



COOKING SURVIVAL GUIDE

JAPANESE EDITION

CHAPTERS

Appetizers	3
Soups	4
Entrees	6
Rice and Noodles	18
Desserts	22
Sushi Basics	25
Dictionary	26
Shopping Guide	31
Bibliography	32

T
A
B
L
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F
C
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SUNOMONO

Ingredients	Directions
<ul style="list-style-type: none"> • 1 medium cucumber or 2-3 Japanese cucumbers, sliced • 1/4 Daikon radish, sliced • 2 tsp. salt • 1/2 lb shrimp, precooked** • 1/4 cup rice vinegar • 2 tbsp sugar • 1/2 tsp soy sauce <p>Serves 4</p>	<p>First, slice cucumbers about 1/8" thick. Slice daikon to same thickness and size. Place both ingredients in a bowl and sprinkle with salt. Set aside for 20 minutes.</p> <p>With a paper towel, squeeze and pat the cucumber and daikon and soak up as much moisture as you can. Toss together with cucumber, daikon, and shrimp.</p> <p>In a small bowl, combine the rice vinegar, sugar and soy sauce. Pour vinegar mixture over the cucumber, radish, and shrimp bowl. Toss together and serve.</p> <p>** Use 6oz canned crab instead of shrimp. Or make vegetarian salad.</p>

DASHI BROTH

Ingredients	Directions
<ul style="list-style-type: none"> • 2 squares 5"x5" pieces kombu (dried kelp) • 4 cups water • 1 1/2 cup dried bonito flakes <p>Variations-- -add 2 slices 3" long of unpeeled ginger root with the kombu. Leave it in with the bonito and remove from broth with bonito. -Soak 4 dried shitake mushrooms in the 4 cups of water. Leave mushrooms in water with kombu and the bonito. Remove from broth with bonito.</p>	<p>Wipe kombu with a damp cloth or paper towel. Fill stock pot with the water and kombu. Warm over medium heat. Before it reaches a boil, remove from heat. Steep for 5 minutes. Remove kombu. Add bonito flakes to the stock. Return to medium heat. Once broth approaches boil again, remove from heat. Let steep until bonito flakes settle in the pot.</p> <p>Strain broth through fine mesh strainer to remove bonito. Use immediately, refrigerate for up to 1 week or freeze for up to 1 month. Freeze in ice cube trays for convenient thawing.</p> <p>Makes 4 cups</p>

CLEAR SOUP

Ingredients

- 2 cups dashi
- 2 tbsp soy sauce
- 2tbsp mirin salt
- 1/8 sheet nori, cut into 1/4" wide strips
- 4 sprigs watercress (optional)

Serves 2.

Directions

In a small saucepan, bring the dashi to a simmer. Add soy sauce and mirin. Add salt to taste. Continue to simmer soup for 2-3 min.
Ladle soup into serving bowls. Garnish with nori and watercress.

Variations

- Peel and devein 4 shrimp. Boil shrimp for 2 min. Put in bottom of serving bowls. Ladle soup over shrimp.
- Thinly slice 3 mushrooms. Chop 2 green onions. Thinly slice 1/4 cup of carrots. Add to soup to simmer along with the soy sauce and mirin.

MISO SOUP

Ingredients

- 1 tbsp wakame
- 4 cups dashi
- 4tbsp white miso (shiro miso)
- 12 oz silken tofu, cut into 1/2" cubes
- 3/4 cup mushrooms, slice
- 4 stalks green onion, chopped

Serves 4

Directions

Take wakame and soak in a bowl of water for 15 minutes. In a saucepan, bring dashi to a simmer. Fill a ladle with some dashi. Inside the ladle, mix 1 tablespoon of miso at a time until blended smoothly. Mix this thin paste with the dashi in pan. Repeat until all miso is added to broth.

Add tofu and mushrooms, let cook for 1 minute. Remove from heat. Add green onion. Pour into serving bowls, add wakame** to top soup, serve immediately.

