6" (or similar) heavy saucepan, boil 600ml of water with a lid.
2. Turn off the heat, add tap water and stir. Carefully place the cold eggs into the pot, then cover with the lid.
3. Let the eggs sit undisturbed for 12–18 minutes. Drain the hot water and transfer the eggs to a bowl of cold water to cool.
4. Use once cooled.

#### ● Directions

1. Remove the stems and calyx from the okra. Sprinkle with salt and rub on a board. Boil the okra in a saucepan for about 1 minute (boiling water is not included in the ingredients). Remove from heat and cut into small pieces.
2. Peel and grate the *nagaimo*, and place in a bowl. Add the *mentsuyu* and mix.
3. Finely chop the green onion. Add the *natto*, the sauce, and the mustard from the *natto* package, and mix well.
4. Place the rice in a bowl, and top with the prepared ingredients. Place the *onsen tamago* on top. Sprinkle with *aosa nori*, *kaiware* and add soy sauce to taste.



Deliciousness that will whet your appetite.

## Pork Kimchi with Miso Sauce

### ■ Ingredients: 2 servings

<Miso sauce>

- 1 Tbsp sugar
- 1 Tbsp *mirin* (sweet cooking rice wine)
- 1 Tbsp soy sauce
- 1 Tbsp *sake*
- 1 Tbsp *miso*
- 1/2 tsp grated ginger

- 1/4 onion
- 1 pack thinly sliced pork loin (approx. 1/3 lb.)
- 3 lettuce leaves
- 2 oz. (60g) kimchi
- 1 clove garlic
- 1 Tbsp vegetable oil
- 1 green onion

#### ● Directions

1. Combine the ingredients for the <Miso sauce> in a bowl. Thinly slice the green onions and cut the pork loin into 2-inch pieces. Add to the bowl and mix well.
2. Cut the lettuce into 1/2-inch strips. Thinly slice the garlic. Cut the green onion into 1/2-inch pieces.
3. Heat vegetable oil in a frying pan over medium heat. Add the meat mixture from (1) and stir fry until the meat is cooked through. Add the garlic, and when it becomes fragrant, add the kimchi, mix well, and remove from heat.
4. Arrange lettuce and (3) on a plate and top with finely chopped green onion.







A refreshing way to eat Somen noodles.

## Salad Somen Noodles with Tofu and Tomatoes



Silken Tofu



### Ingredients: 2 servings

- 7 oz. (200g) silken *tofu*
- 2 tomatoes
- Somen* noodles for 2 servings
- 2 Tbsp Nijiya *mentsuyu* (noodle soup base, 3x concentrated)
- 2 Tbsp olive oil
- 1/8 tsp pepper
- 1/4 pack *kaiware* (radish sprouts)
- 1 Tbsp shredded ginger

### Directions

1. Make a shallow cross-cut in the skin of the tomato. Place in boiling water (not included in the recipe) for about 30 seconds, then transfer to cold water (not included in the recipe), peel the skin, and cut into 3/4-inch cubes.
2. Place the cubed tomato, *mentsuyu*, olive oil, and pepper in a bowl and mix. Add bite-sized scoops of *tofu* with a spoon and gently mix.
3. Boil the *somen* noodles, rinse in cold water, and drain (water is not included in the recipe).
4. Remove the tomatoes and the *tofu* from the bowl (2) and reserve the dressing.
5. Add the *somen* noodles to the bowl (2) which now contains only the dressing, and toss.
6. Place the dressing and *somen* noodles in a serving dish, and arrange with the tomatoes and *tofu*.
7. Top with ginger and *kaiware*.



Mentsuyu

A dish packed with healthy ingredients.



## Cheese Tsukune (chicken meatballs) and Asparagus in Lemon Sauce

### Ingredients: 2 servings

- 1/2 lb (250g) ground chicken
- 5 *oba* leaves (perilla)

### <Tsukune seasoning>

- 1 Tbsp potato starch
- 1 tsp *sake*
- 1 Tbsp Parmesan cheese
- 1/2 tsp Nijiya *chuka dashi* (Chinese seasoning)
- 1/2 tsp soy sauce
- 1/8 tsp pepper
- 1/2 sheet of *nori* seaweed
- 4 stalks asparagus
- 2 Tbsp butter

### <Sauce>

- Grated peel from 1/2 lemon
- 2 tsp lemon juice
- 1 tsp soy sauce

### <Garnish>

- 1 *kinome* (young *sansho* leaves), optional
- 1 lemon wedge



Chuka Dashi

### Directions

1. Cut the *nori* seaweed into 8 equal parts. Finely chop the *oba* leaves. Remove the tough end of the asparagus, peel 1/3 of the tough skin from the base with a peeler, and slice diagonally into 1-inch pieces.
2. Combine the <Sauce> ingredients in a bowl and mix. Set aside.
3. Combine the ground chicken, *oba* leaves and <tsukune seasoning> in another bowl and knead until sticky.
4. Divide (3) into 8 equal portions and shape into ovals. Wrap one side with *nori* seaweed.
5. Melt the butter in a skillet over medium heat and cook (4) on both sides until golden brown. When the patty is turned over, add the asparagus and cook for about 2 minutes. Then add the sauce from (2).
6. Mix once, remove from heat. Serve on a plate, garnished with *kinome* leaf and a lemon wedge to finish.





— INTRODUCING —

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## Accompaniments Featuring Vegetables



### Spring Vegetable Side Dishes

We would like to introduce a spring version of “vegetable side dishes” that can be easily prepared using vegetables in common use.

As the spring weather gets warmer and warmer, we have more opportunities to go outside. Eating spring vegetables awakens the body, which experiences reduced metabolism in winter, and helps the body and mind regain a state of vitality. Spring vegetables are packed with this vital power.

### Japanese-style minestrone soup

Japanese-style dashi can also be used for Western-style soups!

#### **Ingredients** (serves 4-5)

½ onion  
 ½ celery  
 ½ carrot  
 ½ zucchini  
 2 cabbage leaves  
 2 tomatoes  
 2 shiitake mushrooms  
 1 clove garlic  
 1-½ Tbsp olive oil  
 2 tsp Nijiya wafu dashi  
 3-¼ cups (800ml) water  
 1 tsp salt  
 Pepper, to taste



#### **Directions:**

1. Finely chop the garlic and slice the other vegetables into 3/4-inch (1.5cm) cubes.
2. Place olive oil and garlic in a pot and fry over medium heat. When the aroma starts to rise, add the onion, celery, carrot, zucchini, cabbage, tomato, and shiitake mushrooms in that order. Fry thoroughly after each addition.
3. Add water and wafu dashi, cover, bring to a boil, then reduce heat to low and simmer for 20 minutes.
4. Season with salt and pepper. Serve in serving bowls and add chopped parsley or oregano, if desired.







## Grilled Zucchini and Tomatoes

A quick and easy dish that also makes a great snack!

**Ingredients** (serves 2)

½ zucchini  
1 tomato  
1 clove garlic  
1 Tbsp olive oil  
Salt and pepper, to taste  
Parmesan cheese, to taste

**Directions:**

1. Cut the zucchini and tomatoes into 1/2-inch (1cm) slices and place them between sheets of parchment paper.
2. Heat the peeled and crushed garlic and olive oil in a frying pan over medium heat. When the aroma starts to rise, remove the garlic. Arrange the zucchini and tomatoes so they do not overlap, sprinkle lightly with salt, and turn over. Sprinkle with salt again before grilling until golden on both sides.
3. Place on a plate and sprinkle pepper and Parmesan cheese on top.



## Green vegetable tuna salad

Add your favorite green vegetables for a spring-like flavor.

**Ingredients** (serves 3-4)

1 stalk celery  
1 stalk cucumber  
16 snap peas  
3 oz. (85g) canned tuna  
1 boiled egg

**[Seasonings]**

1-1/2 oz (40g) mayonnaise  
2 tsp whole grain mustard  
2 tsp lemon juice  
Salt and pepper, to taste  
Chili powder, to taste

**Directions:**

1. Cut the cucumber in half lengthwise (or into fourths if large), then into diagonal slivers. Sprinkle lightly with salt and wrap in parchment paper. Slice the celery diagonally. Remove the stems and strings from the snap peas before boiling briefly. Boil the egg for about 12 minutes.
2. In a bowl, mix the drained tuna, roughly chopped boiled egg, and [seasonings].
3. Lightly squeeze the water from the cucumber with a paper towel. Place in a bowl with the other vegetables, and mix well. Serve on a plate and sprinkle with chili powder, to taste.



## Shrimp pasta with purple cabbage and purple onion

Season the shrimp with Nijiya shio lemon for an easy dish!

**Ingredients** (serves 2)

6 oz (160g) long pasta  
8 tail-on shrimp  
5 oz (150g) purple cabbage  
5 oz (150g) purple onion

**[Seasonings]**

5 oz (150g) tomato sauce  
1 clove garlic  
2 tsp Nijiya shio lemon  
2 Tbsp olive oil  
Basil, to taste  
Salt and pepper, to taste

**Directions:**

1. Peel the shrimp and mix with shio lemon. Refrigerate for 2 to 3 hours.
2. Cut the purple cabbage into 3/4-inch (1.5cm) pieces. Roughly chop the purple onion, and finely chop the garlic.
3. Add 1 Tbsp of olive oil and the garlic to a frying pan and fry over medium heat. When the aroma starts to rise, add the purple onion and fry until soft. Add the shrimp and tomato sauce and reduce heat to low.
4. Bring a pot of salted water to a boil and cook the pasta. Add the purple cabbage 2 minutes before the pasta is done and boil for 1 minute. Turn off the heat 1 minute before the specified time and transfer the pasta and cabbage to the frying pan.
5. Add 1 Tbsp olive oil, salt, pepper, and basil. Mix quickly and finish cooking over high heat.



## Spring cabbage and deep-fried tofu stir-fry with oyster sauce

The trick to cooking cabbage is to steam it.

**Ingredients** (serves 3-4)

1 atsu-age (deep-fried tofu)  
3 leaves cabbage  
2 stalks green onion  
1 clove ginger  
1 clove garlic  
1 Tbsp sesame oil  
2 Tbsp sake  
1 Tbsp oyster sauce  
1 tsp soy sauce  
Pepper, to taste

**Directions:**

1. Cut the atsu-age (deep-fried tofu) into 12 equal parts (cut in half lengthwise and widthwise and into thirds). Cut the cabbage into 1 inch (3cm) cubes, the green onion into half-inch (1cm) wide diagonal slices, and the ginger and garlic into julienne strips.
2. Put sesame oil in a frying pan over high heat. First, brown the atsu-age on both sides with the inside facing down, then remove it.
3. Add the ginger, garlic, and cabbage to the same frying pan and stir fry briefly. Pour in the sake; cover and steam.
4. When the cabbage has softened, add the atsu-age and green onions. Then season with oyster sauce, soy sauce, and pepper.



# SHIRASU AND CHIRIMEN

What is the difference between *shirasu* and *chirimen*? Though both are natural products derived from sardines, their names differ depending on the size of the fish and the drying process.

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



Shirasu



Chirimen

At Nijiya, we stock these types of *shirasu* and *chirimen* imported from Japan. Nijiya's *shirasu* and *chirimen* are produced with no preservatives or coloring added. They are indeed ALL NATURAL and offer the finest ingredients and taste while retaining a hint of the sea.

*Shirasu* referred to as "*Kamaage*" is seasoned with salt and quickly blanched

to bring out its distinctive *umami*. The superb flavor we enjoy today is based on a long history of cultivation. We use the utmost discernment to gather the raw ingredients for *kamaage* and select only the freshest, premier products from Japan.

With its plump, soft texture, *kamaage shirasu* is perfect served on top of hot rice or as a topping for *sunomono* (vinegared) dishes and salads. Please

try *shirasu* in season.

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



## Chirimen and Nagaimo Oyaki

Mash the *Nagaimo* roughly. Use lots of *Chirimen*!

**Ingredients:** serves 2-3

6 inch (15cm) *nagaimo* (Japanese yam)

2 Tbsp *chirimen*

1 green onion

1 Tbsp potato starch

Salt and pepper to taste

2 Tbsp sesame oil

### Directions

- 1 Peel the *nagaimo* and put it in a zippered plastic bag, roughly by hitting it from above. Add *chirimen*, chopped green onions, potato starch, salt, and pepper and knead the mixture.
- 2 Heat sesame oil in a frying pan over medium heat, scoop out 1 with a spoon, arrange like small pancakes, and fry until crispy on both sides.





## Chirimen and ume rice

Just put all the ingredients in a rice cooker and cook!

### Ingredients:

1-1/2 cups (360ml) rice  
1 oz (30g) chirimen  
2 umeboshi (pickled plums)

### [Seasonings]

2 Tbsp mirin  
1 Tbsp sake  
1 tsp Nijiya wafu dashi  
2 pinches salt  
White sesame seeds, as needed  
oba leaves, as needed



### Directions

- 1 Wash the rice and soak for at least 20 minutes. Drain in a colander and place in the rice cooker.
- 2 Add 1-3/4 cups (400ml) water (or using rice cooker, adjust to scale). Add [Seasonings] and mix, then place the umeboshi and chirimen on top and cook as usual.
- 3 Once cooked, crumble the umeboshi and mix (remove the seeds). Serve in a bowl, sprinkle with white sesame seeds, and top with shredded oba leaves.

## Japanese-style salad with shirasu and arugula

Feel free to use salad leaves of your choice!

### Ingredients: serves 3-4

2-1/2 oz (70g) arugula  
3/4 oz (20g) shirasu  
1 Tbsp sakura ebi (dried shrimp)  
1 green onion

### [Seasonings]

1 Tbsp sesame oil  
1 Tbsp lemon juice  
Salt, pepper to taste

Age-dama (Fried tempura bits) as needed



Age-dama

### Directions

- 1 Slice arugula and green onion cut into 1 inch (3cm) pieces. Place in a bowl and mix with shirasu, sakura ebi, and [Seasonings].
- 2 Serve in a bowl and top with age-dama.



## Baked deep-fried tofu with shirasu and green onions

For a western-style dish, top with cheese if you like.

### Ingredients: serves 2

1 piece tochio-age (deep-fried tofu)  
1/2 oz (15g) shirasu  
2 green onions  
1-1/2 tsp soy sauce  
1 tsp sesame oil



Tochio-age

### Directions

- 1 Cut the tochio-age (or deep-fried tofu) into 8 equal pieces and place on aluminum foil without losing its shape.
- 2 Place the finely chopped green onion and shirasu evenly on top, and drizzle with soy sauce and sesame oil.
- 3 Bake in a toaster oven for 7-8 minutes until the shirasu and green onions are lightly browned.





~ Various types of Tofu ~

# The Appeal of Tofu

Japanese people throughout the ages have loved *tofu* in different forms. *Tofu* began to be produced around the middle of the *Edo* period (1603-1867). Depending on the way it is processed, *tofu* can be divided into four basic types:

*Momen* (cotton), *Kinugoshi* (silken), Filled, and *Oboro* (soft tofu).

Within these basic types are many varieties of *tofu*, including: *Yakitofu* (baked tofu), *nama-age tofu*, *abura-age tofu*, *ganmodoki* (deep-fried tofu), *okara* (bean curd), and *yuba* (soybean curd). These are made from the same soybeans as *tofu*, but they are prepared and seasoned in a variety of ways.



## <Momen Tofu>

*Momen* (cotton) *tofu* is made by adding bitter salt (*nigari*) to soy milk, breaking it down, squeezing out the water under pressure, and then firming it up again. It is said that the name “*Momen* (cotton) *tofu*” comes from the lattice-like texture on the surface of the *tofu*. The cloth marks are the result of laying cotton cloth on the top and bottom of the mold when draining the *tofu*. The firm texture of *momen tofu* makes it ideal for hot pots and stewed dishes.

## <Kinugoshi tofu>

*Kinugoshi* (Silken) *tofu* is made by adding bitter salt to soy milk that is thicker than that of *Momen tofu*, and hardening it as it is.

*Kinugoshi tofu* is softer than *Momen tofu* and has a smooth surface with a silken texture. It has more water content than *momen tofu*, and its soft, smooth texture and cool feel make it ideal for cold *tofu* and soup dishes eaten during hot summer months.

## <Filled tofu>

Filled *tofu* is made by cooling soy milk and sealing it directly in a container with a coagulant. The entire container is then heated, cooled, and hardened. Because it is heated thoroughly, it has a higher shelf life than other *tofu*. It has the same smoothness as *kinugoshi tofu* and can be used in the same dishes, making it suitable for chilled *tofu* and *yudofu* (boiled *tofu*). The making of filled *tofu* uses mechanized mass production methods developed in the postwar period.

## Japanese Tofu kaiseki (A Reiwa-Era Style)



## <Oboro tofu>

*Oboro tofu* is soft *tofu* made by adding bitter salt to soy milk, draining it before it has completely set, and floating it like fruit in the soup. *Oboro tofu* is characterized above all by its creamy texture compared to other *tofu*. The reason for this is that it is less processed than other forms of *tofu*. *Oboro tofu* is tasty eaten as is, but it is also delicious in *tofu* salads and *tofu* with Chinese-style sauce.

## <Other Tofu Products>

### ■Okara

When soy milk is squeezed from soybeans in the process of making *tofu*, the edible residue is called *Okara* (bean curd). *Okara* contains high levels of

protein, dietary fiber, and other nutrients and is used in many dishes to add nutrients.

### ■Ganmodoki

*Ganmodoki* is made by mashing *tofu*, mixing it with carrots, lotus root, and burdock root, and deep frying in oil. In the *Edo* period, *Ganmodoki* was deep-fried *tofu* wrapped in a filling like a bun, different from the *Ganmodoki* of today.

