

Baked whole bamboo shoots

Ingredients:

8 smallish bamboo shoots, just been dug out in the morning (fresh)
charcoals
salt (add to taste)
soy sauce (add to taste)
Japanese horseradish (add to taste)

Directions:

1. Make fire with charcoals.
2. Bake bamboo shoots for 20-30 minutes with burned charcoals.
3. Cut the baked bamboo shoots and serve with salt, soy sauce and Japanese horseradish on a dish.

one soup and three sides*

*rice with a soup and three side dishes makes an ideal meal with well-balanced nutrients

Menu:

Steamed rice by earthenware pot

Grilled fish in season

Simmered *hijiki* seaweed

Homemade *miso* soup, *ara-jiru* style (a soup made of leftover fishbone)

Homemade pickles; *umeboshi* pickled plums and rice bran of cucumber

Ingredients:

3 Japanese cup of steamed rice by earthenware pot

A. grilled fish in season

1 kg fillet fish in season

salt

1/2 *daikon* giant white radish (grated)

B. *hijiki* seaweed

30g *hijiki* seaweed (reconstituted with water before use)

1/2 carrot (sliced)

1 lotus root (sliced)

4 tbsp soy sauce

2 tbsp sugar

2 tbsp Japanese *sake*

1 Japanese cup water

1 tbsp sesame oil

①

②

C. homemade *miso* soup

homemade *miso* soybean paste

peel of carrot, leftover from B

peel of *daikon* giant white radish, leftover from A

fishbone leftover from A

5 Japanese cup water

1/2 Japanese cup Japanese *sake*

konbu kelp

green shallot (chopped)

D. homemade pickle

8 *umeboshi* pickled plums (homemade)

1 rice bran of cucumber

Directions:

1. Fillet fish of A.
2. Grill fish of 1 with salt.
3. Fry up B① with sesame oil.
4. When the ingredients of 3 are softened, boil with liquid from ②. Heat for a while.
Add to taste after continue to simmer to reduce the liquid, let it cool down.
5. Put fishbone, water, Japanese *sake*, *konbu* kelp which ingredients of C in a pot, and bring it to boil.
6. Put vegetables in a pot, cook *miso* soup.
(Put peel of carrot and peel of *daikon* giant white radish in a pot, turn down the heat to low-medium, and cook for a while skimming off the froth. When the ingredients become soft, add the homemade miso in a ladle or strainer, and gradually dissolve it into the liquid and continue heating for a moment.)
7. Arrange all foods in a serving soup bowl and dishes, place serving steamed rice in rice bowl lastly.

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Menu:

the meal begins with appetizer, ends with rice and soup.

APPETIZER Rice, cooked by earthenware pot before steaming

how to cook rice by earthenware pot:

Place washed rice and measured water into a pot, leave to soak for 30 minutes.

Cover the pot and put over high heat. Bring to boil, reduce the heat to medium to prevent overflowing for 7-8 minutes, then simmer for about 15 minutes. (do not remove the lid even if it looks about to overflow.)

Finally, turn heat back to high for 30 seconds, evaporate any excess water and turn off the heat.

Leave the rice to steam for 10 minutes with the lid on. With a wet spatula, lightly turn over and mix the rice to let the steam escape. (If this is not done, condensation from the lid will drop back into the rice.)

COLD VEGETABLE DISH Tomato, onion and cone in *dashi* stock jelly

SIMMERED DISH Simmered pumpkin by honey with grilled bell pepper in *sansho* Japanese pepper sauce

GRILLED DISH Salt grilled young chicken with garlic

VINEGARED DISH Eggplant with sweet vinegar sauce

NABE HOT POT Curry soup

STEAMED DISH Potato with butter

SIDE DISH White salad with carrot

MAIN DISH Rice steamed by earthenware pot with burnt rice after steaming and curry

How to eat:

Please have a bite excepting side dish and main dish.

Put the meal leftover from a bite into a *nabe* hot pot in turn without rice.