** If you do not have wakame, use 1/4 sheet of nori, cut into strips.

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LEEK SOUP

Ingredients

- 2 tsp canola or other cooking oil
- 1 tsp sesame oil
- 2 leeks, discard leaves and root, sliced
- 3/4 cup white onion, chopped
- 1/4 cup mirin
- 3 potatoes, peeled and sliced
- 4 cups dashi or chicken broth

Salt and pepper as needed

Serves 4

Directions

In a stock pot, heat both oils over medium-high heat. Slice leeks to 1/8" thick and add chopped onions. Sauté for 1-2 minutes. Add mirin and potatoes, sliced to 1/8" thickness. Let cook 1-2 minutes. Add broth and bring to simmer for 10-15 minutes. Add salt and pepper to taste. Pour into bowls and serve hot.

Variation-

Add 12 shrimp, peeled and deveined, to the broth during the final 3 minutes of cooking.

TOFU AND MUSHROOM SOUP

Ingredients

- 3 cups dashi stock
- 1/4 cup sliced shiitake mushrooms
- 1tbsp miso paste
- 1tbsp soy sauce
- 1/8 cup cubed soft tofu
- 1 green onion chopped

Serves 2

Directions

In a medium saucepan, bring stock to a boil; reduce heat to simmer, add mushrooms, and cook for 3 minutes. In a small bowl, mix miso paste and soy sauce together; stir into stock along with tofu. Simmer 5 minutes, and serve topped with green onion.

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ODEN

Ingredients

- 6 squares 1"x3" piece kombu (dried kelp)
- 5 cups dashi
- 2 cups water
- 1/2 cup soy sauce
- 1/2 cup mirin
- 1 chikuwa cut
- 1 sweet potato, peeled and cut
- 1/4 daikon radish, peeled and cut
- 4 hard boiled eggs, peeled and cut
- 2 pieces abura-age, sliced
- 12 pieces ganmodoki
- 1 package konnyaku, cut
- 1 package hanpen, cut

Condiment-hot mustard

Serves 8-10

Directions

Soak kombu in warm water for 10-15 minutes. Roll each piece and secure with toothpick. In a large stock pot, heat the dashi, water, soy sauce, and mirin. Let it almost boil, then turn down to simmer. Meanwhile, cut the chikuwa and the peeled sweet potato and daikon radish into bite size pieces. Add kombu rolls, chikuwa, sweet potato, and daikon radish to the broth. Simmer for 1 hour.

Slice the abura-age into 4 pieces each. Add ganmodoki and abura-age to the soup. Cut the konnyaku and hanpen into bite size triangles. Poke the konnyaku and hanpen with a toothpick before adding to stew, it will help them absorb the flavors better. Add to the soup. Continue simmering for 15-20 minutes. Turn to low heat.

Peel the hard-boiled eggs and cut in half. Add a half to each serving bowl. Ladle soup on top. Serve with hot mustard as a condiment.

****Don't worry if you can't find a specific vegetable or meat ingredient. Almost anything can go into oden, a stew, and it is fine to add more or less of an item at your preference. There are several variations of this recipe.**

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OZONI

Ingredients

- 4 cups dashi or chicken broth
- 1 tbsp soy sauce
- 1/4 tsp salt, divided
- 3/4 lb chicken breast, sliced
- 1 package kamaboko(naruto), sliced
- 4 shrimp, peeled and deveined (optional)
- 6 cups water
- 1/4 daikon radish, sliced
- 1 carrot, sliced
- 15 fresh spinach leaves
- 4 mochi cakes, dried or frozen
- 4 strips lemon peel (optional)

Serves 4

Directions

Put broth in a saucepan and heat to a simmer. Add soy sauce and 1/8 teaspoon salt. Slice chicken into 1/2" thick and 2" long pieces. Slice kamaboko into 1/8" slices. Add both to broth and cook for 10-12 minutes or until chicken is cooked. Add shrimp for last 2-3 minutes.

While the broth is simmering, put 6 cups of water and 1/8 teaspoon of salt in a large pot and bring to a boil. Slice the daikon to 1/8" thickness and about 2" diameter. Slice carrot into 1/8" thick circles. Boil daikon and carrot for 3 minutes. Add spinach for final 30-45 seconds. Remove from heat, drain and rinse in cold water.

Toast mochi until lightly brown. Place mochi and vegetables equally in 4 serving bowls. Ladle soup, making sure each bowl contains all ingredients. Garnish with lemon peel, if desired. Serve immediately.