### ■Atsu age (Deep-Fried Tofu)

*Atsu age* is *tofu* cut into thick slices and deep-fried in oil. Only the surface is deep-fried, so the inside remains soft and tender with the texture of *tofu* and a savory aroma.





## Japanese Tofu kaiseki (traditional Japanese multi-course meal)

Ingredients in the recipe are approximate for 2 servings.

### Oboro tofu



*Oboro* is *tofu* in the state before soy milk is mixed with bitter salt and molded into rectangles. The sweetness of soybeans is more pronounced with *Oboro* even when eaten as is, because the liquid has not been drained. It is served with ginger, green onions, grated yam, or condiments of your choice.

### Ganmodoki with nameko mushroom

*Ganmodoki* is a tofu dish imbued with the flavor of dashi broth. *Nameko* mushrooms are added to the dashi broth to give it a mild, bean-jam-like texture.



**Ingredients: serves 2**

About 5 to 10 pieces of *ganmodoki*

1 bunch *komatsuna* (Japanese mustard spinach)

1 package *nameko* mushrooms

1-1/4 cups (300ml) soup stock

3 Tbsp *mentsuyu*

**Directions**

- 1 Pour boiling water over the *ganmodoki* and drain the oil. Cut *komatsuna* into thin strips and break up *nameko* mushrooms while lightly rinsing in water.
- 2 Put *komatsuna* and *nameko* mushrooms in a pot and simmer in soup stock. When the mushrooms are lightly cooked, season the mixture with *mentsuyu*.
- 3 Add the *ganmodoki* to the pot in 2 and bring to a boil to complete the dish and serve.

### Sauteed and simmered Unohana

*Unohana* is a stew made from *okara* (bean curd). In addition to "Unohana," there are many other uses for *okara*, including hamburgers, salads, and *okonomiyaki*.



**Ingredients: serves 2**

3-1/2 oz (100g) *okara* (bean curd)

3 oz (80g) mixed vegetables

2 *shiitake* mushrooms

1 Tbsp *sake*

1/2 cup (100ml) water

3 Tbsp soy sauce

2 Tbsp *mirin* (sweet cooking rice wine)

1 Tbsp sugar

1/2 tsp *Nijiya wafu dashi*

**Directions**

- 1 Heat oil in a pan. Remove the gritty stems of *shiitake* mushrooms, cut the mushrooms in half lengthwise, slice thinly, and sauté with the mixed vegetables.
- 2 Add the *okara*. Stir-fry well and sprinkle with *sake*. Add all seasonings and stir-fry again.
- 3 Cover the pan and simmer for 6 to 8 minutes, and serve.

### Miso tofu with red miso spread

This *tofu* dish is featured in *Tofu Hyakuchin*, a book of recipes published in 1782. This recipe is a testament to the fact that *miso* and *tofu* are a traditional match.



**Ingredients: serves 2**

1 block of *kinugoshi* *tofu*

*Miso* paste, as desired (mainly red *miso* paste of your choice, mixed with *sake* and *mirin*, to taste)

Green onion, as desired

**Directions**

- 1 Put *tofu* in hot water and warm it a little.
- 2 Mix *miso*, *sake*, and *mirin* in a bowl to make a *miso* paste.
- 3 Put *miso* paste in a bowl. Place *tofu* on top. Garnish with green onion, as desired, and serve.

### Ishiyaki tofu (Deep-fried tofu)

This is the so-called *Tofu Steak* in the *Tofu Hyakuchin* book of recipes. The combination of *tofu*, grated *daikon* (Japanese radish), and soy sauce creates a delicious flavor.



**Ingredients: serves 2**

1 cake of *atsu-age* *tofu* (or *momen* *tofu*)

1 Tbsp salad oil

3 Tbsp soy sauce

3 Tbsp grated *daikon* radish, as desired

**Directions**

- 1 Cut *atsu-age* *tofu* into bite-sized pieces and drain. \*If using *momen* *tofu*, drain with paper towels and cut into bite-sized pieces.
- 2 Add oil to a pan, add *tofu*, and cook until golden brown. Be careful not to overcook.
- 3 Season with grated *daikon* and soy sauce and serve.

### Japanese style okara (bean curd) chicken hamburger steak

Healthy *okara* hamburger steak made with ground chicken and *okara* is the *Reiwa-Era* version of a *tofu kaiseki* menu. It can also be served with grated *daikon* with *ponzu* (Japanese citrus juice) instead of soy sauce.



**Ingredients: serves 2**

5-1/4 oz (150g) ground chicken meat

3 oz (80g) *okara* (bean curd)

1/2 onion

2 Tbsp milk

4 Tbsp mayonnaise

1 tsp *Nijiya wafu dashi* (Japanese *dashi* stock)

2 Tbsp soy sauce

2 *oba* (perilla) leaves

grated *daikon* radish, as desired

**Directions**

- 1 Put *okara* in a bowl, add milk, and soak for a while.
- 2 In a separate bowl, mix ground meat, finely chopped onion, *wafu dashi*, and mayonnaise. Knead well. Add *okara* from 1 and knead again. Form the mixture into burgers.
- 3 Pour oil in a pan and brown both sides of the burgers well.
- 4 Spread *oba* leaves on a serving dish, top with *okara* hamburger steak and grated radish, and pour soy sauce over the top.





# Bon appétit from Paris!

\* Ako's favorite recipe \*

French people's favorite number one homemade cake

## Gâteau au chocolat

### What is your favorite cake?

If you ask this question in France, many people, from little kids to grandparents, will answer, "Gâteau au chocolat!" The French chocolate cake, or gâteau au chocolat, is the national cake of France.

The image that comes to mind for many people is that of a homemade cake made with warmth and love. Every family has its own favorite way of making it, and the taste and textures are a little different in each family. Even at children's birthday parties, freshly baked gâteau au chocolat made at home is always the climax of the event, with candles lighting up the number of years on top of the cake.

In fact, when my eldest daughter was invited to a friend's birthday party after I started living in Paris, I heard "Happy Birthday to you!" sung in French and the cake that was served was a gâteau au chocolat. I was surprised to see the cake, which turned out to be a very plain, dark brown, unadorned, and somewhat heavy-looking cake. The cake was placed right in the middle of the table. In Japan, it would have been an exciting decorated cake filled with whipped cream or colorfully decorated. But the children were still overjoyed!

Although gâteau au chocolat sounds like an elegant and difficult French cake, it is actually very easy to make. The ingredients are simple. In France, it is even acceptable to eat it with your hands.

Gâteau au chocolat is served not only at parties, but also as a daily snack, dessert, picnic accompaniment, etc. After all, the French love chocolate. And if you use chocolate with a high cocoa content, it is good for your body and, of course, good for your soul.

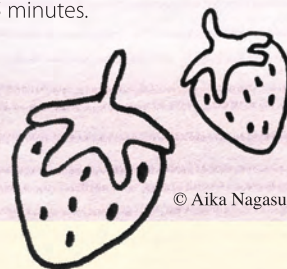
My favorite way to eat it is on my favorite plate, with a proper fork, with a good cup of tea or champagne. And with a dollop of whipped cream to lighten this slightly heavy cake. Add some seasonal fruit and you have a multi-layered harmony of deliciousness in your mouth. Here is an example. Since it is spring, I added raspberries. We hope you will try making your own favorite gâteau au chocolat. Yes, it goes very well with green tea!

### Ingredients (7-inch cake pan)

4-1/2 oz. (~125g) chocolate  
4-1/2 oz. (~125g) butter or margarine  
(plus a small amount of butter to grease the cake pan)  
4-1/2oz. (~125g) sugar  
scant 3 oz (~80 g) flour  
3 eggs, separated  
0.35oz / (~10g) baking powder  
Pinch of salt  
Fresh cream and seasonal fruits to taste

### DIRECTIONS

1. Melt the chocolate and butter together in a pan of boiling water. (If you use a half-quart saucepan, you can use that saucepan directly for the next steps.)
2. Slowly add the flour and baking powder to the mixture, mixing well.
3. Separate the eggs. Add the yolks and sugar to 2. Add salt at the end and mix well.
4. Beat the egg whites and gently fold them into the mixture from bottom to top and from top to bottom.
5. Grease the cake pan with butter, and pour the mixture into the pan. Bake in a preheated oven at 360°F (180°C) for about 25 minutes.



© Aika Nagasue



### Ako Nagasue

Light artist based in Paris.

She is also a writer and contributing journalist for French Lifestyle and other publications.

### Ako's Life Art

[www.instagram.com/ako.lifeart.paris/](https://www.instagram.com/ako.lifeart.paris/)

### Ako's Art Work

[www.instagram.com/ako.art.paris/](https://www.instagram.com/ako.art.paris/)





## Gâteau au chocolat



# Chilled Grumet Noodles for Summer

As the temperature rises, you start craving light noodle dishes. We'll introduce you to a variety of noodle dishes recommended for summer, breaking away from the classic somen noodles.

Cool visuals and taste

## Cold Pasta with Summer Vegetables and Japanese-style Jelly

### Ingredients: serves 2

3 Tbsp water (for soaking)  
2-1/4 tsp (10 g) gelatin powder  
3/4 cup (170 ml) *Nijiya mentsuyu*  
(noodle soup base, 3x concentrated)  
2-1/4 cups (340 ml) water  
6 cherry tomatoes  
6 okra  
1 Japanese eggplant  
1 Tbsp olive oil  
6 oz (170g) angel hair pasta  
*Kaiware* (radish sprouts) as needed



Mentsuyu

### Directions

- Put 3 Tbsp of water in a bowl. Sprinkle gelatin on top and bloom for 3 minutes. Add the *mentsuyu* to the gelatin and heat in a 1200W microwave for about 1 minute, just before boiling, until the gelatin becomes liquid. Once it has dissolved, add 12 ounces of water and mix. Place the bottom of the bowl in ice water. When it starts to solidify, move it to the refrigerator.
- Cut the cherry tomatoes in half. Sprinkle the okra with salt (not included in the recipe). Rub it on a board to remove the fine hairs, then lightly rinse with water and arrange in a heat-resistant container. Cover with plastic wrap and heat in the microwave for about 25-30 seconds, then dip in cold water to cool. Cut in half lengthwise.
- Cut the eggplant into 6 equal parts lengthwise and then cut it in half again lengthwise, place in a bowl, add olive oil and toss. Cover with plastic wrap and heat in the microwave for about 1 minute 30 seconds, then remove to a separate plate and cool.
- Boil 4 cups water with 1 tsp of salt (not included in the recipe). Boil the pasta for 1-2 minutes longer than the time indicated on the package. Rinse in cold water; drain and place on a serving plate.
- Crumble the jelly (1) over the pasta with a fork. Arrange the vegetables on top and garnish with *kaiware*.



### Ingredients: serves 2

#### <Soup>

2 Tbsp *Nijiya chuka dashi* (Chinese seasoning)  
1/2 tsp sugar  
1/2 tsp salt  
3 Tbsp hot water  
1-1/2 cups (350 ml) water  
2-1/2 Tbsp *Nijiya mentsuyu*  
(noodle soup base, 3x concentrated)  
4 tsp rice vinegar



Chuka dashi

#### <Toppings>

3 oz (85g) *nagaimo*  
(Japanese yam)  
2-1/2 cups (600 ml) cold water  
1 tsp vinegar  
1/2 Japanese cucumber  
1 boiled egg  
1/2 tsp white sesame seeds

#### <Noodles>

7 oz (200g) dried *somen*  
(skinny wheat noodles)  
1 Tbsp sesame oil



Nagaimo

### Directions

- Put *chuka dashi*, sugar, and salt in a bowl, add hot water to dissolve. Add water, *mentsuyu*, and rice vinegar, mix, and chill in the refrigerator.
- Peel the *nagaimo* and cut into thin strips, then soak in cold water with 1 tsp vinegar. Cut the cucumber into thin strips as well.
- Boil the *somen* noodles, and rinse under running water. Drain and toss with sesame oil.
- Place (3) on serving plates and top with drained *nagaimo*, cucumber and boiled eggs cut in half. Pour the soup from (1) over the plates and sprinkle with white sesame seeds.



Enjoy the crunchy texture

## Nagaimo Yam Somen





For stylish hospitality

## Soba Noodle Sushi

### Ingredients: serves 2

- 2 oz (50g) dried *soba* noodles
- 2 Tbsp *sushi* vinegar
- 1/6 Japanese cucumber
- 3 *oba* leaves (perilla)
- 2 salmon *sashimi* pieces, 1/2-inch thick x 8-inches long
- 2 pieces omelet, 1/2-inch thick x 8-inches long
- 2 whole sheets *nori* seaweed

<Condiments>

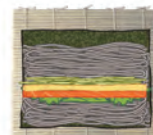
*Wasabi, mentsuyu, or soy sauce*



**A:** Pick up a small amount of *soba* noodles tossed in *sushi* vinegar.



**B:** Place them horizontally on the *nori* seaweed, folding any excess on either side into the center.



**C:** Add the ingredients and roll up in the same way as a regular *sushi* roll.

### Directions

1. Boil the *soba* noodles, rinse under running water, and drain. Dress the *soba* noodles with *sushi* vinegar in a bowl.
2. Cut the cucumber into thin strips and the *oba* leaves in half.
3. Place the *nori* on a rolling mat and arrange 1/2 of the *soba* noodles (1) by bending them as shown in the picture (A, B) so that they do not stick out the ends.
4. Place the *oba* leaves, cucumber, salmon, and omelet in the center of the *soba* noodles, in that order as picture (C), and roll them up while pressing the *soba* noodles with your hands.
5. When you're done rolling, remove the rolling mat and let the roll rest for about 5 minutes before slicing it into pieces.
6. Place *wasabi, mentsuyu, or soy sauce* on the side.

### Ingredients: serves 2

- 1/4 onion
- 1 medium tomato
- 1/4 lb (100g) chicken breast
- 1-3/4 cups (400 ml) water
- 2 Tbsp *sake*
- 4 Tbsp Nijiya *mentsuyu* (noodle soup base, 3x concentrated)
- 4 Tbsp Nijiya curry flakes
- 2 pkg *udon* noodles
- 1 stalk green onion



Get energized with spices!

## Chilled Curry Udon

- 3 Reduce heat and simmer for 3 minutes. Add the chicken breast and simmer for another 1-2 minutes until cooked through.

- 4 Remove from heat, place the pot in water, and let cool to room temperature.

- 5 Boil the *udon*, rinse under running water, rinse in ice water, and drain.

- 6 Place the *udon* in a bowl, and pour the curry sauce over it. Chop the green onion, and use as garnish

Curry flakes



### Directions

- 1 Thinly slice the onion, cut the tomato into wedges, and thinly slice the chicken breast.
- 2 Place the onion and curry flakes in a pot and mix well. Add the tomato, *sake*, water, and *mentsuyu* and heat on high to the boiling point.



Quick to make and great for lunch

## Maze-soba (mixed noodles)

Chuka dashi



Kaedama Champon



### Ingredients: serves 2

<Sauce>

- 2 tsp Nijiya *chuka dashi* (Chinese seasoning)
- 1/8 tsp salt
- 1/4 tsp powdered *sansho* pepper (Japanese pepper)
- 2 tsp soy sauce
- 2 Tbsp oyster sauce
- 2 Tbsp water
- 1-1/2 Tbsp sesame oil

### Directions

1. Put the <sauce> ingredients in a large bowl and mix.
2. Boil the noodles a little longer than indicated on the package (about 3 minutes), drain, and put them in the bowl (1), and mix with the sauce.
3. Cut the char siu into thin strips. Cut the *nira* into 2-inch pieces, and arrange them with the shredded *negi* on top of the noodles.

<Noodles>

- 2 servings Nijiya *kaedama champon* (ramen noodle, no soup) noodles

<Toppings>

- 2-inch *negi* (Japanese long green onion), white part, shredded
- 3 slices char siu (braised pork)
- 3 *nira* (garlic chives)





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



A Japanese food boom is burgeoning 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 because it is so strongly connected to Japanese food culture through "*kabayaki*" (broiled eel). Actually, *eel* is widely found in many tropical and sub-tropical regions of the world. Two types of *eel* have existed in Japan since time immemorial: the Japanese *eel* and the giant mottled *eel*. The giant mottled *eel* has an overall length of over 2 yards (2 meters) and weighs 44 pounds (20 kilograms). The giant mottled *eel* is not usually consumed. 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 since its designation as an endangered species it is no longer imported into 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, 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, *eel* is a rich source of vitamins A, B1, B2, D, and E, which prevent fatigue from summer heat. A full day's supply of vitamin A can be provided with one helping of *kabayaki*.

The custom of "*Doyou*" 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 (1603-1868). Among the many theories about the origin of this custom is the story of *Hiraga Gennai*, an *Edo* Period 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

For grilling or frying, 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 sauce during heating. The *eel* is ready to eat when the savory aroma begins to rise as the flesh turns plump. For microwaving, remove the *eel* from the pack and place it in a heat-resistant dish. Sprinkle about a teaspoon of Japanese *sake* over it 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 settings of your microwave.

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

### Full-scale charcoal fire eel kabayaki with no chemical additives

This is a healthy *eel* dish using special sauce without any chemical additives. Nijiya's *eel kabayaki* is produced 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.

Charcoal 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 highly sought after by connoisseurs.

