

Onigiri (Rice Ball)

Onigiri (Triangular Rice Ball) with Pickled Plum



Ingredients for two rice balls

Freshly boiled rice: 200 g

Pickled plum: 2

Nori seaweed: Appropriate amount

Salt: Appropriate amount

Note: Add other desired fillings. Wear food preparation gloves or use cling film as a food safety measure.

1. Place the rice (100 g) in a rice bowl.
2. Create a small well in the center. Remove the seed from the pickled plum and put the plum in the well. Cover it with rice.
*Create a deep well to secure the filling in the center. This makes shaping the rice easier.
3. Wash your hands well. Wet them with water and rub on some salt.
*Lightly touch the salt with the tip of your wet index finger to collect an appropriate amount of salt.
4. Remove the rice ball from the rice bowl.
5. Roll the rice ball in your hands to mold it into a triangle.
*Press gently to make a delicious, fluffy rice ball.
6. Wrap the rice ball with nori seaweed.

Onigiri (Rice Ball)

Onigiri (Round Rice Ball) with Mixed Ingredients



Ingredients for four rice balls

Freshly boiled rice: 240 g

Salmon flakes: 30 g

Shiso(perilla): 2 leaves

Nori seaweed: Appropriate amount

Salt: Appropriate amount

1. Place the rice, salmon flakes and shiso(perilla) leaves in a bowl.
2. Fold in the ingredients with a spatula.
3. Wet your hands with water and rub on some salt.
4. Divide the rice into four portions.
5. Place one portion in one hand and roll it in both hands.
6. Mold the rice ball until rounded.
7. Press both ends gently.
8. Wrap the rice ball with nori seaweed.

Onigiri (Rice Ball)

Onigiri (Round Rice Ball) with Fine Scrambled Egg



Ingredients for four rice balls

Freshly boiled rice: 200 g

Egg: 2

Sugar: 20 g

Salt: 1 g

1. Prepare fine scrambled egg.

Place the egg, sugar and salt in a pan. Cook over low heat while mixing constantly.

* Use two pairs of chopsticks to make fine scrambled egg.

2. Turn off the heat once the egg is cooked.

3. Continue mixing vigorously using the remaining heat.

4. Line a bowl with cling film.

5. Place the fine scrambled egg in the center.

6. Place the rice on top.

7. Bring the four corners together and squeeze to form a round shape.

* The scrambled egg adheres to the rice firmly.

Tonkatsu & Katsudon

(Pork Cutlet & Pork Cutlet on Rice)

Tonkatsu (Pork Cutlet)



Ingredients for two

Pork loin (150 g): 2 slices

Salt and pepper to season

Flour: Appropriate amount

Egg: 1

Breadcrumbs: Appropriate amount

Frying oil (vegetable oil): Appropriate amount

Shredded cabbage: Appropriate amount

Parsley: Appropriate amount

Lemon wedge: Appropriate amount

Mustard: Appropriate amount

Brown sauce: Appropriate amount

1. To prepare the pork loin, make several cuts across the tough, stringy parts.
 - * This prevents the meat from curling.
2. Beat the meat with the back of a knife.
3. Season with salt and pepper.
4. Pass the meat through flour to coat it. Dust off excess flour.
 - * This allows the beaten egg to adhere well.
5. Shake off excess coating.
 - * This prevents the meat from burning.
6. Place it on the breadcrumbs. Cover it with additional breadcrumbs and press gently.
7. Heat the oil to 170° C.
 - *At the right temperature, breadcrumbs sink then rise to the surface immediately.
8. Slide the meat into the oil and wait for 30 seconds.
 - *Avoid touching initially to preserve the breadcrumbs.
9. Flip once it turns crispy and starts floating in the oil.
10. Once it turns golden brown and is surrounded by smaller bubbles, take it out.
 - *The frying sound will diminish when it is done.

11. Let it stand on its side to remove excess oil.

*This allows the excess oil to drain quickly.

12. Let it rest for five minutes. Cut into strips.

*The resting time ensures that the meat is cooked thoroughly with remaining heat.