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PUMPKIN CROQUETTE

Ingredients	Directions
<ul style="list-style-type: none">• 6 cups water• 1/2 Japanese pumpkin, or 1 acorn squash, seeded and diced• 1/2 onion, chopped• 4 tsp fresh ginger, minced• 1 tbsp butter• 2 tsp salt• 1 tsp pepper• 3/4 cup flour• 1 egg, beaten• 1 1/2 cups panko• cooking oil <p>Condiment-tonkatsu sauce</p> <p>Serves 4</p>	<p>In a saucepan, bring water to a boil. Remove seeds and dice the pumpkin into 1-2" chunks. If using acorn squash, peel. Place chunks into the boiling water. Boil for 15-20 minutes until soft. Remove from heat and drain.</p> <p>While the pumpkin is boiling, finely chop the onions and mince the ginger. In a small skillet, heat the butter until it is foaming. Add the onion and ginger and cook until soft, about 2-3 minutes. Remove from heat. Add to a mixing bowl with the drained pumpkin or squash. Mash with a fork or potato masher until even in consistency, similar to mashed potatoes. Add salt and pepper.</p> <p>With your hands, form the pumpkin mixture into a ball the size of a golf ball. Shape into an oval, Dredge the oval in flour, then dip in the beaten egg. Finally, roll in the panko until covered.</p> <p>Fill a large frying pan with 2-3" of cooking oil, and heat over medium-high. When a piece of panko is dropped into the oils and it drops and comes back bubbling to the surface, the oil is ready. Place in croquettes in oil. Cook for 3-5 minutes or until golden brown. Remove from oil and drain. Serve with tonkatsu sauce.</p>

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TEMPURA

Ingredients

- 1 cup flour
- 1 cup ice cold water
- 1/2 small sweet potato, sliced
- 1/2 small Japanese eggplant, halved and sliced
- 1/4 acorn squash, peeled and sliced
- 1/2 onion, sliced
- 6 baby carrots
- 6 Jumbo shrimp or king prawns, de-shelled and deveined
- 1/2 cup daishi
- 2 tbsp soy sauce
- cooking oil

Serves 4

Directions

In a large skillet, add oil to a depth of 3". Heat over medium-high. The oil is ready when you put a wooden spoon or chopstick in it and the oil bubbles around it.

In a medium bowl, mix flour and water with fork. Mix until just blended, batter will be lumpy. Slice the sweet potato, eggplant, acorn squash, and onion to 1/4" thickness. Dip into the batter, and then put into the oil. Do not crowd the pan. When they are a light golden color, remove and drain on paper towels. Dip the additional vegetables and shrimp into the batter, add more oil if needed, until all items are fried.

Stir daishi and soy sauce in a microwave dish. Warm in microwave on high for 20-30 seconds. Serve with tempura.

Variation--

Try other vegetables and items you have on hand. I.e. green beans, asparagus, broccoli, ect.

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YAKITORI

Ingredients

- 1 lb chicken thighs, cut
- 1 small onion or 3 green onions, cut
- 2 green peppers, cut
- bamboo skewers

Condiments-teriyaki sauce

Serves 2-4

Directions

Soak the bamboo skewers in warm water for 20 minutes.

Meanwhile, cut the chicken thighs, onion, and green pepper into bite sized chunks. Thread the cut pieces into the soaked skewers. On a heated grill or a medium-high frying pan with a little cooking oil, place your kebobs. Turn often. Brush marinade or teriyaki sauce. Once meat is cooked through, serve.

Variation--

Many different foods can be cooked using this method. I.e. shiitake mushrooms, chicken liver, gizzards, ect.

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TAMAGOYAKI

Ingredients

- 4 eggs
- 3 Tbsp dashi
- 3 Tbsp sugar
- 2 tsp soy sauce
- dash of salt
- 1 Tbsp vegetable oil

Serves 4

Directions

In a small bowl, combine eggs, dashi, sugar, soy sauce and salt with a fork and chopsticks. In a 10-12" skillet, heat 1 teaspoon of oil over medium-high heat. Pour 1/3 of your egg mixture into the skillet. As the bottom cooks, test with a spatula or chopsticks and fold 1/3 of it over the center of the pan. Fold it over again, so it is a roll on the side of the pan.