### Kagoshima-made charcoal eel kabayaki

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





Nijiya grilled eel



Grilled eel from Kagoshima



Nijiya Eel sauce



## Uza-ku

### Ingredients:

½ slice Nijiya grilled eel  
1 cucumber  
1 clove ginger

### [Seasonings]

1-½ Tbsp vinegar  
1-½ Tbsp soy sauce  
2 tsp mirin (sweet cooking rice wine)

### Directions

- 1 Cut the cucumber into thin slices, and sprinkle lightly with salt (not included in the recipe). Squeeze out the water. Cut the eel in half lengthwise and then into 1/2-inch (1.5 cm) pieces. Julienne the ginger.
- 2 Put the <Seasonings> ingredients in a bowl, add 1, and mix.

## Eel somen

### Ingredients: serves 3-4

2 pieces Nijiya grilled eel  
2 bundles somen noodles  
2 pods okra  
1 stalk myoga (Japanese ginger)  
2 pieces oba (perilla) leaves

### [Sauce]

3 Tbsp (90ml) Nijiya mentsuyu  
6 Tbsp (180ml) water

### Directions

- 1 Cut the eel in half lengthwise and then cut into 3/4-inch (2cm) 5 pieces. Boil the okra briefly, and cool under running water. Cut into 1/4-inch (5mm) round slices. Cut the myoga and oba into thin strips.
- 2 Boil the somen noodles for the specified time; rinse with water, and drain well.
- 3 Put half the <sauce> ingredients into a bowl and mix. Add the somen noodles and top with the ingredients from step 1.



## Eel and burdock with egg

### Ingredients: serves 2

½ piece Nijiya grilled eel  
⅓ burdock  
3 eggs  
4 to 5 leaves mitsuba (Japanese wild parsley)

### [Seasonings]

4 Tbsp dashi stock  
4 Tbsp sake  
1-½ Tbsp soy sauce  
1 Tbsp mirin (sweet cooking rice wine)

### Directions

- 1 Cut the eel in half lengthwise, then into 3/4-inch (2cm) pieces. Cut the burdock into cubes, soak in water, and drain in a colander. Cut the mitsuba into 1-1/4-inch wide (3cm) pieces.
- 2 Put the [Seasonings] ingredients into a pot, and heat over medium-low heat. Add the burdock root, cover, and simmer for about 10 minutes.
- 3 Add the beaten eggs and mix well. Place the eel on top of the egg and cover with the lid. Simmer over low heat for 2 minutes.
- 4 Sprinkle with mitsuba. Turn off the heat, cover and let steam for 2 minutes.



# Exciting! Gochiso Kitchen



## Anko (red bean paste) cookies

Many of you probably don't know about nutritious and antibacterial "anko" (red bean paste). Anko contains more polyphenols than red wine and more iron than spinach! Polyphenols help reduce elevated levels of bad cholesterol. And iron solves collagen deficiency, which is the cause of dry and rough skin. Anko (red bean paste), which is often served as a Japanese confectionery, can be made into a Western-style cookie. The image of anko has been reimagined, and these cookies can be made with only three ingredients. Let's try!

### Ingredients : about 12 cookies

5/8 cup (~70g) Nijiya organic flour

6 Tbsp (~90g) red bean paste  
(store-bought sweet bean paste or granulated red bean paste)

1 oz (~25g) butter (or oil of your choice)



### Directions

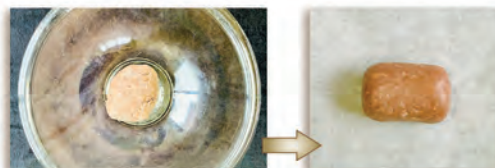
1. Combine red bean paste and butter softened in microwave and mix thoroughly with a rubber spatula.



2. Cut the flour of step 1 into the mixture with a rubber spatula.  
\*The dough may seem a little watery at first, but once the flour and oil are thoroughly mixed, the dough will naturally come together.



3. Roll out the dough into bars about 2 inches (5cm) in diameter. Wrap them in parchment paper, and let them rest in the freezer for about 30 minutes. Preheat the oven to 350°F (180°C).



4. Cut into 1/10-inch (3mm) slices with a knife and place on a baking sheet with space between each slice.



5. Bake at 350°F (180°C) for 20 minutes.



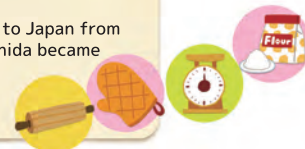
\*Can be stored at room temperature for 3 days.

\*If you wrap the dough in plastic wrap and freeze it, it can be stored for 2 months.



### Reiko Yoshida

Associate instructor at Japan Baking School. After returning to Japan from studies at The International Culinary Center in New York, Yoshida became a representative of The Graceful Food, organizing bread and pastry classes as well as teaching baking classes for the local government.





# MONTEUR<sup>+</sup>

MONTEUR is tasty, friendly, and delightful



■ ROLL CAKE  
Hokkaido Soft Roll Cake  
Strawberry Roll Cake  
Milk & Egg Roll Cake:  
Milk, Nama Choco



■ WAFFLE  
Hokkaido Soft Waffle  
Milk & Egg Dessert Waffle  
Strawberry Waffle  
Belgian Choco Waffle



With delicious sweets, the heart becomes enriched. Every day becomes enjoyable. Monteur continues to create sweets that bring the "excitement of snack time" by utilizing the natural flavor of the ingredients. We hope our commitment to 'tasty,' 'friendly,' and 'delightful' reaches out to everyone's happy moments.



**Wismettac**

Wismettac Asian Foods, Inc.





### YASUO KOJIMA

A senior gourmet who is well versed in a variety of genres, from snacks to rice bowls and noodles.

### Simple, Filling Dishes

#### Cooked by a Guy

We introduce easy recipes for meat dishes, rice bowls, and snacks that are **CHEAP** (Yasui), **DELICIOUS** (Umai) and **QUICK** (Hayai)! These are quick, easy, and filling meals that everyone can make with ingredients found in the fridge!



## Sauteed Cherry Tomatoes with Garlic

#### ● Directions

1. Rinse the cherry tomatoes in cold water.
2. In a heated frying pan, add olive oil and minced garlic. Add the cherry tomatoes, and sauté quickly over high heat, moving them around the pan as they heat.
3. When the skins of the cherry tomatoes burst, season with salt and pepper and serve.

#### ■ Ingredients: serves 2

16 cherry tomatoes  
1 clove garlic (or garlic salt, to taste)  
2 tsp olive oil  
salt, to taste  
pepper, to taste



#### Cooking Point

Using garlic powder or garlic salt makes this dish even quicker to make.

It is perfect for an easy-to-prepare snack at a home party!

Time required  
**3 min.**



Natto pasta is a pasta dish made with mentsuyu.

Simply dress boiled pasta with natto, and top with green onions and seaweed. This pasta is easy to make and can be enjoyed by adults and children.

The garlic fried tomatoes as an accompaniment are also an easy 3-minute snack.

This is truly an excellent man's meal menu that is delicious, fast, and inexpensive!



## Natto Pasta

#### ● Directions

1. Cut green onions into thin slices and mix with *natto*, *miso*, and *mentsuyu*.
2. Boil pasta in a pot with plenty of water. When cooked, drizzle olive oil over the pasta and toss to coat.
3. Toss the pasta with the seasonings in 1.
4. Sprinkle chopped *nori* on top and serve.

#### ■ Ingredients: serves 2

2 servings of pasta (about 4-1/2 oz)  
1-2 oz green onions  
1 package *natto* (fermented soybeans)  
1 tsp olive oil  
1 tsp *miso*  
2 Tbsp Nijiya *Mentsuyu* (noodle soup base)  
A pinch of chopped *Nori* (dried seaweed)

Time required  
**5 min.**

(excluding time to boil pasta)

#### Cooking Point

Natto sauce from the package can be added. Spring onions can be chopped into easy-to-eat pieces, and a half-boiled egg can be placed on top if you like!



Nijiya  
Organic Natto



# KIRIN®

## 一番搾り®



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# Nijiya Dried Shiitake Mushrooms

When *shiitake* mushrooms are dried, their cells are broken in the process. This allows enzymes to work on the umami components of the mushrooms, enhancing their flavor. When you rehydrate and cook the mushrooms, the enzymes begin to work, and the *umami* component called guanylic acid increases 10-fold. This delicious taste is the main reason that dried *shiitake* mushrooms have been eaten as a traditional food for millennia.

Dried *shiitake* mushrooms are rich in dietary fiber, which can help with weight loss, and improve digestion. In addition, the vitamin D in *shiitake* mushrooms, which is increased by drying, plays a major role in calcium metabolism in the body, including absorption of calcium from the intestines and adsorption of calcium to the bones.

## Nijiya's dried shiitake mushrooms

Nijiya's dried *shiitake* mushrooms come from *Oita* and *Kumamoto* prefectures, on the island of *Kyushu*, Japan. These high quality *shiitake* mushrooms are grown slowly and naturally on logs and are carefully harvested by hand. It takes about two years to complete the harvest.

### Organic Dried Shiitake Mushrooms

Nijiya's organic *shiitake* mushrooms are rare and JAS-certified organic. They also bear the trusted USDA mark. The umbrella part is open and the flesh is thin, so they can be rehydrated in a short time and are thus easy to use. They complement the flavors of other ingredients and can be used in all kinds of dishes.



### Dried Shiitake Mushrooms (Donko)

*Donko-shiitake* is a thick, tasty, high-grade *shiitake* mushroom harvested before its umbrella has fully opened. It is characterized by the cracks on the surface of the umbrella.

The round, well-shaped mushrooms look good, and their thick flesh gives them a firm texture. Because of their thickness, they take a long time to rehydrate; this makes them delightfully firm and crunchy. They have a beautiful round shape, so they are used in dishes such as *nishime* (simmering preparations).

## Dried Shiitake Mushroom menus

### ■ Simmered Shiitake Mushrooms

#### Ingredients: serves 2

- 5 dried *Shiitake* Mushrooms [Seasonings]
- 3 Tbsp Sugar
- 3 Tbsp *Mirin*
- 3 Tbsp Soy sauce

#### Directions

- 1 Soak dried *shiitake* mushrooms in fresh water. Reserve this water.
- 2 Remove the stems and place the mushrooms in a pot. Add the soaking water from the *shiitake* mushrooms until they are completely covered. Add the seasonings.
- 3 Simmer until the broth is reduced to about one-third.



### ■ Shiitake Noodle Soup

#### Ingredients: easy to make amount

- 2 dried *Shiitake* Mushrooms
- 2 cups (500ml) water
- 2x3inch (5x8cm) Nijiya *Kombu*
- 1 oz (30g) Nijiya *Hana-katsuo* (bonito flakes)

#### [Seasonings]

- 1 Tbsp sugar
- 2 Tbsp soy sauce
- Mirin* to taste

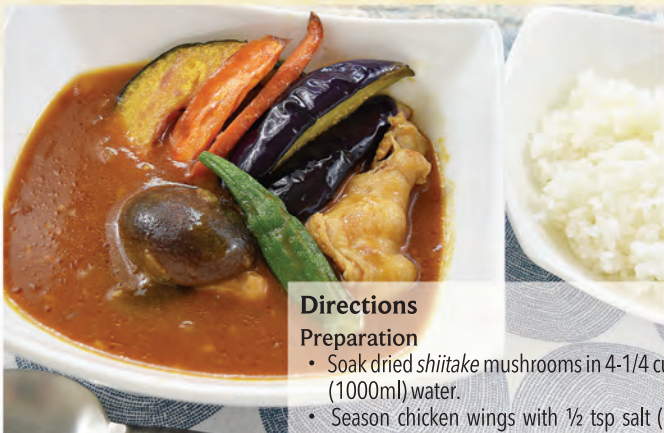
#### Directions

- 1 Put water, dried *shiitake* mushrooms, and *kombu* in a pot and leave overnight.
- 2 Remove dried *shiitake* mushrooms and *kombu*. Put the pot on the stove and bring to a boil. Turn off the heat and add the *hana-katsuo*. Let rest for about 20 seconds.
- 3 Strain 2. and remove the *hana-katsuo*. Cut the *shiitake* mushrooms into thin strips and add them to the pot. Boil for 2-3 minutes. Add the seasonings, bring to a boil, and the soup is ready to serve.





## ■ Japanese-style soup curry



### Directions

#### Preparation

- Soak dried *shiitake* mushrooms in 4-1/4 cups (1000ml) water.
- Season chicken wings with 1/2 tsp salt (not listed in the ingredients)

### Ingredients: serves 2-3

4-1/4 cups (1000ml) water  
4 dried *shiitake* mushrooms  
1 tsp Nijiya wafu (Japanese-style) *dashi* stock  
1/2 onion  
1 clove garlic  
1 clove ginger  
2 Tbsp salad oil  
4 chicken wings  
3 Tbsp Nijiya curry flakes  
2 Tbsp tomato puree  
Salt and pepper to taste

Vegetables: as much as you like (pumpkin, eggplant, etc., as desired)  
Oil (for deep-frying): as needed

- 1 Slice the onion thinly against the grain. Finely chop the garlic and ginger.
- 2 Deep fry (or steam) the vegetables for the topping.
- 3 Heat salad oil, garlic, and ginger in a frying pan, and when the aroma rises, add the onion and salt and stir fry.
- 4 When the onion has turned a light golden brown, add the seasoned chicken wings and brown the surface.
- 5 Add the soaking water from the *shiitake* mushrooms from step 4 along with the *dashi* stock and soaked *shiitake* mushrooms and heat. Bring to a boil and simmer on low heat for 20 to 30 minutes.
- 6 Add the curry flakes and tomato puree and simmer for another 5 minutes. Taste and adjust with curry flakes as needed. Season with salt and pepper to finish.

## ■ Shiitake Dashi Nyumen



### Ingredients: serves 2

2 dried *Shiitake* Mushrooms  
2 inches (5cm) Nijiya kombu  
4 oz (120g) somen noodles  
1 oz (40g) carrots  
3 stalks green onions  
2-3/4 cups (650ml) *shiitake* soup + *dashi* stock  
2-1/2 Tbsp soy sauce  
3 Tbsp mirin  
Salt to taste  
Yuzu pepper, as needed

### Directions

- 1 Soak the dried *shiitake* mushrooms and kombu.
- 2 Slice the carrots into thin strips and the green onions into thin diagonal slices. Thinly slice the rehydrated kombu and *shiitake* mushrooms.
- 3 Boil the somen noodles separately.
- 4 Heat the *dashi* stock (*shiitake* mushroom stock + *dashi* stock), soy sauce, and mirin in a pot, then add step 2.
- 5 When the vegetables have softened, add the boiled somen noodles. Turn off the heat before it comes to boil.
- 6 Serve in bowls and garnish with yuzu pepper to taste.

## ■ Japanese-style Japchae with plenty of shiitake mushrooms



### Directions

- 1 Soak the dried *shiitake* mushrooms in water.
- 2 Julienne the carrots and burdock. Thinly slice the hydrated *shiitake* mushrooms. Cut the *nira* into 1/2-inch (4-5cm) pieces and the pork into bite-sized pieces.
- 3 Mix all the seasoning ingredients in a bowl.
- 4 Boil the *harusame* for about 1 minute less than the specified time.
- 5 Heat sesame oil in a frying pan and fry the pork. When the color starts to change, add the burdock and carrots and stir fry for about 1 minute. When the vegetables have softened, add the boiled *harusame* and stir fry briefly; then add the ingredients from 3 and stir fry.
- 6 Add the *nira* and stir fry until the water has evaporated. Remove from heat. Add the pepper and white sesame seeds and mix roughly to finish.

### Ingredients: serves 2

3 dried *Shiitake* Mushrooms  
1/2 cup (100ml) water  
2-1/2 oz (70g) Nijiya *harusame* (glass noodles)  
2 oz (50g) carrots  
2 oz (50g) Burdock  
4 oz (100g) Pork slices  
1 oz (40g) *nira* (Chinese chives)  
1 Tbsp sesame oil  
White sesame seeds, as needed  
Pepper to taste

## ■ Shiitake mushroom and crunchy umeboshi (plum) onigiri



### Directions

#### Preparation

Soak the dried *shiitake* mushrooms thoroughly in 1 cup (250ml) of water.

### Ingredients: serves 4

4 dried *Shiitake* Mushrooms  
7oz (200g) ground chicken  
2 cloves ginger  
2 tsp sesame oil  
3 Tbsp soy sauce  
2 Tbsp sake  
3 Tbsp mirin  
1-1/2 Tbsp sugar  
5 crunchy umeboshi (plums)  
2-1/2 cups (600g) hot cooked rice

- 1 Remove the stems from the rehydrated dried *shiitake* mushrooms and discard. Thinly slice the mushrooms, and cut the strips in half if they are long. Cut the ginger into thin strips and roughly chop the crunchy umeboshi plums.
- 2 Heat sesame oil in a pan over medium heat and sauté the chicken.
- 3 When the ground chicken is cooked, add the *shiitake* mushrooms and ginger and sauté briefly. Then add the *shiitake* mushroom stock, soy sauce, sake, mirin, and sugar and simmer until the liquid is absorbed. When the liquid has evaporated, remove from heat.
- 4 Mix step 1 and step 3. into hot rice and divide into 4 equal portions to make rice balls.



*I want to eat it in the fall!*

# Alaska Copper River Sockeye Salmon

Salmon is now eaten all over the world and has become very popular. Most of it is farm-raised, however, and you do not see wild salmon very often. Sockeye salmon is considered the most expensive type of salmon. It is said that the red flesh of sockeye salmon is the most delicious. Please enjoy some this fall.



## What is Sockeye Salmon?

Sockeye salmon has bright red flesh that is darker in color than other salmon. The flavor of the meat is rich and fatty, yet light. The goodness of the fish comes out with the simplest cooking methods.