13. Serve on a plate.

Tonkatsu & Katsudon (Pork Cutlet & Pork Cutlet on Rice)

Katsudon(Pork Cutlet on Rice)



Ingredients for one

Pork cutlet: 1 slice

Onion: 30 g (cut into 5-mm slices)

Egg: 1

Mitsuba(Japanese parsley): Appropriate amount

Freshly boiled rice: Appropriate amount

Dashi stock: 50 cc

Soy sauce: 15 cc

Mirin: 15 cc

Sugar: 3 g

1. Add all seasonings in the frying pan and mix well.

2. Add the sliced onion and cook over medium heat.

3. Once boiled, add the pork cutlet.

4. Beat the egg and distribute it onto the pork cutlet.

5. Cover with a lid and cook for 10 seconds.

6. Garnish with mitsuba (Japanese parsley) and turn off the heat.

7. Place freshly boiled rice into a rice bowl. Gently place the mixture on the rice.

Potato Salad



Ingredients for two

Potato: 2 (approximately 200 g)

Onion: Quarter (approximately 60 g)

Carrot: One sixth (approximately 40 g)

Cucumber: Half (approximately 50 g)

Ham: 3 slices

Mayonnaise: 60 g

Salt: Appropriate amount

Pepper to season

Sugar: 1 g

1. Peel the potatoes and carrot.
2. Cut the potatoes into slices (2-cm thickness).
3. Slice the onion, cucumber and carrot into thin slices.
4. Cut the ham into strips (1-cm wide).
5. Place the potatoes and salt in a pan, and cover with water. Cook over medium heat.
6. Boil for 10 minutes.
7. Meanwhile, sprinkle the onion, cucumber and carrot with salt. Squeeze them to remove excess moisture.
 - * Sprinkle the vegetables with salt to remove excess moisture.
8. Once the potatoes are cooked well, turn off the heat.
9. Drain and place the potatoes in the pan again. Cook for one minute.
10. Allow moisture to evaporate while mashing the potatoes.
 - *Mash the potatoes while they are still hot. Once cooled, they are difficult to mash and become sticky.
11. Place the mashed potatoes, vegetables, ham, mayonnaise, pepper and sugar in a bowl and mix well.

Buri no Teriyaki

(Yellowtail Teriyaki)



Ingredients for two

Yellowtail: 2 slices

Dark soy sauce: 20 cc

Mirin: 30 cc

Sugar: 15 g

Salad oil: 8 g

Flour: Appropriate amount

Shishito green pepper: 4 (as garnish)

Salt :to season

1. Sprinkle the yellowtail lightly with salt and let stand for 10 minutes.
 - * This helps remove excess moisture and the fishy smell, while enriching the flavor.
2. Pat the fish dry with a paper towel.
3. Pierce the shishito green peppers with a toothpick.
 - * This prevents them from exploding when grilling.
4. Sprinkle the yellowtail lightly with flour. Repeat on the other side.
5. Mix the sugar, soy sauce and mirin in a bowl to make a sauce.
6. Heat the frying pan over medium heat and add the oil.
7. Stir fry the shishito green peppers and take them out.
8. Add the yellowtail and cook for two minutes.
9. Flip and cook for two minutes.
10. Wipe off excess oil with a paper towel. Add the seasoning and bring it to a boil over high heat.
 - Coat the fish with the slightly thickened sauce.
 - * Wipe off excess oil to remove the fishy smell. Avoid thickening the sauce too much or it will have an overpowering flavor.

Miso Soup



Ingredients for two

Dried wakame seaweed: 3 g

Silken tofu: 50 g

Leek: 20 g

Dashi stock: 400 cc

Miso paste: 25 g

1. Slice the leek diagonally into thin slices.
2. Cut the tofu into 1.5-cm cubes.
3. Heat the dashi stock in a pan.
4. Once heated, add the tofu.
 - * Heat the tofu gently to prevent it from bursting.
5. Cook for one minute. Add the leek and wakame seaweed.
 - * Add the leek and wakame seaweed at the last minute to preserve the texture.
6. Turn off the heat. Dissolve the miso paste in a ladle by mixing it with the dashi stock.
7. Turn on the heat again until it reaches the boiling point.
 - * Boiling it for an extremely short period of time enhances the flavor. Season to taste.