Add 1 teaspoon of oil, and heat. Then add 1/2 of remaining egg mixture. Let cook and once it is firm enough, fold the egg over again, so it is on top of the previously folded egg. Add the last of the oil, heat, then add remaining egg mixture to pan and repeat.

Remove from pan, pat off excess oil. Let cool and slice into 1-2" rolls, serve.

Variations--

Can be treated as an omelet, so feel free to add other ingredients such as spinach, mushrooms, or cheese to taste.

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KINPIRA

Ingredients

- 1 cup burdock root, cut
- 1 cup carrots, cut
- 1 Tbsp dark sesame oil
- 1 Tbsp soy sauce
- 1 tsp sugar
- 2 Tbsp mirin
- 1 Tbsp sake
- 1 tsp sesame seed

Serves 2-3

Directions

Peel the burdock root and cut into matchstick size. Soak in a bowl of cold water for 15 minutes. Remove and drain. Meanwhile, peel and cut carrot into a similar matchstick size.

Heat a frying pan with sesame oil. Add the burdock root and stir-fry for a few minutes. Add in the carrot and continue to fry until crisp-tender, about 4-5 minutes. Add soy sauce, sugar, mirin, and sake and continue to toss for 1-2 minutes. Add sesame seeds at the end. Remove from heat and serve.

Variation--

If you cannot find burdock root, just use carrots alone. As they have natural sweetness, you can decrease the mirin to 1 tablespoon and omit the sugar.

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YAKIMESHI

Ingredients

- 2 eggs
- 2 Tbsp oil, divided
- 1 clove garlic, minced
- 1 lb pork, sliced into 1/8" strips
- 1/2 cup carrot, sliced
- 1/2 medium onion, chopped
- 4 Tbsp soy sauce
- 4 cups leftover rice, cold
- salt and pepper to taste preference

Serves 4

Directions

Mix eggs together in a small bowl. In a small skillet, heat 1 teaspoon of oil. Scramble the eggs and cook them thoroughly, remove from heat. Add 1 tablespoon of oil to pan and add garlic. Cook for 1-2 minutes while stirring. Add pork and cook thoroughly, for about 3-5 minutes while continuously stirring. Remove pork from pan.

Add the remaining oil and heat. Then add carrots, onions and cook for an additional 5-7 minutes while stirring. Next, add eggs and pork back to pan. Pour in soy sauce and stir, heating for about a minute. Mix in rice and stir until heated.

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OKONOMIYAKI

Ingredients

- 1 cup flour
- 3/4 dashi or water
- 1/4 tsp salt
- 2 eggs
- 1 cup chinese cabbage, finely chopped
- 2 green onions, chopped
- 6-8 boiled shrimp, shelled, deveined and chopped **
- 1/4 cup rice Krispies (optional)
- 2 tbsp vegetable oil, divided
- 1/2 cup bonito flakes

Condiments:

okonomiyaki sauce or teriyaki sauce or mayonnaise

Makes 4-6 pancakes.

Directions

In large bowl, mix flour dashi, and salt. Add eggs, one at a time, and stir until combined. Add cabbage, green onion, shrimp and rice krispies**.

In large skillet, heat a vegetable oil over medium-high heat. Reduce heat to medium before adding the batter. Add batter to about 6" diameter pancake and cook for 4-5 minutes or until bottom is firm. Flip the pancake and cook for another 4-5 minutes or until golden brown. Remove from heat. Add a little bit more oil to pan and repeat process for next pancakes, until all batter is used.

Top with bonito flakes and sauce and mayonnaise.

Variations-- Can be served with other types of meat or seafood and other vegetables. Shrimp is optional**

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SUKIYAKI

Ingredients

- 1 lb beef, thinly sliced
- 1 cup dashi
- 1/2 cup soy sauce
- 1/2 cup sake
- 3 tbsp mirin
- 3tsp sugar
- 1tbsp vegetable oil
- 4 green onions, cut
- 1 block firm tofu, cubed
- 1 block fu
- 8 shiitake mushrooms
- 1 bunch udon noodles, cooked and drained
- 16-20 fresh spinach leaves
- 4 eggs **

Serves 3-4

Variations--

Try other vegetables like carrots, enoki mushrooms, and Chinese cabbage.