Sockeye salmon prefers cold waters and is widely distributed north of 40 degrees north latitude, living in waters up to 130 feet deep. They are born in the river, mature in the sea, and return to the river where they were born to spawn in the fall and winter. Generally, freshwater fish cannot live in the sea, but as salmon grow, their bodies become silvered (smoltified), allowing them to adjust their osmotic pressure and live in the sea.

## Copper River Sockeye Salmon

There are about 30 species of salmon in the northern hemisphere. Of these, most of the salmon we see on our tables are chum salmon. In the U.S., Atlantic salmon is the most common. In its search for salmon of the highest quality and taste, Nijiya Market has found that Sockeye Salmon from the Copper River is the best. The sweet and salty fillets we sell have been very well received and have become one of Nijiya Market's signature products. The secret of its delicious taste can be said to lie in the Copper River, where it is produced.

## Copper River

The Copper River is a large river that flows from its mouth near scenic Prince William Sound in the northern Gulf of Alaska to the Fairbanks area in the middle of Alaska. The river is swift and long, extending for 286 miles. Melting waters from the Wrangel Mountains have eroded the river over the years, forming its undulating shape. The Copper River, which flows through the wilderness, is famous for its delicious sockeye salmon.

## A Real Taste with a Difference

Sockeye Salmon move powerfully up the Copper River in the great Alaskan outdoors. Salmon do not eat during their journey up the river; they prepare for their return by storing a large amount of nutrients just before they go upstream. That would be a lot of nutrients for a 286 mile white-water journey.. This is the reason that Alaska Copper River sockeye salmon are so highly regarded for their flavor. The longer the river, the more fat it stores. While regular salmon has 6-8% fat, Copper River sockeye has more than 12%. Its outstanding flesh and fat content have earned it the highest reputation in the world among sockeye salmon. Its sweet and savory taste is different from the rest.

## Stable Supply of Product

Nijiya Market has long been committed to purchasing only Alaska-raised salmon. We have a strong desire to provide you with the safety, health, and authenticity of sockeye salmon raised under the concept that "nature comes first" in Alaska, and that the taste is natural and not farm-raised. We have established our own pipeline by going directly to local markets to check the products with our own eyes, and by developing products in cooperation with the processors. This enables us to provide a stable supply of high-quality products throughout the year. We are proud to bring delicious and safe Alaska Copper River Sockeye Salmon to your dinner table.

## Nutritional Value of Sockeye Salmon

Sockeye salmon contains more protein that is easily digested and absorbed than other fish. It is also rich in calcium, vitamin A, vitamin B1, which is said to help relieve stress, vitamin B2, which builds resistance in the body, DHA, which promotes brain activity, and EPA, which prevents arteriosclerosis. Sockeye salmon is full of nutritional value and is recommended for everyone from children to the elderly.



## Grilled salmon with shio koji

**Ingredients:** serves 2

2 slices salmon  
4 tsp Nijiya shio koji



### Directions

- 1 On a sheet of plastic wrap, spread 1 tsp of *shio koji* in the center to the size of the salmon. Place the salmon on top of the *shio koji*. Then spread another 1 tsp of *shio koji* on top of the fish, and wrap tightly. Prepare the second slice in the same way and refrigerate for 1-2 days.
- 2 Grill the salmon on a grill or in a frying pan (coat the pan with a thin layer of salad oil) over low heat for 4-5 minutes on the skin side. Turn it over and cook for 3-4 minutes. Be careful as the fish can easily burn.





## Salmon with garlic meunière

**Ingredients:** serves 2

2 slices salmon  
Salt and pepper, to taste

1 Tbsp flour  
1 tsp olive oil  
1 clove garlic

### Directions

- 1 Sprinkle salt on both sides of the salmon to add flavor. Let rest for 10 minutes. Wipe off any excess water with a paper towel, sprinkle pepper on both sides, and use a tea strainer to dust with flour.
- 2 While the salmon rests, slice the garlic, cook it with the olive oil in a pan over low-medium heat until crispy. Remove the garlic from the pan and set aside.
- 3 Remove excess flour from the salmon and place it skin-side down in the pan. Cover, and cook for about 5 minutes. When one side is browned, flip the salmon over and cook without the lid for 3-4 minutes over medium heat. Serve on a plate and top with the garlic.



## Salmon chirashi sushi

**Ingredients:** serves 3-4

1 piece grilled salmon  
1-1/4 cups (550g) warm cooked rice (enough for approximately 3-4 bowls)  
3 Tbsp *sushi* vinegar  
2 eggs (or 5 oz Nijiya *tamagoyaki*)  
2 Tbsp salmon roe  
1 Tbsp white sesame seeds  
1 clove ginger  
*Kaiware daikon* (radish sprouts) as needed

### Directions

- 1 Break up the grilled salmon (either salt-grilled or *shio koji*-grilled is fine). Cut the *tamagoyaki* into 3/4-inch (1.5cm) cubes and julienne the ginger.
- 2 Mix the *sushi* vinegar gently and thoroughly with the warm cooked rice. Mix in the flaked salmon, white sesame seeds, and ginger.
- 3 Place in a bowl and top with the *tamagoyaki*, salmon roe, and *kaiware daikon*.



## Salmon and spinach chowder

**Ingredients:** serves 3-4

1 salmon fillet, about 4oz (120g)  
4 oz (120g) spinach  
1/2 onion (5oz)  
1/2 pack (2oz) *shimeji* mushrooms  
1 clove garlic  
2 tsp Nijiya *chuka dashi* (Chinese soup stock)

3/4 cup (200ml) water  
1 cup (250ml) milk  
3 tsp flour (separated 1tsp and 2tsp)  
1 Tbsp olive oil  
1 tsp (5g) butter  
1/2 tsp salt  
Pepper, to taste

### Directions

- 1 Cut the salmon into bite-sized pieces, season with salt and pepper (not included in the recipe), and sprinkle with 1 tsp of flour. Finely chop the garlic. Cut the onion into half-inch (1cm) cubes. Cut the spinach into 1-inch (3cm) widths, and separate the *shimeji* mushrooms.
- 2 Place olive oil and garlic in a pot and sauté over medium heat. When the aroma rises, add the salmon, quickly sear both sides, and then remove it from the pan and set it aside. Then sauté the onion.
- 3 When the onion has softened, add the *shimeji* mushrooms and continue to sauté. Add the butter and 2 tsp of flour and sauté.
- 4 When the mixture thickens, add the water and Nijiya *chuka dashi*, and stir, scraping up the flour from the bottom of the pot with a spatula. When the liquid thickens, add the spinach.
- 5 When the spinach has softened and reduced in volume, return the salmon to the pot. Add the milk, then season with salt and pepper. Turn off the heat just before it comes to a boil.



# MISO LABORATORY

Japan has many fermented foods that promote good health. One such food is miso, used in miso soup, a staple of Japanese cuisine.



**Miso** is a traditional Japanese food made by fermenting soybeans, rice, wheat, and other grains with salt and *koji*. *Koji* is the starter for the fermentation process. **Miso** is rich in flavor and nutrition. It provides all eight amino acids needed by the human body.



## Types of Miso and the Appeal of Local Miso

Depending on the climate, region, proportion of different ingredients, and production methods, Japanese *miso* comes in a variety of colors, textures, and flavors.

In this article, we will explain the basic types of *miso* and how it is made. We will also unravel the history of *miso*'s arrival in Japan and introduce local *miso* products that are associated with different regions of Japan.

### History of Japanese Miso

*Miso* is an indispensable seasoning for us Japanese and is also a nutrient-rich fermented soybean food. It is said to have originated from “*hishio*,” a salted fermented product of ancient China, and “*kuki*,” a fermented soybean and grain food. This was introduced to Japan during the *Asuka* period (710-794) and developed into a traditional part of Japanese cuisine.

The Chinese character for “*hisho*” was first seen in Japan in the *Taiho Ritsuryo* Code (701). The pronunciation of “*misho*” recorded in this code is similar to that of “*miso*.” This document indicates the time period that *miso* arrived in Japan. The name evolved from “*mishou*” to “*misho*” to “*miso*.” *Miso* was at first a luxury item prized by the aristocracy and Buddhist priests, but by the *Nara* period (710-794), other social groups were enjoying it as well.

During the *Kamakura* period (1185-1333), *miso* soup was made from ground *miso*, or “*surimiso*,” and the basis of the *samurai* diet, “*ippushi-ichibai*,” or “one soup, one vegetable,” was established. In the *Muromachi* period (1333-1573), the government encouraged the production of soybeans and other grains, and *miso* became widespread among the general

population. Most of the *miso* dishes we enjoy today were created during this period.

*Miso* culture blossomed during the *Edo* period (1603-1867). With the population of *Edo* at 500,000, the first *miso* factory in Japan, the “*miso* warehouse,” was founded. By the end of the *Edo* period, *miso* further penetrated into the dietary habits of people throughout Japan. There were more men than women in *Edo*, which led to the popularity of eating out; dishes using *miso* developed at the same time. *Miso* soup became part of the daily diet of people in different social positions throughout Japan. When people had occasion to live in *Edo* for a while, they brought their local *miso* with them. Thus, *miso* produced in the provinces, such as *Mikawa miso*, *Sanshu miso*, and *Sendai miso*, were also consumed in *Edo*.

### Type of Miso

As *miso* spread throughout Japan, its ingredients and production methods differed from region to region, resulting in distinctively local types of *miso*. The type of *koji* starter used to make the *miso* defines the different varieties.

#### <A typical type of miso>

##### ■ Kome miso (Rice miso):

Rice *miso* is made with soybeans, rice *koji*, and salt, and accounts for about 80% of the *miso* produced in Japan. Rice *miso* with a high percentage of rice *koji* is called *ama-miso* (sweet *miso*); rice *miso* with a low percentage of rice *koji* is called *kara-miso* (spicy *miso*).

##### ■ Mugji miso (Barley miso):

Made with soybeans, barley *koji*, and salt, this *miso* is also known as “country *miso*” because farmers used to make it for

their own use. This *miso* is characterized by its deep and well-balanced flavor.

##### ■ Mame miso (Soybean miso):

This *miso* is made from steamed soybean *koji*, combined with salt, and aged for a long time. It has a rich *umami* taste and a slightly astringent flavor and is produced mainly in *Aichi*, *Mie*, and *Gifu* regions.

There is also a “concoction *miso*” made by mixing different types of *miso*, such as rice *miso* and barley *miso*, or barley *miso* and soybean *miso*, or by mixing different types of *koji*. The unique characteristics of *miso* made with a single type of *koji* are eliminated, and the mild flavor of the blended *miso* is easy to eat.

### Process of making Miso

Making *miso* is simple. Soybeans that have been prepared and mashed by boiling or steaming are fermented by adding *koji* and salt. The length of time for fermentation varies depending on the type of *miso* to be made, but generally speaking, sweet *miso* is made in a shorter period of time, and spicy *miso* takes longer. Rice *miso* and barley *miso* use the same process. *Mame miso* is made by making “*miso* balls” from steamed soybeans, sprinkling seed *koji* and aromatic roasted barley powder over the balls, and then fermenting them. Fermentation is an important part of the *miso* making process. The way the microorganisms work determines the flavor of the *miso*. Different climates and different microorganisms affect the process differently in each *miso* brewery. During fermentation, it is important to adjust the temperature. If the temperature is raised artificially



with a technique known as “heated brewing,” fermentation proceeds quickly and results in a consistent *miso* product. Today, many *miso* factories use heated brewing. By contrast, the method of slow fermentation using seasonal changes is called “natural brewing.”

### Locations of miso production and the appeal of local miso

It is said that there are more than a thousand varieties of *miso* in Japan. In the Japanese archipelago, which stretches from north to south and has different climates depending on the region, the variety of *miso* in each region suits local characteristics and tastes. Many of these *misos* bear the

name of their region, such as “*Sendai miso*” or “*Shinshu miso*.”

Major *miso* production areas include *Nagano*, *Aichi*, and *Gunma* prefectures. *Nagano* Prefecture is known for its rice *miso*, for example. Rice *miso* is also produced in the *Kanto* area (around *Tokyo*) and in *Tohoku* prefecture.

The main production areas for barley *miso* are the *Chugoku*, *Shikoku*, and *Kyushu* regions; barley *miso* is the choice of western Japan. *Setouchi* barley *miso*, which has a particularly high percentage of barley *koji*, has a lower salt content than rice *miso* and a refreshingly sweet and savory flavor that can be enjoyed grilled.

*Mame miso* is sometimes referred to as

“*Sanshu miso*” because most of it is produced in the *Chukyo* region of *Aichi*, *Mie*, and *Gifu* prefectures. *Hatcho miso*, the most well-known bean *miso*, is said to have originated in *Hatcho* Village in *Okazaki* City, *Aichi* Prefecture. *Miso nikomi udon* (thick *udon* noodles stewed in *miso* broth) and *miso katsu-don* (*miso* cutlet served on top of rice in a bowl) are hallmarks of *Nagoya* cuisine, now popularized nationwide. The various mixed *misos* include the *akadashi miso* of *Aichi* Prefecture, a blend of bean and rice ingredients; while *Kyushu*, including *Fukuoka*, *Oita*, and *Miyazaki* prefectures, produces a combination rice and barley *miso*.

## Miso menus rooted in the community and handed down from generation to generation ~ What does your hometown miso taste like? ~

### ■ Jaja-men (Iwate Prefecture)

*Jaja-men* with sweet meat *miso*, *Wanko soba*, and *Reimen* are known as the “Three Great Noodles of *Morioka*.”



#### Ingredients: serves 1

- 1-1/2 oz (40g) ground pork
- 2 dried *shiitake* mushrooms
- 2 Tbsp *miso*
- 1 Tbsp sugar
- 1 Tbsp *mirin* (sweet cooking rice wine)
- 1 Tbsp soy sauce
- 1 Tbsp *sake*
- 1/4 cup (50ml) water
- 1/2 cucumber
- One serving of frozen *udon* noodles
- 1 boiled egg, as desired
- Ginger, as desired

#### Directions

- 1 Soak dried *shiitake* mushrooms in water, remove gritty stems, and chop.
- 2 Heat salad oil (not listed in ingredients) in a pan over medium heat, and sauté the ground meat. Add chopped dried *shiitake* mushrooms and stir-fry.
- 3 Add *miso*, sugar, *mirin*, soy sauce, *sake*, and water to the pan and reduce, stirring constantly, until all the liquid is absorbed.
- 4 Cut cucumber diagonally into thin slices, then cut into thin strips.
- 5 Boil frozen *udon* noodles, rinse under cold water, and drain well. Arrange the sweet meat *miso*, and vegetables in a bowl. Garnish with boiled egg and ginger, as desired, and serve.

### ■ Negi Nuta (Saitama Prefecture)

Traditional vegetable *Fukaya Negi* (green onion) dish with *miso*, an essential part of the menu for celebrations.



#### Ingredients: serves 1

- 1/3 green onion
- <Seasoning (Vinegared Miso Sauce)>
- 2 Tbsp *miso*
- 2 Tbsp *mirin* (Sweet cooking rice wine)
- 2 Tbsp vinegar

Japanese mustard, to taste  
A pinch of *katsubushi* (dried bonito flakes), as desired

#### Directions

- 1 Cut green onion into white and green parts. Slice each half lengthwise and cut into 2-inch (5 cm) lengths.
- 2 Boil for about 30 seconds and drain in a colander.  
\*Boil the green onions quickly so that they are half cooked, and you can enjoy both sweetness and a crunchy texture.
- 3 Put the vinegared *miso* sauce ingredients in a saucepan over low heat for 3-4 minutes. When the mixture thickens, add Japanese mustard, to taste, and mix. Remove from heat and allow it to cool.
- 4 Put the green onions and vinegared *miso* sauce in a bowl and mix. Sprinkle *katsubushi* on top, as desired, and serve.

### ■ Tofu marinated in miso (Kumamoto Prefecture)

Preserved food using local *miso*



#### Ingredients: serves 1

- 1 cake *momen* (firm) *tofu*
- 4 Tbsp *miso*
- 1 Tbsp *mirin* (sweet cooking rice wine)
- 1 *oba* leaf (*perilla*)

#### Directions

- 1 Heat *mirin* to remove alcohol; remove from heat. Wrap *tofu* in a paper towel, place in a baking dish, and microwave at 500W for 3 minutes to drain.
- 2 Mix *miso* and *mirin* in a bowl.
- 3 Place the *tofu* on a sheet of plastic wrap. Spread the mixture 2 evenly over the *tofu*. Wrap the *tofu* and refrigerate overnight.
- 4 Remove the plastic wrap. Peel off the *miso* paste from around the *tofu*.
- 5 Cut the *tofu* into bite-sized pieces. Arrange on top of the *oba* leaves and serve.

#### [Profile]

#### Asami Goto

Expert, Japan Safe Food Cooking Association (JSFCA))  
She is currently developing a collection of *miso* recipes, including the role of *miso* in Japanese cuisine, how to select *miso*, the colors and flavors of various types of *miso*, and how to make *miso* at home.



# NIJIYA DINER (NIJIYA SHOKUDO)

**Seiko Yoshihara,**  
proprietor of NIJIYA SHOKUDO

In a small back alley, this famous landlady runs an old-fashioned diner filled with energy and smiles. The secret to her vitality is the evening drinks she and her husband enjoy together every night.



## What is "one soup and three dishes"?

"One soup and three dishes" is a basic concept of Japanese cuisine, consisting of rice, soup, and side dishes (main dish and two side dishes). Honzen cuisine is an expression of this concept, and kaiseki cuisine developed from honzen.

In today's Japanese households, a typical meal consists of rice, soup, one main dish of meat, seafood, or other

animal side dish, and two side dishes of vegetables, seaweed, tofu, or other vegetable side dishes. This is considered a healthy well-balanced meal rich in animal protein, vitamins, fiber, and carbohydrates.