Dashimaki Tamago

(Rolled Omelet with Dashi Stock)



Ingredients for one omelet

Egg: 3

Dashi stock: 60 cc

Light soy sauce: 5 cc

Mirin: 15 cc

Sugar: 1 g

Vegetable oil: Appropriate amount

Daikon radish, grated: Appropriate amount

Shiso(perilla) : 1 leaf

1. Mix the egg, dashi stock, soy sauce and salt in a bowl.
2. Strain the egg mixture through a sieve.
 - * This ensures a smooth texture.
3. Heat an omelet pan over medium heat. Add the oil.
 - * Spread the oil evenly to prevent the egg mixture from sticking to the surface. A folded paper towel is useful for this.
4. Pour 1/5 of the egg mixture to cover the bottom of the omelet pan.
 - * If bubbles are formed, poke them with chopsticks to flatten. This makes rolling easier.
5. When the egg mixture starts to set, roll it, starting from the back. Move the rolled egg to the back of the omelet pan.
6. Oil the omelet pan again. Add the egg mixture.
7. Repeat until all the egg mixture is used.
8. Once cooked, cut into an appropriate size.
9. Serve on a plate and garnish with shiso(perilla) and grated daikon radish.

Yudofu & Hiyayakko

(Boiled Tofu & Chilled Tofu)

Yudofu (Boiled Tofu)



Ingredients for two

Silken tofu: 600 g

Kelp: 5-cm square

Mizuna mustard: 100 g

Shiitake mushroom: 2

Ponzu: Appropriate amount

Spring onion: Appropriate amount

Grated daikon radish and chili: Appropriate amount

Ginger: Appropriate amount

Shredded nori seaweed: Appropriate amount

1. Fill an earthen pot with water. Soak the kelp in the water and let stand for 30 minutes.
* The cold soaking process intensifies the flavor of the dashi stock.
2. Cut a flower pattern into each shiitake mushroom for decorative purposes.
3. Cut the mizuna mustard into 4-cm pieces.
4. Cut the tofu into large pieces.
5. Add the tofu to the dashi stock and heat gently. Do not let it boil.
6. Add the vegetables.

Yudofu & Hiyayakko

(Boiled Tofu & Chilled Tofu)

Hiyayakko (Chilled Tofu)



Ingredients for two

Shilken tofu: 300 g

Myoga ginger: 1

Spring onion: 1

Ginger: 1 small piece

Dark soy sauce: Appropriate amount

1. Cut the tofu into half. Present it on a plate.
2. Garnish the tofu with spring onion, myoga ginger and grated ginger.

Horenso no Ohitashi

(Blanched Spinach Steeped in Soy-Flavored Dashi Stock)



Ingredients for two

Spinach: 200 g

Salt: Appropriate amount

Dashi stock: 200 cc

Dark soy sauce: 30 cc

Mirin: 30 cc

1. Make a cross-shaped cut into each spinach root crown.
 - * This ensures even cooking.
2. Blanch the spinach.
 - * Use one teaspoon of salt per one liter of cooking water. This ensures the spinach remains bright green.
3. Hold the leaf tips in your hand while sliding the roots into the cooking water.
4. Blanch the roots for 30 seconds before submerging the leaves. Wait another 30 seconds.
5. Take it out and immerse in a bowl of ice-cold water for five minutes.
 - * This ensures the spinach remains bright green. It also removes the harsh taste. If left in the ice-cold water for too long, it will lose its flavor.
6. Add all seasonings to the pot and bring to a boil. Leave to stand until cool for 5 minutes.
7. Remove the spinach from the water and squeeze it to remove moisture.
8. Cut the spinach into 4-cm pieces.
9. Place the spinach in a container and pour on the soy-flavored dashi stock. Chill in the refrigerator for one hour.