Directions

Slice beef as thinly as possible. Combine dashi, soy sauce, sake, mirin and sugar, set aside. Cook udon noodles in boiling water until al dente.

In a skillet or pot, heat vegetable oil over medium heat. Cut green onions into 1-2" lengths and cook for about a minute. Next, add beef and cook in center of pan for 2-3 minutes, to desired taste. Cut tofu and fu into 1" cubes. Place tofu onto paper towels, layering them on top of the other, leaving paper towels on top. Place a weight on top, like a book or canned object. Let sit for about 15 minutes. One at a time, add tofu, fu and shiitake to the skillet, moving others to the side.

Add dashi mixture and bring to simmer. Place udon noodles and spinach on top of dish.

**Japanese style sukiyaki is usually served with a raw egg as a dipping sauce, but if desired, cook eggs over easy and then serve. One egg per serving.

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TONKATSU

Ingredients

- cooking oil
- 1/2 cup flour
- 1 egg
- 1 cup panko, divided
- 4 pork fillets, tenderloin or loin, 1/2" thick
- 2 cups chinese cabbage, shredded
- tonkatsu sauce

Serves 4

Directions

In a large skillet, add oil to a depth of 1-2". Heat over medium-high heat. While oil is heating, fill a bowl with flour. Break the egg into another dish and beat until blended. Fill another bowl with 3/4 cup of panko. Take pork fillets and make small scores about 1" apart into one side. Dust pork with flour and then dip into egg, coating both sides. Then coat with panko, pressing it into the fillets. Set the pork on a plate covered with a 1/4 cup of panko while waiting to fry. The panko on the plate prevents sticking.

Place 1 or 2 fillets into oil. Do not crowd the pan. Cook for 3-4 minutes or until golden brown. Slice fillet into thin strips. Place on a plate of cabbage on 4 plates and set pork on top. Serve with tonkatsu sauce.

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YAKINIKU

Ingredients

- 1/4 cup soy sauce
- 1/4 cup apple juice
- 2 tbsp sugar
- 2 tsp sesame oil
- 2 tbsp garlic powder
- 2 tsp onion powder
- 1 tsp pepper
- 1tbsp sesame seeds
- 1 lb pork, sliced
- 1 tbsp canola oil

Serves 4

Directions

In a bowl, combine all ingredients, except for pork and canola oil, stir until blended. Pour into a gallon resealable storage bag. Cut pork into 1/8" thick slices. Add to storage bag with sauce and let meat marinate for 20 min. -4 hours or overnight.

Heat canola oil in a large skillet over medium-high heat. Add marinated pork and fry for 4-6 minutes or until thoroughly cooked.

Variations--Use chicken or beef instead of pork. Or add 1 cup of thinly sliced vegetables such as onions or green peppers with the meat to marinate.

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TSUKIMI UDON

Ingredients	Directions
<ul style="list-style-type: none"> • 6 cups water • 4 bunches dried udon noodles • 4 cups dashi • 2 tbsp soy sauce • 1 tbsp mirin • 4 eggs *If desired, break up egg yolk and stir to cook egg before eating it. • 1/2 cup green onion, finely chopped • 12 naruto fish paste (optional) 	<p>Bring water to a boil and add udon noodles, cook til al dente or until cooked through, usually 3-5 minutes. While noodles cook, in another pot or saucepan, bring dashi to a simmer. Add soy sauce and mirin. Simmer for 2 minutes.</p> <p>Drain noodles and divide equally per serving. Pour broth over noodles. Crack an egg* and drop into each bowl. Top with naruto (optional) and sprinkle with green onion.</p> <p>Serves 4</p>

KITSUNE RAMEN

Ingredients	Directions
<ul style="list-style-type: none"> • 3 cups water • 2 packages instant egg noodles • 2 cups dashi • 1 tsp sesame oil • 3 tbsp mirin • 2 abura-age pieces, 3"x4" • 1/4 cup green onion, finely chopped • 4 shiitake mushrooms, stems removed, sliced • 4 slices naruto fish paste (optional) 	<p>Bring water to a boil in pan and boil the egg noodles until al dente, usually 3-5 minutes. Remove from heat and drain. Place noodles in serving bowls. In second pan, warm dashi and add sesame oil, soy sauce and mirin. Add abura-age. Bring to simmer for 2-3 minutes. Remove from heat and pour broth over noodles.</p> <p>Top with mushrooms, green onions, and naruto, as desired.</p> <p>Serves 2</p>