This specific number of dishes has the advantage of making it easy to plan a menu while maintaining nutritional balance.

— Today's menu —

## Chicken and potato set meal

- Chicken and potato
- Miso soup with *konnyaku* and carrots
- Somen noodle salad with mayonnaise
- *Shishito* peppers and *shimeji* mushrooms in soy sauce





## Chicken and potato set meal



### Chicken and potato

*A classic menu made with nutritious chicken*

**Ingredients :** Serves 2

5-1/4 oz (150g) chicken thigh  
2 potato (10oz)  
1/2 carrot  
1/2 onion (large)  
1/2 Tbsp salad oil

**[Seasonings]**

2 Tbsp sugar  
2 Tbsp soy sauce  
2 Tbsp sake  
3 Tbsp mirin (sweet cooking rice wine)  
2 tsp Nijiya wafu dashi  
1/2 cup (100ml) water



#### Directions

1. Cut potatoes into large bite-sized pieces; soak in water for 10 minutes, and drain. Cut onion into wedges. Cut carrot and chicken into large bite-sized pieces.
2. Heat salad oil in a pan and cook the chicken over medium heat until browned on both sides. Add potatoes, onions, and carrots. Sauté until oil is well blended.
3. Add all seasonings except soy sauce, and bring to a boil. Remove scum, cover, and simmer over low-medium heat for 5 minutes.
4. Add soy sauce to 3, cover the pot, simmer over low heat for 10 minutes, and serve.



### Miso soup with konnyaku and carrots

*Root vegetables increase the nutritional value of this soup*

**Ingredients :** Serves 2

1/3 carrot  
1/2 konnyaku  
1/2 tofu  
1 tsp sesame oil

3 tsp Nijiya wafu dashi  
2 Tbsp miso  
2-1/2 cups (600ml) water



#### Directions

1. Boil konnyaku lightly; drain and cut into thin strips. Cut carrot into large strips. Dice tofu.
2. Heat sesame oil in a pan and sauté carrots. When carrots become soft, add konnyaku and sauté further.
3. Add water, tofu and Nijiya wafu dashi to the pan and bring to a boil. When carrots soften, dissolve miso in the pan.

### Fried shishito and shimeji mushrooms in soy sauce

*This side dish goes well with rice, made with only soy sauce and dried bonito flakes*



**Ingredients :** Serves 2

2 shishito pepper  
1/2 bag shimeji mushrooms

**[Seasonings]**

2 tsp salad oil  
2 Tbsp soy sauce  
2 katsuo packs (bonito flakes: 2g x 2)



#### Directions

1. Cut shishito in half lengthwise; remove stems and seeds and slice lengthwise diagonally. Tear shimeji mushrooms into bite-sized pieces.
2. Put the ingredients in a pan with the salad oil and mix well.
3. Cover the pan and cook over low-medium heat for 7 to 8 minutes until sufficient steam is released.
4. When the vegetables begin to release water, add the soy sauce and katsuo packs. Stir-fry for about 1 minute, stirring to blend.

### Somen noodle salad with mayonnaise

*This recipe can be made using items found in the refrigerator and can be served year-round*



**Ingredients :** Serves 2

2 bunches 3-1/2oz (100g) somen noodles  
1/2 cucumber  
1/2 tomato  
4 to 5 slices ham

**[Seasonings]**

5 Tbsp mayonnaise  
1 tsp vinegar  
sugar, to taste  
salt and pepper, to taste

dried parsley, as desired

#### Directions

1. Boil somen noodles in plenty of water; drain well in a colander under cold water.
2. Cut ham into small pieces. Cut cucumber into small pieces, sprinkle with a pinch of salt, and squeeze out water with a paper towel. Cut tomatoes into bite-sized pieces.
3. Put 1 and 2 in a bowl. Add the seasonings except for the parsley, and mix quickly.
4. Adjust the salt and pepper to taste. Garnish with dried parsley, as desired, and serve.



# Onigiri and Miso Soup

Autumn is the season for the new rice crop.  
Enjoy the season with delicious *onigiri* (rice ball) and *miso* soup.



## Why onigiri and miso soup are a great combination

When you eat *miso* soup with onigiri, the *miso* compensates for the nutrients that rice lacks. Protein accounts for 20% of body weight and consists of 20 types of amino acids. Of these, 9 essential amino acids cannot be produced in the body. Eating rice and *miso* together provides a balanced intake of the 9 essential amino acids.

In addition, the vegetables in *miso* soup may contain a wide variety of vitamins necessary to convert the carbohydrates in rice and the proteins in *miso* into energy in the body.

Therefore, onigiri and *miso* soup are the best combination for a balanced intake of nutrients.



Wafu Dashi  
Broth Powder



Nama Miso



Rice Miso



Koji Miso

## How to Make Warm Nori Onigiri (Rice Ball)



1. Place 2/3 of warm rice on a cutting board or similar surface and place the ingredients in the center.



2. Place the remaining 1/3 of the rice on top to cover the ingredients.



3. Wrap both hands around the mound of rice and apply gentle squeezing pressure about 3 times.



4. Lay a half-cut piece of *nori* vertically on the cutting board, and place the *onigiri* on the top half of it.



5. Wrap the *onigiri* with *nori* from the front and upwards.



6. Shape it into a triangle over the *nori*.



7. Place a small amount of ingredients on the top so that the contents can be recognized. (Optional)

Nori  
for Onigiri



Hinata Rice 5lb. & 10 lb.

## How to Cook Rice that's Perfect for Onigiri

1. Wash the rice gently, changing the water no more than 2-3 times.
2. Soak in the refrigerator for 2 hours to overnight.
3. Set the rice cooker to a lower water level (95%) than normal and use the quick cook mode if it has one.
4. After cooking, let the rice rest for 15 minutes, then open the lid and fluff the rice to thoroughly release the steam before making onigiri.

\*Even if you are not going to make the onigiri right away, fluff the rice first to release the steam.



## Recommended for miso soup Cold Brew Stock

### Ingredients: easy-to-make amount

3 pieces of 6-inch cut *kombu* seaweed  
15 *niboshi* (dried sardines), heads removed  
4-1/4 cups (1000 ml) water

### Directions

Put the *kombu*, *niboshi*, and water in a large container, and refrigerate for at least 6 hours to extract the broth. Use within 3 days.



Cut Kombu

Cold brew stock extracts the *umami* flavor at a low temperature, resulting in less unpleasant flavors and a refined taste.

\*You can also put the *kombu* after making the broth into a plastic bag with a zipper and freeze it. Later, you can use this to make *tsukudani* (stewed condiment).

## Dashi Kombu Tsukudani (soy stewed condiment)

### Ingredients: easy-to-make amount

6 pieces of cut *kombu* (after making the cold brew stock)  
1-1/4 cups (300 ml) water  
1 tsp vinegar  
2 Tbsp *sake*  
1 Tbsp sugar  
1 Tbsp soy sauce  
1 tsp *mirin* (sweet cooking rice wine)  
1 Tbsp roasted white sesame seeds



### Directions

1. Cut the *kombu* to your desired size (bite-size or shredded).
2. Put the water, vinegar, and *kombu* (if frozen, you can use it as is) in a small saucepan and bring to a boil over high heat, then cover and reduce heat to simmer for 20-30 minutes until the *kombu* is soft.
3. Open the lid, add the *sake*, sugar, soy sauce, and *mirin*, and simmer for 20-30 minutes until the liquid is almost gone.
4. Add roasted white sesame seeds, and it's ready to serve.



## Unique Onigiri and Miso Soup Recipes

### Onigiri



## Takuwan, Cream Cheese and Bonito Flakes Onigiri

### Ingredients: serves 2

- 1 small bag of bonito flakes (2g)
- 1 Tbsp *takuwan* (pickled daikon radish) finely chopped
- 1/2 tsp soy sauce
- 3 Tbsp cream cheese (room temperature)
- 10 oz (300g) cooked rice
- Toasted *nori* seaweed, as needed



Bonito Flakes

### Directions

1. Mix the bonito flakes, *takuwan* and soy sauce in a bowl.
2. Add the cream cheese and mix further.
3. Make 2 rice balls using (2) as filling.

## Tomato and Cabbage Miso Soup



### Ingredients: serves 2

- 1/2 tomato
- 2 cabbage leaves
- 1-3/4 cups (400ml) *dashi* stock (see p38 cold brew stock)
- 2 Tbsp of your favorite *miso* paste

### Directions

1. Cut the tomatoes radially into 4 equal parts, then cut them in half lengthwise. Cut the cabbage into bite-sized pieces.
2. Place the broth in a pot and bring to a boil over medium heat. Add the cabbage and simmer for 3-4 minutes.
3. Turn off the heat and place the *miso* paste in a ladle, dissolving it gradually with chopsticks or a small whisk over the pot with a small amount of broth from underneath. Stir the dissolved *miso* paste into the soup.
4. Heat again over medium heat until just before boiling and it's ready.

## Eel and Egg Flapping Onigirazu (not-squeezed onigiri)

### Ingredients: serves 2

- 1 egg
- 1/4 tsp sugar
- 1/8 tsp salt
- 1/2 tsp vegetable oil
- 2-1/3-inch square grilled eel
- 1 tsp eel sauce
- 1 sheet roasted *nori* seaweed (whole)
- 3 oz cooked rice



Sushi Nori (Whole sheet)



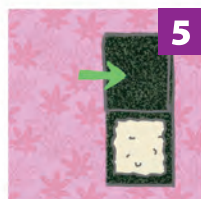
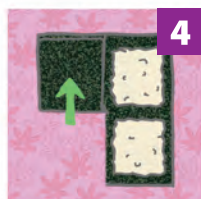
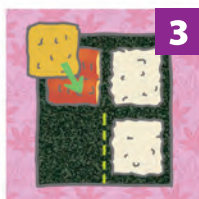
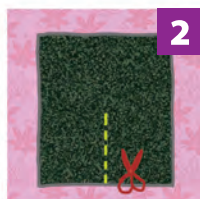
Unagi (Eel) Sauce



Grilled Eel

### Directions

1. Beat the egg, add sugar and salt, and bake in an oiled skillet to form about a 2-1/3-inch square.
2. Place the roasted *nori* vertically and cut in the center down to the bottom half.
3. Refer to the diagram below and place the ingredients so that the roasted *nori* is divided into 4 sides. Spread sauce on the eel and place the baked egg (1) on top. Place rice on the two right sides, leaving the bottom left empty.
4. First, cover the left side of the back with *nori* from the empty side in front.
5. Next, fold the folded part to the right of the rice side and stack.
6. Fold the overlapping part towards you, then wrap it tightly with plastic wrap and shape it.
7. Let rest for about 5 minutes; then cut it in half through the plastic wrap with a wet knife.



Place the eel and the baked egg on top.



# Nutritionist ZONO's Healthy & Happy Life

## Staying Healthy through Winter

### ~Intestinal environment and immune function~

#### Maintain the intestinal environment

Immunity is a mechanism that identifies pathogens, viruses, bacteria, and other organisms as foreign substances and removes them from the body. There is a deep relationship between the intestinal environment and immune function.

Lactic acid bacteria, one type of beneficial bacteria, are abundant in fermented foods such as yogurt, kimchi, and pickles. *Bacillus natto*, found in *natto* (fermented soybeans), a traditional Japanese food, works on its own as a good bacteria in the intestines. Then it serves as food for other good bacteria and increases the number of good intestinal bacteria, which is a wonderful function.

In addition, Japanese food uses many fermented seasonings such as soy sauce, miso, and *shio koji*. You can promote a healthy intestinal system by incorporating these seasonings into your diet.

Dietary fiber has an important function in regulating the intestinal environment.

There are soluble and insoluble types of dietary fiber. Soluble dietary fiber serves as food for good bacteria and increases the number of good bacteria in the intestines. Seaweeds, barley, and *natto* contain a lot of soluble fiber and should be included in the diet. Vegetables often contain both insoluble and soluble fiber, so it is important to include a variety of vegetables in every meal to regulate the intestinal environment.

#### Well-balanced diet

A very important part of maintaining immune function is to eat a well-balanced diet at each meal. If you eat a lot of fatty meats, unhealthy bacteria

in the intestines will predominate. If you repeatedly eat carbohydrate-intensive meals such as noodles, rice bowls, pizza, fries, and hamburgers, you will lack vegetables. Choosing only simple meals due to busy schedules leads to an imbalance in nutrition, which in turn leads to vitamin deficiencies and deterioration of the intestinal environment.

Vitamins have various regulatory functions. Vitamins A, C, and E have a strong antioxidant effect and suppress the action of active oxygen that ages the body. Consuming antioxidant vitamins is important for maintaining immune function. Vitamins A, C, and E are abundant in vegetables. Dark-colored green and yellow vegetables contain higher amounts of vitamins, so it is recommended that 1/3 of your daily vegetable intake come from green and yellow vegetables.

Vitamin D, which supports bone formation, also helps regulate immune function. Vitamin D is found in abundance in fish and mushrooms, and is activated when exposed to sunlight. Although we tend to stay indoors during the winter, it is important to make time for sunlight exposure.

A well-organized lifestyle can maintain immune function.

Eating a well-balanced diet daily promotes a healthy intestinal environment and effective immune function. On the other hand, lack of sleep, lack of exercise, and excessive stress can lead to a decline in immune function. To get through winter without catching a cold, please review your lifestyle.

**Zono**  
Registered dietitian



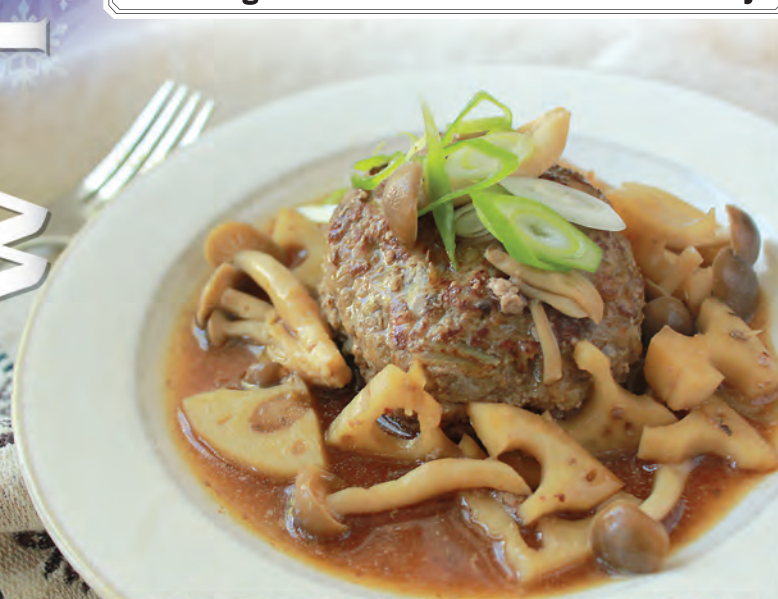
After a family illness, Zono realized the importance of diet and decided to become a nutritionist. She has created nutritionally balanced, low-calorie recipe videos that convey the "importance" and "enjoyment" of healthy food.

Instagram:  
<https://www.instagram.com/zonoml3gk>

You Tube:  
<https://www.youtube.com/@Zono-ml3gk>



#### Hamburger steak with lotus root and shio koji



#### Ingredients : Serves 4

2 oz (~50g) grated lotus root  
1/4 medium onion  
2 Tbsp breadcrumbs  
2 oz (~50g) soft tofu  
9 oz (~250g) ground beef  
1 egg  
1 pinch of salt  
pepper to taste  
1 Tbsp *shio koji*  
1 Tbsp oil

#### [Sauce]

2/3 cup (~150ml) Japanese soup stock  
1 pack of *shimeji* mushrooms  
2 tsp oil  
green onion, as needed

#### [Sauce]

2/3 cup (~150ml) Japanese soup stock  
1 Tbsp soy sauce  
1 Tbsp *mirin*  
1 clove of ginger  
1 tsp *shio koji*  
1/2 tsp potato starch

#### Directions

1. Grate 2 oz (50g) of lotus root for the hamburger and slice 3-1/2 oz (100g) of lotus root into chunks.
2. Finely chop onion. Remove the stems from the *shimeji* mushrooms. Grate ginger. Cut green onion into diagonal slices.
3. Put grated lotus root, bread crumbs, and tofu in a bowl, and dredge the bread crumbs in the water from the lotus root and tofu.
4. Add minced meat, egg, salt, pepper, and *shio koji* to step 3, and mix well. Add onion, mix well. Divide the mixture into quarters, and form into small balls.
5. Pour oil in a frying pan and place the hamburger patties in the pan. Heat over medium heat and turn over when browned. Reduce the heat to low, add 1/2 cup (100 ml) of water, cover, and steam for 15 minutes.
6. When the patties have cooked, remove from pan and wipe off the pan with paper towels. Use the same pan to add oil and lightly fry the sliced lotus root and *shimeji* mushrooms.
7. Add the seasonings to step 6. When the mixture starts to thicken, put the hamburger steak back into the pan. Simmer, and serve garnished with green onion.





## Root vegetables and pork steamed with shio koji



### Ingredients : Serves 1

3-1/2 oz (~100g) cabbage  
2 oz (~50g) kabocha pumpkin  
1 oz (~30g) lotus root  
5 slices of thinly sliced pork  
3 tsp shio koji  
1 handful of kaiware (daikon sprouts)

### Directions

1. Cut cabbage into large pieces. Slice pumpkin. Cut lotus root into rounds.
2. Line a frying pan with parchment paper. Fold over the corners of the paper so that they do not burn.
3. Arrange the vegetables on the paper. Sprinkle 2 tsp of shio koji and spread evenly with your hands.
4. Arrange the thin slices of pork on top of the vegetables in step 3, covering the entire surface. Spread 1 tsp of shio koji on top.
5. Pour 1 cup (200 ml) of water under the paper. Cover with a lid and steam over low-medium heat for 10-15 minutes.
6. Serve in bowls and pour the broth over the vegetables. Garnish with kaiware sprouts.