Please have steamed rice with curry soup from *nabe* hot pot lastly.

Tomatoes, onions and corns in *dashi* stock jelly

Recipe for cold vegetable dish

Ingredients:

100g tomato (be cut into cube) _____
before cutting, dip tomato in boiling water for 1 minute to peel away the skin
1 onion (be sliced)
2/3 ears corn (be pinch away) _____ A

2 1/2 Japanese cup stock from skipjack tuna _____
1/4 Japanese cup *usukuchi* light soy sauce
1/4 Japanese cup *mirin* sweet cooking sake
black pepper (add to taste) _____ B
3g sheet gelatin

Directions:

1. Put the stock, *usukuchi* and *mirin* of B in a bowl. Put sheet gelatin in the water and leave it to cool.
2. Put the ingredients of A into B. Leave in a refrigerator to set the jelly.
3. Cut it after 2 to cool down.

Simmered pumpkin by honey with grilled bell

Recipe for simmered dish

Ingredients:

1/2 pumpkin (be steamed after cutting into bite-size pieces)
4 Japanese cup stock from skipjack tuna
2/5 Japanese cup *koiuchi* dark soy sauce
2/5 Japanese cup *mirin* sweet cooking sake
1/2 Japanese cup honey
4 bell peppers (be cut un half and removed seeds)

A

1 1/2 Japanese cup stock from skipjack tuna
1 tbsp *sansho* Japanese pepper
1/2 Japanese cup *koiuchi* dark soy sauce
1/2 Japanese cup *mirin* sweet cooking sake
20g sugar
1/2 red chili pepper

B

Directions:

1. Put the liquid ingredients of A in a pot, put pumpkin into it and boil. And leave it to cool.
2. Put the liquid ingredients of B in a bowl.
3. Grill bell peppers and put into the liquid of 2.

Salt grilled young chicken with garlic

Recipe for grilled dish

Ingredients:

4 boneless young chicken thighs (be removed strings)
salt
40g grated garlic

Directions:

1. Grill boneless young chicken thighs with salt.
Grill high heat to make the surface of chicken crispy while grilling as a finishing.
2. Cut into bite-size pieces and place with grated garlic in a serving dish.

Eggplant with sweet vinegar sauce

Recipe for vinegared dish

Ingredients:

8 middle size eggplants

oil

2 3/5 Japanese cup stock from skipjack tuna

4/5 Japanese cup *mirin* sweet cooking sake

7/10 Japanese cup vinegar

9/20 Japanese cup *koiuchi* dark soy sauce

1 red chili pepper

A

Directions:

1. Put the liquid ingredients of A in a bowl.
2. Cutting the eggplants into bite-size pieces. Coat them with flour and deep-fly.
3. Put the eggplants of 2 into the liquid of 1. Leave it cool down.

Curry soup

Recipe for *Nabe* Hot Pot

Ingredients:

7 1/2 Japanese cup stock from skipjack tuna
curry powder (curry stock) add to taste

Directions:

1. Put curry powder into stock from skipjack tuna and add some salt or other seasonings to adjust the taste if necessary.

Potato with butter

Recipe for steamed dish

Ingredients:

4 May Queen potato

80g unsalted butter

salt A

soy sauce

Directions:

1. Steam May Queen potatoes for 10-15minutes.
2. Cut 1, coat the unsalted butter and add ingredients of A to taste.

White salad with carrot

Recipe for side dish

Ingredients:

1 1/2 carrot (be steamed after cutting into bite-size pieces)
1 1/2 Japanese cup stock
3/20 Japanese cup *usukuchi* light soy sauce
3/20 Japanese cup *mirin* sweet cooking *sake*
1/2 tbsp sugar

A

100g yogurt
20g fresh cream
50g cream cheese
small quantity of lemon juice
3 tbsp sugar
10 sprout of the tree

B

Directions:

1. Put the ingredients of A in a pot. Boil with carrot into it.
2. Mix all ingredients of B, squid with the carrot of 1.