## Kabocha pumpkin Soy Milk Gratin

### Ingredients : Serves 2

2-3 oz (60-80g) macaroni  
1/3 bunch broccoli  
1 clove garlic  
1/4 medium onion  
1/6 medium kabocha pumpkin  
5 oz (~140g) chicken thigh  
1 tsp oil  
1 oz (~20g) butter  
4 tsp flour  
1 cup (~200ml) soy milk  
1 tsp miso  
salt and pepper, to taste  
cheese, to taste  
breadcrumbs, as needed

### Directions

1. Boil the macaroni according to the time indicated on the package. One minute before boiling, add broccoli and cook together.
2. Finely chop garlic. Cut onion in half and slice thinly. Peel the pumpkin and slice. Cut chicken into bite-sized pieces.
3. Place pumpkin in a heatproof container, cover with plastic wrap, and microwave for 2 to 3 minutes. When it has softened, mash with the back of a fork.
4. Put oil and garlic in a frying pan and sauté over low heat until you can smell the garlic. Add onion and sauté slowly over low heat until transparent. Add the chicken and sauté until the surface changes color.
5. Add butter to step 4, and melt completely. Add flour and sauté slowly over low heat. Add soy milk and stir until thickened. Add the mashed pumpkin from step 3. Add miso, salt, and pepper to taste.
6. Arrange the mixture in a heatproof container. Top with cheese and bread crumbs and bake in the oven until browned (about 15 minutes at 390°F (200°C)).



## Glutinous barley rice with wakame seaweed and shirasu

### Ingredients : Serves 2

5 oz (~150g) uncooked rice  
1 oz (~30g) glutinous barley (Mochimugi)  
1-1/4 cups (~300ml) water  
2 Tbsp dried wakame seaweed  
2 oz (~50g) shirasu  
2 tsp soy sauce  
2 tsp mirin  
White sesame seeds as needed

### Directions

1. Wash rice. Drain rice in a colander and place in rice cooker. Add glutinous barley and water, and mix lightly. Let soak for 30 minutes, and cook on normal cooking mode.
2. Soak dried wakame in plenty of water. Drain and chop finely.
3. Put shirasu, soy sauce, and mirin in a frying pan and heat. Sauté lightly until the flavors are well blended.
4. Add the wakame and shirasu to the cooked rice. Add sesame seeds and mix well.





# Enjoy Winter with Hot Pot Soup

## Suiton (wheat dumpling soup) Hot Pot

### ■ Ingredients: serves 2-3

- 1 chicken thigh (1/2 lb/250g)
- 1 carrot (5 oz/150g)
- 1 stalk *negi* (Japanese long green onion)
- 5-inch *daikon* radish (14 oz/400g)
- 1/3 burdock

### <Suiton dough>

- 4 oz (110g) flour
- 2 oz (60g) potato starch
- 1/4 tsp salt
- 2/3 cup (150 ml) water

### <Soup>

- 1 pkg hot pot soup sesame & miso flavor

### ● Directions

1. Fill a pot halfway with water (not included in the recipe). Cut the *daikon* into 1/2-inch thick half-moon shapes and place in the water. Julienne the burdock and add to the pot.
2. Bring to a boil over medium heat. Cook for 3 minutes and discard the water.
3. Make the *suiton* dough. Place the flour, potato starch, and salt in a bowl. Gradually add the water and mix until sticky.
4. Pour the hot pot soup into a pot and place on medium heat. Bring to a boil; then reduce the heat to low and add bite-sized scoops of (3) with a wet spoon. After adding all the dough, simmer for about 3 minutes.



5. Remove any excess fat from the chicken and cut it into bite-sized pieces. Slice the carrots and *negi* diagonally into pieces about 1/2-inch thick.

6. Add the parboiled *daikon*, burdock, chicken, carrots, and *negi* to the pot in (4). Lift off any scum; cover and simmer for 10 minutes or until the chicken is cooked through.

with  
Sesame & miso hotpot soup

## Spicy Somen Noodle Soup

### ■ Ingredients: serves 2

- 2 tsp tianmianjiang (甜麵醬 Chinese sweet bean sauce)
- 1 Tbsp *sake*
- 2 tsp sesame oil
- 1/2 pkg (7oz/200g) ground pork
- 1/2 tsp doubanjiang (豆瓣醬 Chinese chili bean sauce), adjust to taste
- 1 tsp garlic, minced
- 3 Tbsp green onion, minced
- 1 tsp ginger, minced
- 4~7 oz (150~200g) *somen* noodles (skinny wheat noodles)
- 2 cups (500 ml) hot pot soup sesame & miso flavor
- Mizuna* (potherb mustard), as needed
- A few drops of chili oil



### ● Directions

1. Mix Tianmianjiang and *sake*.
2. Heat sesame oil in a frying pan over medium heat. Add ground pork and stir fry. Once the pork is cooked, add doubanjiang, garlic, ginger, and chopped green onion. Stir fry for 1-2 minutes. Add (1), and stir fry for another 1-2 minutes. Remove from heat.
3. Bring water (not included in the recipe) to a boil in a pot and boil the *somen* noodles according to the instructions on the package. Drain in a colander and place into individual bowls.
4. Pour the sesame *miso* soup into the pot and bring to a boil over medium heat. Then remove from heat and pour the soup over the *somen* noodles in the bowls.
5. Place (2) into the bowls. Cut *mizuna* into 2-inch pieces; garnish and drizzle with chili oil.







## Kimchi Oden (fish cakes and veggies stew) Hot Pot

### ■ Ingredients: serves 2

- 1/3 *daikon* radish
- 2 eggs
- 1/2 pkg *momen* (regular) *tofu*

### <Dashi stock>

- 1-3/4 cups (400 ml) hot pot soup
- kimchi flavor

### <Add-in ingredients>

- 1 pkg Nijiya Oden
- 1/3 pkg *nira* (garlic chives)



Nijiya Oden

### ● Directions

1. Cut the *daikon* radish into 1-inch thick slices, peel, bevel, make a cross-cut on one side (see diagram below), and parboil. Boil eggs and peel.
2. Bring hot pot soup to a boil. Add the *daikon* radish, boiled eggs, and *tofu* cut into bite-sized pieces. Simmer over low heat for about 30 minutes.
3. Cut large fish cake in the *oden* package into halves. Add to the pot (2), and simmer for about 10 minutes.
4. Cut the *nira* into 4-inch lengths and add to the pot just before serving.



Chamfer the corners of the *daikon*.



Chamfer the top and bottom corners.



Make shallow cross-cuts with the knife.

## Spicy Chicken and Daikon

### ■ Ingredients: serves 2

- 1 pkg (7oz/200g) chicken thighs, cut into bite-sized pieces
- 1 tsp vegetable oil
- 1/4 *daikon* radish
- 1 Tbsp thinly sliced ginger
- 1-3/4 cups (400ml) hot pot soup Kimchi Flavor
- 1/2 tsp sugar
- shredded white part of green onion, as needed

### ● Directions

1. Cut the *daikon* radish into 1-inch thick slices; peel and quarter.
2. Heat oil in a pot over medium heat and sauté the chicken until the surface is browned.
3. Add the hot pot soup, *daikon*, and ginger, and simmer for about 30 minutes.
4. Transfer the cooked ingredients to a serving plate, leaving the liquid in the pot. Add sugar to the hot pot soup; simmer for about 3 minutes to reduce, and pour over the chicken and *daikon*.
5. Top with shredded green onion, and it's ready to serve.



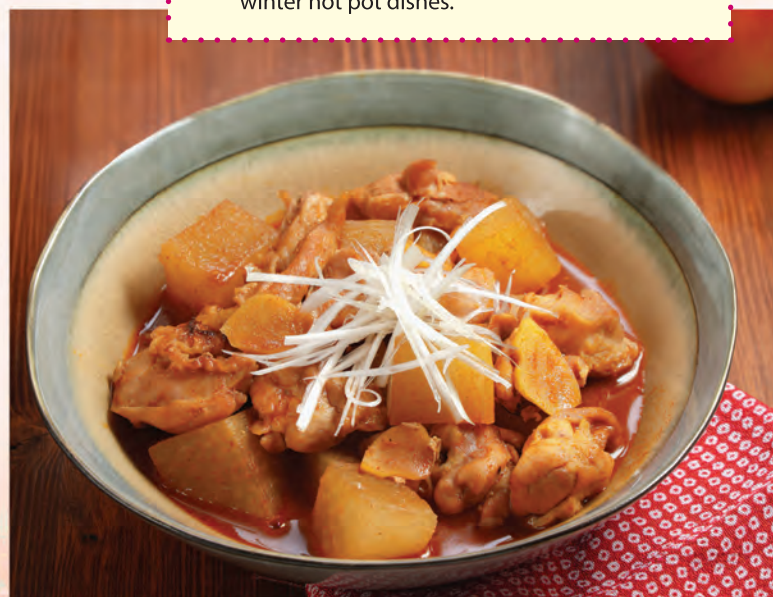
### The advantages of clay pots

Clay is the oldest material known for making pots. Subsequent metal pots are durable and easy to handle, but the old clay pots have many advantages.

Clay pots contain air bubbles, which slow heat conduction, and make boiling take longer than with metal. Clay allows low-temperature cooking for a long time. This ensures even heating and tight regulation of the cells of the ingredients, preventing them from disintegrating and allowing flavors to penetrate slowly.

While clay takes time to heat up, it also takes time to dissipate heat. In other words, it has high heat retention after cooking and stays hot for a long time. It is also suitable for cooking with residual heat.

Clay pots look warm when cooking at the table, and are the perfect cooking utensil for winter hot pot dishes.





## Shrimp and Sashimi Shabu-Shabu

### ■ Ingredients: serves 2

6 shrimp  
Assorted *sashimi* (any type and amount you like)  
1/2 pkg *momen* (regular) *tofu*  
1/2 bag *mizuna* (potheb mustard)  
1/3 large carrot  
1 pkg of *buna-shimeji* mushrooms  
Hot pot soup *Shio Koji* flavor (fill 70% of the pot)  
*Ponzu* (citrus-based sauce), as needed (optional)

### ● Directions

1. Cut the *tofu* into bite-sized pieces and the *mizuna* into 2-inch lengths. Cut the carrots into strips. Divide the mushrooms into small pieces.
2. Prepare a pot on a tabletop cooking device and pour in an appropriate amount of hot pot soup and ingredients. Arrange the remaining ingredients on a plate, and set aside.
3. Peel the shrimp, leaving only the tail and first joint. Cut a shallow slit into the back to remove the vein. Splay the shrimp flat, and arrange it with the *sashimi*.
4. Put the pot on the cooking device, and bring to a boil. Reduce the heat to low. Dip the shrimp or *sashimi* into the soup with the other ingredients and eat while cooking continues. You can also dip the ingredients in *ponzu* sauce if you like.



with  
**Shio-koji hotpot soup**



### Fun ingredients for chawan-mushi

You may substitute your own ingredients for those listed in the recipe on the right. For example: Ginkgo nuts, *kamaboko* (steamed fish cake), *hanpen* (fluffy fish cake), *chikuwa* (baked fish cake), shrimp, scallops, meatballs, sausages, minced meat, salmon, tuna, corn, *edamame*, potatoes, *komatsuna* (Japanese mustard spinach), carrots, *udon* noodle, cheese, *mentaiko* (spicy cod roe), etc. You can also use various mushrooms, but note that raw *maitake* mushrooms contain enzymes and proteases that inhibit eggs from solidifying, so heat them before adding them. Cut ingredients that need a long time to cook through into small pieces, parboil them, etc. to prevent uneven heating.

### ● Directions

1. Pour soy sauce over the chicken thigh meat and stir.
2. Thinly slice the *shiitake* mushrooms, cut the imitation crab sticks diagonally in half, and cut the *mitsuba* stems to about 1-inch long and separate them from the leaves.
3. Beat the eggs without creating bubbles, add the hot pot soup and mix well.

## Microwave Chawan-mushi (savory custard in a cup)

### ■ Ingredients: makes two 2/3 cup (150ml) servings

6 pieces 1/2-inch cubes of chicken thigh meat  
1/8 tsp soy sauce  
1 small *shiitake* mushroom  
2 imitation crab sticks  
4 stalks *mitsuba* (Japanese herb)  
1 egg  
2/3 cup (150ml) hot pot soup *shio koji* flavor



4. Place the chicken, *mitsuba* stems, *shiitake* mushrooms, and crab sticks in heat-resistant containers such as *chawan-mushi* cups or mugs. Pour the egg mixture (3) into the containers while straining through a tea strainer.
5. Place the *mitsuba* leaves on the surface and cover the bowl with plastic wrap.
6. Heat in a 600W microwave for 2 minutes and 30 seconds. Check to see if it is done, and heat for an additional 15 to 30 seconds if necessary.
- Insert a toothpick or tilt the bowl slightly and you will see clear broth ooze out, which is the signal that heating is done.
- Cooking time will vary slightly depending on the temperature of the container and ingredients, but it is ready when the plastic wrap you placed over it becomes cloudy with water droplets. If the custard starts to rise, it is overcooked and air bubbles will form, so stop heating immediately.
7. Let rest for about 5 minutes before serving.



## Cheese Millefeuille Hot Pot



### ■ Ingredients: serves 2

- 5-6 napa cabbage leaves
- 1 pkg thinly sliced pork belly
- 4 sausages
- 1/2 bag hot pot soup soy sauce flavor
- 2 oz (60g) shredded natural cheese

### ● Directions

1. Layer the napa cabbage leaves and pork alternately. Cut into 2-inch cubes, and place in the pot with the cut side facing up. Place the sausage in the center.
2. Add the hot pot soup to the pot. Cover, and cook on low-medium heat for about 10 minutes until the napa cabbage is cooked through.
3. Leave a space in the center of the pot and add the shredded cheese.
4. Cover again and cook for 1 minute. When the cheese starts to melt, enjoy the hot pot by dipping the other ingredients into the melting cheese..



## Buttered Chicken Rice



### ■ Ingredients: serves 2

- 3/4 cup (180 ml) rice
- 1 cup (200ml) hot pot soup soy sauce flavor (fill to the 1 cup line of the rice cooker)
- 1/3 carrot
- 1/2 bag of *buna-shimeji* mushrooms
- 7 oz (200g) chicken thighs
- 1 tsp garlic, grated
- 1/4 tsp black pepper
- 2 Tbsp butter
- green onion (optional)



Buna-shimeji

### ● Directions

1. Wash the rice and soak in water (not included in the recipe) for 30 minutes.
2. Cut the carrots into 1-inch strips. Divide the mushrooms into small pieces. Cut the thigh meat into bite-sized pieces and sprinkle with grated garlic and black pepper.
3. Drain the rice in a colander and place it in a rice cooker. Add the hot pot soup up to the 1 cup line.
4. Place the carrots, mushrooms, and chicken thighs on top of the rice and cook.
5. When the rice is cooked, add butter and mix well. Top with finely chopped green onions if desired.





# Wake-up Breakfast

365 Days of  
Vegetable Soup

Breakfast is said to be the switch that puts every cell in your body into activity mode. Eating breakfast helps regulate your internal rhythm and lets your body know that the day is about to start .

In this column, with the keywords of “shortcut x breakfast x vegetable soup,” we will introduce “nutritious, shortcut, and easy soup recipes that can be made in a single pot” using a variety of seasonal vegetables.

These vegetable soups give a boost to the busy lifestyle of today. Start the day with a nutritious breakfast!



## Miso Soup with Eggplant and Whole Turnips

**Ingredients :** Serve: 1

1 turnip (can be served with stem and/or leaves)  
1 eggplant

**[Soup]**

1-1/4 cups (300ml) water  
1 tsp Nijiya wafu dashi (Japanese soup stock)  
1 Tbsp miso

**Directions**

1. Peel turnips and cut lengthwise into 8 radial pieces. Wash leaves well and cut into 1/2-inch (1 cm) wide pieces. Cut eggplant into half-moon slices and soak in water to remove astringency.
2. Heat water and Nijiya dashi in a pot and bring to a boil. Add turnip, stems first, and eggplant. When the mix starts to simmer, add the leaves and remove from heat.
3. Add miso and serve.

**[Cooking Point]**

Soft boiled turnips are tender and sweet. Combined with miso soup with NIJIYA wafu dashi, they yield a gentle flavor.  
Both the leaves and stems of turnip are delicious!



## Vegetable oatmeal soy milk porridge soup

**Ingredients :** Serve: 1

1 oz (30g) oatmeal  
1 oz (30g) onion  
3/4 oz (20g) shimeji mushrooms  
3/4 oz (20g) komatsuna (Japanese mustard spinach)  
1-2 sausages

**[Soup]**

3 floz (100ml) water  
6 floz (200ml) soy milk (unsweetened)  
1 tsp consommé  
1 tsp unsalted butter  
Salt, to taste  
Pepper, to taste

**Directions**

1. Cut onion, sausage, and shimeji mushrooms into bite-sized pieces. Sauté in unsalted butter in a pot.
2. When onions begin to soften, add soy milk, water, and consommé. Cook over medium heat until the mix comes to a boil.
3. Add oatmeal and simmer over medium heat for about 3 minutes to thicken. When the mixture has thickened, add komatsuna. Bring to a boil and serve.

**[Cooking Point]**

Oatmeal is a great dietary supplement as it is filling and full of fiber.  
It becomes even more fluffy and porridge-like when left overnight and tastes delicious !



# NIJIYA NATURAL MISO SOUP

NO MSG ADDED  
FRESH MISO PASTE TYPE

We introduce our  
all natural Instant Miso Soup,  
“Nijiya Natural Miso Soup.”  
We use our own original  
“Organic Miso Premium”  
for the paste.  
In addition, the “Dashi,”  
the soup stock, is all natural,  
and the garnishes are also  
all natural and they are  
all made in Japan.  
Please enjoy the all natural,  
relaxing flavor of this miso soup  
that will satisfy you every time.





# Living with Nature

## Winter Recipes

Winter is the season for getting together with friends, colleagues, and family. Cold weather is the time for steamy treats. We have tried to create a menu that is easy to prepare, and a bit of a departure from the usual way we eat.



### Vegetarian Oden with Vegetables

**Ingredients :** Serves about 4

- 1 medium *daikon* radish, peeled and sliced into 1-inch (3 cm) rounds, and cut on one side with a 1/2-inch-(1 cm) deep cross (\*Use the peel in *miso* soup or *kinpira*, a dish featuring burdock and other root vegetables)
- 2 medium carrots (peeled and sliced into 1-inch (3 cm) rounds)
- 4 *shiitake* mushrooms (trim the stems)
- 4 medium potatoes (peeled and cut in half if large)
- 2 sheets *abura-age* (deep fried *tofu*) (Simmer in boiling water to remove oil, cut in half, stuff with *shirataki* (konnyaku noodles) and fasten with toothpicks.)
- shirataki* noodles, as desired (Boil briefly and cut into bite-sized pieces)
- 2 pieces *hayari kombu* (Soak kombu in 6-1/2 cups (1500ml) water for 30 minutes; tie into a long knot, and cut with kitchen shears.)
- 2 dried *shiitake* mushrooms (rinse off any dirt and soak overnight in the refrigerator in 1-1/4 cups (300ml) of water)
- 3 pinches salt
- 2 1/2 Tbsp soy sauce
- 2 1/2 Tbsp *mirin* (sweet cooking rice wine)
- 7-1/2 cups (~1800ml) water

#### Directions

- 1) Boil *daikon*, carrot, and potato in a pot.  
\* You may also steam the *daikon*, carrots, and potatoes in a pressure cooker to shorten the time and make them soft and beautiful without losing their shape. (It depends on the pressure cooker, so please adjust the pressure.) If you use a regular pot, a thick-bottomed pot, stainless steel or cast iron, or earthenware pot would work well.
- 2) Combine the water for soaking the *kombu* with the water for soaking the dried *shiitake* mushrooms. Bring to a boil, add the seasonings, cook the vegetables on low to medium heat for 20 to 30 minutes. Add the remaining ingredients and cook on low heat for another 20 to 30 minutes. Remove from heat and let cook thoroughly. Reheat to serve.

### Natto & Avocado Spread

**Ingredients Easy to make**

- 1 package *natto* (fermented soybeans)
- 1/2 avocado, peeled and roughly chopped or mashed with a fork
- 1 tsp apple cider vinegar (or fruit vinegar of your choice). This is optional but it prevents discoloration.
- 6-8 green olives, coarsely chopped
- 1 1/2 tsp soy sauce
- 1 1/2 tsp olive oil
- A dash of black pepper
- Chives, as needed (cut into small pieces)

#### Directions

- 1) Mix all ingredients together.  
\*This is delicious spread on bread, including sourdough bread with a strong sour taste.



### Amazake Lemon Sherbet

**Ingredients :** Serves about 4

- 1 cup (250 ml) brown rice amazake
- 1 cup (250 ml) plant-based yogurt (or eliminate the yogurt and double the amount of amazake)
- 2 Tbsp maple syrup
- juice and grated peel of 1/2 lemon
- A pinch of salt, to taste
- 1 tsp vanilla extract
- 1/8 tsp turmeric (optional)

#### Directions

- 1) Put all the ingredients into a food processor and blend until smooth. Pour into a shallow bowl. Cover with a lid (or plastic wrap) and freeze.
- 2) Remove frozen mixture from the bowl and cut into 3/4-inch (2cm) cubes. Process again in the food processor and refreeze.
- 3) Serve with an ice cream scoop or spoon.

\*The photo shows an Amazake Lemon Sherbet frozen mixture poured into hollowed-out lemon peels. Since vegan sorbet melts easily, the containers should also be frozen.



#### Asuka Hashimoto

With parents who practice and teach macrobiotics, she has been focusing on "food" and "life" since childhood. She operated her own restaurants in Tokyo and Kyoto and in 2018, moved to Helsinki to take on a new challenge. She continues to create conscious cuisine featuring her unique style of expression and taste. She serves Japanese, Western, and Chinese style dishes using only plant-derived and organic ingredients, as well as macrobiotic sweets. **Instagram: Hashimoto\_asuka**





# Nijiya Organic Matcha



Matcha is made from *tencha* tea, a type of tea made similarly to *gyokuro* and processed into a fine powder. The more vibrant the green color, the higher the quality. Unlike other types of teas, the tea leaves themselves are consumed instead of being brewed, so it is said that *matcha's* beauty-promoting properties are more effective.

*Matcha* is already well-known in the U.S., and has gained great popularity due to its delicious flavor and health benefits. For connoisseurs, we recommend drinking *matcha* made with ceremonial grade powder, as you will be able to enjoy its distinctive bitterness, astringency, and *umami*, especially when paired with sweets having an equally bold taste. We

also have a culinary grade *matcha* for daily use in sweets and cooking, thus offering our customers two choices of *matcha*.

Both grades of high quality *matcha* use organic tea leaves grown in Japan. They are specially blended for us by a tea master to ensure the same great flavor year after year. Proudly crafted with Nijiya's high standards, we suggest having both types of *matcha* on hand for different uses.

## Nijiya Matcha: Ceremonial Grade

Our ceremonial grade *matcha* is made from the finest organic *Uji* green tea. With its deep green color, this high quality *matcha* has a mild richness and sweetness. This *matcha* is also appropriate for use in traditional tea ceremonies.

## Nijiya Matcha: Culinary Grade

Our culinary grade *matcha* is characterized by a mild astringency. This *matcha* is perfect for baked goods, since the unique flavor and vivid color of *matcha* is preserved after baking.



## Matcha Soymilk Dessert

### Ingredients : serves 4

1 Tbsp *matcha* powder  
4 Tbsp boiling water  
0.2 oz (5g) powdered gelatin  
3 Tbsp water  
2 oz (60g) granulated sugar  
4/3 cup (200ml) soymilk  
1/2 cup (100ml) milk

### <Toppings (optional)>

Whipped cream  
Boiled *adzuki* beans  
*Kinako* (roasted soybean flour), to taste

### Directions

- 1: Soak the gelatin in 3 Tbsp of water. In a separate bowl, dissolve the *matcha* powder in the boiling water. If it's difficult to dissolve completely, strain it through a tea strainer.
- 2: In a saucepan, heat the milk and granulated sugar over medium heat until the sugar has completely dissolved. Remove from heat, add the dissolved *matcha*, and stir well. Then add the soaked gelatin and stir until it is fully dissolved using the residual heat.
- 3: Add the soymilk and mix thoroughly. Place the bottom of the pot in ice water and stir until the mixture slightly thickens. Pour into cups or trays and chill in the refrigerator for at least 30 minutes.
- 4: Before serving, top with whipped cream, boiled *adzuki* beans, and a sprinkle of *kinako* if desired.



# NIJIYA Nijiya Brand ~Quality Products~



Products that are safe and reliable: foods that provide an excellent source of nutrition while offering distinctive, traditional flavors: one of Nijiya Market's main efforts lies in the development of private brands that demonstrate such qualities.

Since we released Nijiya Organic Rice, our first private-brand product, we have continued to expand our selections of Nijiya brand products. Currently we have about 100 types of original products on our store shelves. We strive to develop products that will make customers say, "No matter what the choices are, we can't go wrong with Nijiya products".

The characteristics of quality Nijiya-brand products are:

- They're healthy.
- They can be consumed with no concerns.
- The manufacturers, factories and production processes are transparent.
- The ingredients are carefully selected.
- They're delicious.

We adhere strictly to these guidelines Nijiya brand products are created and placed in stores only after passing a rigorous internal inspection process. Some products go through the research and development process repeatedly over a period of several years, and others are 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 with at least 95% organic ingredients can receive the USDA organic symbol, and they must also pass a very strict inspection. A tough approval system means that the resulting symbol can be trusted.







### ■ Nijiya Organic Miso

This is a carefully made organic miso (fermented soybean paste) that uses organic soybeans and organic rice as basic ingredients. It's free of additives and preservatives. 2 types are available. Premium and Smooth. Premium miso has traditional flavor. Smooth miso has fine texture and light color.



### ■ Nijiya Organic Soymilk

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



### ■ Nijiya Organic Tofu

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



### ■ Nijiya Organic Nori (Dried Seaweed) Series

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



### ■ Nijiya Flour Series

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

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



# Nijiya Curry Flakes

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

Our medium spicy curry flakes are made from all natural ingredients. It contains no chemical seasonings, additives, preservatives, or meat. We have carefully curated the ingredients, such as the Hokkaido wheat flour, beet sugar (*tensai tou*), Japanese apples, and organic cocoa.

## The 18 spices are:

Coriander, turmeric, citrus peel, cumin, fennel, chili, cinnamon, allspice, nutmeg, black pepper, clove, ginger, garlic,

fenugreek seed, star anise, cardamom, licorice, laurel

## The 4 fruit juices are:

Apple, pineapple, mango, papaya

Each ingredient and spice is carefully selected. Children will also love the sweetness from the blend of fruit juices. The easy-to-use flakes dissolve easily and can be used as seasoning in a variety of dishes, such as for stir-frying, *karaage*, croquettes and pasta.

Please enjoy the gentle taste and fragrance that has been created over time.



## Tomato Curry

*A tasty and refreshing curry made with the moisture of tomatoes!*

### Ingredients : serves 4

10 tomatoes  
1/2 onion  
1 clove garlic  
1 clove ginger  
2 Tbsp olive oil  
4 Tbsp Nijiya curry flakes  
Salt and pepper, to taste  
*Kaiware daikon* (radish sprouts), as desired

### Directions

- 1: Roughly chop tomatoes; slice onion, garlic, and ginger.
- 2: Sauté olive oil, garlic, and ginger in a pan over medium heat until fragrant. Add onion and sauté well.
- 3: Add the tomatoes, sauté briefly and cover. Bring to a boil, reduce heat to low and simmer for 10 minutes.
- 4: Add curry flakes and dissolve. Season with salt and pepper.
- 5: Serve in bowls with rice and sprinkle with the *kaiware daikon*. Sprinkle with chili flakes and cayenne pepper to taste.



# Nijiya Organic Barley Tea

Nijiya's organic barley tea is made from 100% organic barley. In accordance with Organic Japanese Agricultural Standards (JAS) regulations for organic foods, no chemically synthesized fertilizers or pesticides have been used for at least two years prior to planting, making it a truly organic barley tea. The tea comes in a generous 52-pack, so anyone can enjoy drinking it with peace of mind. Whether you boil it slowly or simply soak it in water, you will be able to enjoy the flavor and aroma of barley tea.

One of the best features of barley tea is that it does not contain caffeine or tannin, which are found in common leaf teas such as green tea, black tea, and oolong tea. Therefore, everyone from pregnant women and babies to the elderly can drink it safely.

Barley tea can be drunk without concern for timing or quantity, and because it is calorie-free, it is the perfect drink for exercise or daily rehydration.

Nijiya barley tea is available for purchase at Nijiya stores or through our online store!



## Barley Tea Jello

### Ingredients : serves 4

- 1 barley tea bag
- 2-1/4 cups (550ml) water
- 2-1/4 tsp (10g) gelatin
- 3 Tbsp sugar
- Half & half, to taste

### Directions

- 1: Bring 2-1/4 cups (550ml) water to a boil in a pot. Add barley tea bag and boil for 5 to 10 minutes.
- 2: Stop boiling, let sit for 2 minutes, and then remove the tea bag.
- 3: Stir in gelatin and sugar.
- 4: Pour 3: into a container and refrigerate for 1 hour to harden.
- 5: Break up the jello with a spoon, top with half & half, if desired, and serve.



# Nijiya Kuzukiri and Harusame

*Kuzukiri* is a starch made from the root of the *kudzu* plant. *Harusame* are glass noodles made from potato starch. People sometimes confuse them, but each has its own characteristics. Each food can be preserved for a long time and used in a variety of recipes.

## Kuzukiri

*Kuzukiri* has a smooth texture and can be used as a seasoned snack on a hot day or as an ingredient in a *nabe* in the cold season.

*Kuzukiri* itself has no taste, but it has a firm texture because it is made of starch. Because it has no taste, it can be enjoyed with various ingredients such as *kuromitsu* (brown sugar syrup), *kinako* (soybean flour), black sesame, and *matcha* (powdered green tea). Its smooth yet chewy texture enhances its deliciousness.



## Harusame

*Harusame* is mostly composed of starch and has almost no fat content, making it gentle on the stomach. Simmer it with ginger and seasonal vegetables until it becomes soft and tender, and you will have a warming soup that is easy to digest. In hot weather, when one has less of an appetite, it is often added to salads for its appealing texture. It also goes well with spicy food, so it is perfect for dandan soup or bean-paste vermicelli. *Harusame* can be enjoyed all year round, regardless of the season. Its long shelf life makes an ideal food staple

## Harusame Salad

### Ingredients : serves 4

- 1 bag 3-1/2 oz (100g) Nijiya *harusame*
- 1 cucumber
- 3 oz(80g) ham
- 1/3 carrot
- 1 Tbsp dried *wakame* seaweed

### <Sauce>

- 1 Tbsp white ground sesame seeds
- 2-1/2 Tbsp vinegar
- 2 Tbsp soy sauce
- 2 Tbsp *mirin* (sweet cooking rice wine)
- 2 Tbsp sesame oil
- Salt and pepper, to taste

### Directions

- 1: Julienne cucumber, ham, and carrot. Wrap cucumber in a paper towel.
- 2: Soak the dried *wakame* in water or boil quickly and drain under running water.
- 3: Boil *harusame* according to the directions on the package.
- 4: Mix the ingredients for the sauce in a bowl. Add 1: and mix well.





# Nijiya

## Kinako

(Roasted soybean powder)

*Kinako*, with its savory flavor and mild sweetness, has been consumed since ancient times, as mentioned in a dictionary from the *Heian* period (794-1185). *Kinako* means “yellow powder.”

*Kinako* is made from soybeans, so of course it is full of soy nutrients. In powder form, it is easily used in a variety of recipes. *Kinako* is recommended for all people to enjoy: young and old, men and women and has particular benefits for women's beauty and health.

Nijiya Organic *kinako* is made from safe and secure organic soybeans, which are slowly roasted and milled. *Kinako* made from delicious soybeans tastes great just as it is! It is characterized by its savory flavor, mild sweetness, and the peace of mind that comes from being organic. Please enjoy it in a variety of recipes, including Japanese sweets.



## Kinako Soy Milk Pudding

*Just mix and cool. The kuro-mitsu gives it a slightly luxurious taste.*

### Ingredients : serves 4

- 1-1/4 cups (300ml) Nijiya soy milk (Original)
- 4 Tbsp *kinako* (soybean flour)
- 1 oz (30g) sugar
- 0.2 oz (5g) gelatin powder
- 2 Tbsp water

*Kuro-mitsu* (Japanese brown sugar syrup) as desired

### Directions

- 1: Pour 2 Tbsp water into a bowl, sprinkle in the gelatin powder, and fluff.
- 2: Put soy milk, *kinako*, and sugar in a small saucepan and heat over medium heat while stirring. When fine bubbles form, turn off the heat before it comes to a boil.
- 3: Add 1; mix thoroughly to dissolve, and remove from heat. Pour through a strainer into cups of equal portions. Refrigerate for about 3 hours to solidify.
- 4: After the pudding has chilled and hardened, pour the *kuro-mitsu* over the top and serve.



# Nijiya

## Ponzu

(Citrus Seasoned Sauce)



### Our Special Ponzu with Four Types of Citrus

We have carefully selected four types of citrus grown in Japan--*sudachi*, *yukou*, *yuzu*, and *mikan* (tangerine)--and blended their juices to create the perfect balance. *Mikan* in particular has a fruity sweetness and mild tartness. All of these different citrus juices harmonize to produce the finest flavor and aroma. We also use *Souda* bonito, an uncommon ingredient in *ponzu*, and *Rishiri kombu* (kelp) to give a strong *umami* boost. Nijiya *Ponzu* is of course free of chemical additives, artificial coloring, and preservatives. We are sure that you will taste the quality of this premium Nijiya *Ponzu*.

### Lemon and Sudachi Ponzu

*Sudachi* is a variety of citrus with a particularly refreshing taste that is often used in Japanese cuisine to highlight other flavors. Lemon, as everyone knows, is a popular citrus with an invigorating scent and tartness, used in both wellness and beauty care. By blending these two types of citrus, we have achieved a balance of bright flavor and aroma with just the right amount of acidity, which is sure to bring out the flavors in not only Japanese dishes, but all types of cuisine. This *ponzu* is of course free of chemical additives, artificial coloring, and preservatives.



## Kiriboshi Daikon and Chicken Salad

### Ingredients : serves 2-3

1 oz (30g) kiriboshi daikon (dried radish)  
 2 oz (60g) Nijiya salad chicken  
 1/3 pack (1 oz) kaiware daikon (radish sprouts)  
 2 Tbsp Nijiya Ponzu vinegar  
 Dash of ground sesame  
 Sesame oil, to taste

### Directions

- 1: Wash kiriboshi-daikon quickly and soak in water for 10 to 20 minutes (or follow the directions on the package). Squeeze dry.
- 2: If the kaiware daikon sprouts are long, cut them in half.
- 3: Break up the salad chicken with your hands.
- 4: Put 1-3: into a bowl, add the ponzu, mix together, and finish by topping with ground sesame seeds. Sprinkle with sesame oil to taste.



# 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; *Shoyu-Koji*, made with soy sauce, are all handmade by Nijiya. *Shio-Koji* is made with *Kome-Koji* (rice malt) that develops naturally 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. It promotes the following benefits:

- 1: Relieves Fatigue (through vitamin B6)
- 2: Reduces Stress (through amino acids such as GABA)

3: Resolves Constipation (through lactic acid bacteria)

4: Slows Aging (through antioxidants)

5: Achieves the Fair Skin Effect (through antioxidants and improvements to intestinal flora)

*Koji* is not only good for your body, 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 only in small quantities.

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.



## Pot-au-feu with Vegetables and Shio-Koji Chicken

*Chicken marinated in shio-koji and baked in a delicious broth! This pot-au-feu is a great way to eat plenty of vegetables.*

### Ingredients : serves 4

- |                                 |   |
|---------------------------------|---|
| 10 oz (300g) chicken thigh meat | 4 <i>kabu</i> (Japanese turnips)              |
| 2-1/2 Tbsp Nijiya shio-koji     | 2 eringi mushrooms                            |
| 9 oz (250g) nappa cabbage       | 2 tsp sesame oil                              |
| 6 oz (170g) sweet potato        | 2 generous cups (500ml) water                 |
| 1 onion                         | 2 tsp Nijiya Chuka-dashi (Chinese soup stock) |
| 1 carrot                        | Pepper, to taste                              |
| 5 oz (150g) lotus root          | mustard, as desired                           |

### Directions

Preparation: Cut chicken thighs into bite-sized pieces, marinate in *shio-koji* and refrigerate overnight.

- 1: Cut all vegetables into large pieces (onion and carrot into fourths, lotus root into 1/2 inch (1cm) rounds, turnip peeled and whole, etc., to make sizes uniform) and place vegetables into a pan.
- 2: Heat sesame oil in a frying pan over high heat and quickly sear chicken thighs on both sides. Place the grilled chicken thighs in the vegetable pan.
- 3: Add water and Nijiya Chuka dashi to the pan in step 2, and heat over medium heat. Scrape off the flavor of the chicken with a spatula, and transfer the broth to the pot.
- 4: Cover the pot and bring to a boil over medium heat, then reduce the heat to low and simmer for 20 minutes. When the vegetables are tender, sprinkle with pepper and garnish with mustard, if desired.



## One-pot dish with mushrooms and wontons

*Add wontons one at a time. The broth of the nabe (cooking pot) becomes more and more delicious as they cook.*

### Ingredients : 2 to 3 servings

- 1/2 pack shimeji mushrooms
- 1/2 pack maitake mushrooms
- 1 eringi mushroom
- 2 shiitake mushrooms
- 1 pack enoki mushrooms
- 2-1/2 oz (70g) Oyster mushrooms
- Green onion, as needed
- 30 wonton skins

### Ingredients for wonton filling

- 1/2 package, about 9 oz (250g) ground chicken meat
- 1 green onion
- 1/2 piece of ginger
- 1/2 clove garlic
- 1 tsp Nijiya shoyu-koji
- 1 tsp sesame oil

3 cups (700ml) water (appropriate amount for the size of the pot)

1 4-inch (10cm) piece Nijiya dashi kombu

Nijiya ponzu vinegar (Japanese citrus juice), as needed

### Directions

- 1: Put water and dashi kombu in a pot and let sit for at least 1 hour.
- 2: Cut or slice mushrooms into bite-sized pieces. Cut green onion diagonally into thin strips.
- 3: Chop the vegetables for the wonton filling, and mix well with the other ingredients. Place about 1 tsp in the center of the wonton skin, cover the edges with water, and fold the skin into a triangle.
- 4: Place the pot over medium heat. Just before the water comes to a boil, remove the kombu and add the mushrooms. When the water comes to a boil, add the wontons and green onions, and serve with ponzu one by one, in the order in which they were cooked.



Nijiya

## Mentsuyu (Noodle Soup Base)

Nijiya's exclusive mentsuyu is packed with the condensed umami of *kombu* seaweed and dried bonito, imparting a rich flavor to the soup base. It contains no chemical additives, artificial coloring, or preservatives, making this *mentsuyu* safe for the whole family. Because the *mentsuyu* comes in concentrated form, it has a long shelf life, which means great value for you. We are sure that you will find Nijiya *Mentsuyu* useful for all types of noodle dishes.

At Nijiya, we have high standards for the safety and flavor of our ingredients. Our *mentsuyu's* umami comes from dried *Souda* bonito and *Rishiri kombu* (seaweed).

Dried *Souda* bonito contains more taurine and vitamin D than regular dried bonito, and the stock made from *Soudabushi* (dried *Souda* bonito flakes) has a rich, deep umami flavor. It is often used in the soup for *soba*

(buckwheat) noodles.

Meanwhile, *Rishiri kombu* is known for its fragrant, pure, clear stock. Rich in umami and with a delicate flavor, it is often combined with dried bonito to make stock since it allows the flavor of dried bonito to shine through.

Incorporating these two harmonious ingredients has elevated the flavor of our *mentsuyu*, making it perfect not only for noodle dishes but for other recipes as well. Use it in *dashimaki tamago* (Japanese-style rolled omelet), Japanese-style pasta, *takikomi gohan* (seasoned rice), or as a secret ingredient in your curry. We are sure this versatile *mentsuyu* will expand your cooking repertoire and be a powerful ally in your kitchen.



*Mentsuyu is also useful for seasoning:*

### Lotus root fries

#### Ingredients : serves 2

7 oz (200g) lotus root  
1 clove ginger  
1-½ Tbsp Nijiya mentsuyu  
2 Tbsp potato starch  
Frying oil as needed  
Garlic powder, to taste

#### Directions

- 1: Peel the lotus root (or leave as is if it is clean) and cut into half inch (1cm) square sticks. Grate ginger.
- 2: Put the lotus root in a plastic bag. Add the *mentsuyu* and ginger. Rub through the bag, and soak for 15 minutes.
- 3: Lightly pat off the liquid from the lotus root and dust with potato starch.
- 4: Heat oil in a frying pan, and when it reaches about 360°F (180°C). Add 3: and leave the pan untouched for the first minute. After that, fry for 4 to 5 minutes, rolling the lotus root around, until it is golden brown.
- 5: Sprinkle lightly with garlic powder, if desired.





# Nijiya Sanriku Cut Wakame (Seaweed)



Cut *wakame* is perfect for those days when your *miso* soup, salad, or soup needs something a little extra. Rehydrating is simple, and with its ease of use and richness in nutrients, cut *wakame* is a very handy ingredient.

Nijiya Cut *Wakame* comes from the *Sanriku* Coast in the *Tohoku* region of Japan. The *wakame* is blanched, salted, then desalinated, then cut into bite-size pieces and dried. The *Sanriku* Coast is known for its high-quality *wakame*, which features a firm crunchiness, thickness, and vibrant coloration. It is also plentiful in dietary fiber and minerals, making this a perfect food for both health and beauty.

Rehydrate in room temperature water for approximately 5 minutes, or 3 minutes in hot water.



## Garlic Butter Soy Sauce Wakame

### Ingredients : serves 2

3Tbsp Nijiya *sanriku* cut *wakame* (seaweed)  
5-7 oz (150-200g) Clams  
1 large clove garlic (minced)  
1 Tbsp butter  
1/2 Tbsp soy sauce  
Black pepper, to taste

### Directions

- 1: Rehydrate the *wakame* in water, then squeeze and drain.
- 2: Heat butter and minced garlic in a frying pan over medium heat until fragrant.
- 3: Add the clams and cook until their shells open (cover with a lid if necessary to help them open faster).
- 4: Once the clams are open, add the *wakame* and quickly stir-fry. Season with soy sauce and black pepper. Mix well and serve.



# NIJIYA Nijiya's Sushi & Bento

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

At Nijiya, you can always find a wide selection of everyone's favorite fresh *sushi*. Nijiya is also one of the few places that offers brown rice *sushi*, which is popular and known for being especially healthy. We recommend the Vegetable roll and the *Natto* roll for vegetarians. The Spicy Tuna roll and *Sukeroku* (*Inari* and *Futomaki* set) are also always popular choices. In each dish, the *sushi* vinegar is mixed with the distinctive sweet flavoring of brown rice and draws together different ingredients for an exquisitely smooth and mellow flavoring. Furthermore, the unique texture of brown rice is unlike any other ingredient, and adds an irresistible quality to *sushi*. Try it once, and we are sure you will become addicted! It's so popular that many of our customers have become regulars, and some even make special orders.

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

Rolls are made with ingredients such as tuna, shrimp, salmon, and avocado, and standard selections include California Spicy Roll with *Masago*, Spicy Tuna Roll, Shrimp *Tempura* Roll, and Salmon Avocado roll. Out of the *nigiri sushi* selections, the standard Tuna, Salmon, and *Hamachi* (yellowtail tuna) are everyone's favorites.

*Chirashi Sushi* is becoming increasingly popular as well because a wide variety of toppings can be enjoyed all at once. From Diamond *Chirashi*, to *Kaisen Chirashi*, each and every selection displays the vast and vivid

colors of the sea, which is beautiful, yet natural. The amazingly rich assortment of fresh seafood will stimulate your appetite not only with its high-quality taste but also with its aesthetic and alluring visual presentation.

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

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

BROWN RICE  
SPICY TUNA ROLL



KAISEN  
CHIRASHI



BROWN RICE VEGETABLE ROLL



SUKEROKU SUSHI



CALIFORNIA ROLL  
INSIDE OUT



SHRIMP TEMPURA ROLL



DIAMOND  
CHIRASHI



\*At participating stores only.



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

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

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

pick up some rice balls such as Spam *musubi* and *Ten-musu*. Brown Rice *bentos* are most certainly recommended, as well as the Sushi and Noodle Combination *bentos*.

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

see the rich variety of choices that display the incredible pliability of Japanese cuisine. Even more than the irresistible tastes and flavors of each dish, the wide variety of choices may be the secret to the increasing popularity of Nijiya's *bentos*.

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

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



DX SALMON BENTO



COLD BUCKWHEAT NOODLE (OR UDON)  
& SUSHI



BBQ PORK BENTO



DX TONKATSU BENTO



CHICKEN TERIYAKI BOWL





# NIJYA MARKET Makizushi / Rolled Sushi

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



Tuna Roll



Inside out  
California Roll



Cucumber Roll



California Roll



Yellow Tail Roll



Brown Rice  
California Roll



Kanpyo gourd Roll



Futo-Maki



Negi Toro Roll



Brown Rice  
Futo-Maki



## ● Negitoro Bowl



### <Ingredients (serves 2)>

1 sashimi-grade tuna block (around 7oz)  
 1 Tbsp mayonnaise  
 1 cup of chopped green onion (cut into small pieces), as desired  
 Warm rice for 2 servings  
 Shredded nori, as taste  
 Wasabi, as taste

### <Seasoning>

2 1/2 Tbsp mirin (sweet cooking rice wine)  
 2 1/2 Tbsp soy sauce  
 1 tsp Nijiya wafu dashi (Japanese soup stock powder)

### <Directions>

1. Mix [Seasoning] in a heatproof container, heat in a microwave oven at 600W for 30 seconds to 1 minute, and let cool.
2. Chop the tuna by pounding it finely with a knife. Add mayonnaise, and mix well until sticky.
3. Add half the amount of green onion, and mix lightly.
4. Put rice in a bowl and put 3 on top. Pour the sauce over the rice, top with the remaining green onion and shredded nori, and garnish with wasabi.



**Phillip Vu**

I love Japanese culture especially their food!  
 I would love to go traveling there someday.  
 My favorite Japanese dishes would be sushi and Takoyaki.

Thank you for reading Gochiso Magazine.  
 We hope you enjoy reading about Japanese cuisine.

## If you have a favorite recipe, please let us know!

Please send us a picture of what you made to  
[gochiso@nijiya.com](mailto:gochiso@nijiya.com)



When sending in your entries, please include the following:

- Name • E-mail
- What do you like/dislike about the magazine/Favorite or least favorite article
- Any requests you may have regarding the products at our store
- Other questions or comments.

Please send it in by September 30th, 2026.

*We hope to see you at Nijiya Market soon!*

We will share your picture on social media for a chance to win cool prizes!  
 We're giving the book away to seven winners.



Nick Sakagami is the only person outside of Japan to earn the designation osakana meister, or fish master. In this book he shares his vast knowledge of all things sushi, including sourcing, evaluating, and preparing fish, plus delicious recipes for sushi, soups, vegetable dishes, and more, that are perfect for the home cook.





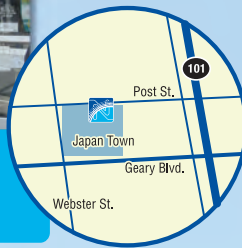
# NIJIYA



## SAN FRANCISCO STORE

(415) 563-1901

1737 Post St., #333, San Francisco, CA 94115



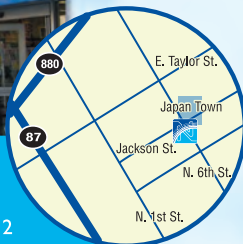
NIJIYA MARKET specialize in gourmet Japanese ingredients, fresh fish (sashimi quality), ocean products, meats, organic produce, fruits and natural ingredients. Our kitchen is always preparing fresh sushi, sozai, and other prepared foods daily.



## SAN JOSE STORE

(408) 275-6916

240 Jackson St., San Jose, CA 95112



## SAN MATEO STORE

(650) 212-7398

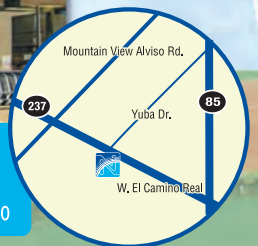
1956 S. El Camino Real, San Mateo, CA 94403



## MOUNTAIN VIEW STORE

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143 E. El Camino Real, Mountain View, CA 94040



## HONOLULU UNIVERSITY STORE

(808) 979-8977

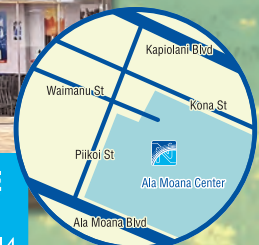
1009 University Ave., #1, Honolulu, HI 96826



## HONOLULU ALA MOANA STORE

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1450 Ala Moana Blvd, #1380, Honolulu, HI 96814





# MARKET

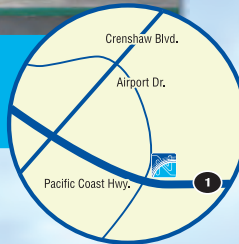
www.nijiya.com



## ROLLING HILLS STORE

(310) 534-3000

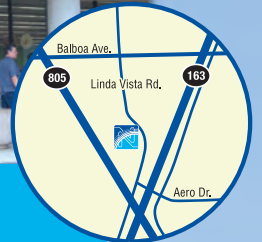
2533B Pacific Coast Hwy., Torrance, CA 90505



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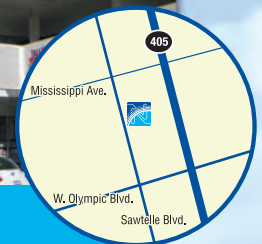
3860 Convey St., #109, San Diego, CA 92111



## WEST L.A. STORE

(310) 575-3300

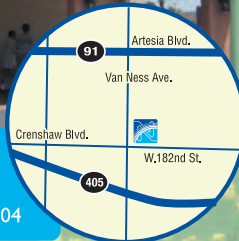
2130 Sawtelle Blvd., #105, West L.A., CA 90025



## TORRANCE STORE

(310) 366-7200

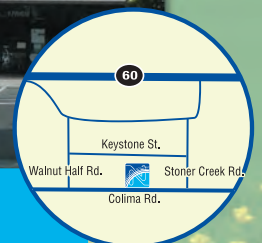
2121 West 182nd St., Torrance, CA 90504



## PUENTE HILLS STORE

(626) 913-9991

17869 Colima Rd., City of Industry, CA 91748



## LITTLE TOKYO STORE

(213) 680-3280

124 Japanese Village Plaza Mall, Los Angeles, CA 90012





# NIJIYA SOY SAUCE SERIES!



Yuuki Marudaizu Soy Sauce

Hon-jozo Soy Sauce

Thirty-Percent Usujio Soy Sauce

## Yuuki Marudaizu Soy Sauce (Organic whole soybeans)

Whole, freshly harvested, organically grown soybeans are processed into fragrant soy sauce with a distinctively bright color.

## Hon-jozo Soy Sauce (Authentically brewed)

A soybean and wheat mixture is brewed to create this flavorful soy sauce.

## Thirty-Percent Usujio Soy Sauce (30% salt reduced)

The salt content is reduced by 30% compared to a conventional soy.



## Mentsuyu (Dashi flavored noodle soup base)

Nijiya Mentsuyu has rich flavor of Soudabushi flakes and Rishiri kombu.

It has no artificial preservatives or colors.

It is ideal not only for noodles but also for varieties of food.



Mentsuyu