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CURRY RICE

Ingredients	Directions
2 tbsp butter 1 large onion, sliced 3/4 lb ground beef 2 potatoes, cut 3 cups water 2 cups baby carrots 1 apple, peeled and chopped 1/2 box curry mix 3 cups cooked rice	Bring water to a boil in pan and boil the egg noodles til al dente, usually 3-5 minutes. Remove from heat and drain. Place noodles in serving bowls. In second pan, warm dashi and add sesame oil, soy sauce and mirin. Add abura-age. Bring to simmer for 2-3 minutes. Remove from heat and pour broth over noodles. Top with mushrooms, green onions, and naruto, as desired.

GYUDON

Ingredients	Directions
<ul style="list-style-type: none">• 1/2 lb sliced beef (sukiyaki style if you can find it)• 1 medium onion, sliced• 2 bowls steamed rice <p>Spices:</p> <ul style="list-style-type: none">• 1 tsp hon-dashi (soup stock powder)• 3 tbsp sake• 2 tbsp sugar• 1 tsp grated ginger	<p>Place hon-dashi, sliced onion, and 1 cup of hot water in a medium saucepan. Boil, then simmer for 6 minutes over medium heat. Add mixed spices (soy sauce, sake, sugar, ginger) and beef. Boil, then simmer on medium heat (covered) for 10 minutes</p> <p>Serve gyudon atop a bowl of steamed rice, along with some liquid from the saucepan (adjust to your preference, but it shouldn't be soupy)</p>

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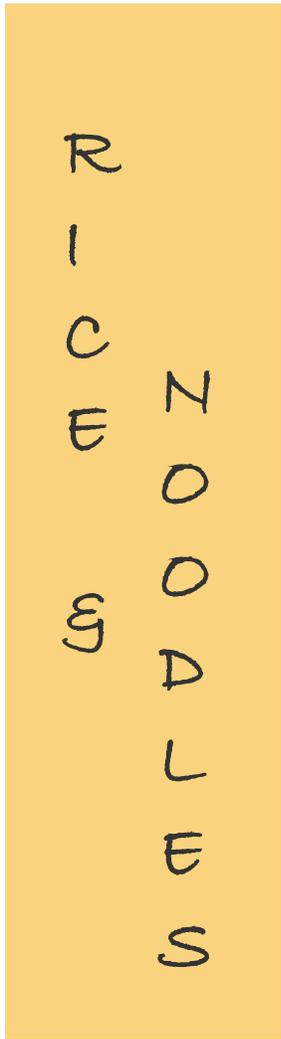
COLD SOBA NOODLES

Ingredients	Directions
<p>Sauce:</p> <ul style="list-style-type: none">• 1/2 cup dashi• 2 tbsp soy sauce• 1 tbsp mirin• 4 cups dashi or water• 1 bundle soba or somen noodles (100g)• 5 cups ice cold water <p>Condiments:</p> <ul style="list-style-type: none">• 1/2 cup daikon, grated• 1/4 cup green onion, finely chopped• 1/4 cup nori, cut into 1/8"x2" strips <p>Serves 1-2</p>	<p>In a small saucepan, heat the dashi, soy sauce and mirin over medium-low. Remove from heat and chill sauce.</p> <p>Bring 4 cups of dashi broth or water to a boil. Add noodles and stir contents to keep water from over boiling. Boil until al dente, usually 4-5 minutes. Drain noodles in a colander and submerge in ice water. Once they have cooled, gently swish and rub noodles under running water until water runs clear. Drain ice water and place noodles on a chilled plate or bowl. Cool further in refrigerator.</p> <p>Pour chilled sauce into a dipping bowl for each person and top with desired condiments.</p>

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YAKISOBA

Ingredients	Directions
<ul style="list-style-type: none"> • 1/4 cup soy sauce • 2 tbsp mirin • 2 tbsp tonkatsu sauce • 2 tsp sugar • 9 oz dried yakisoba noodles or egg noodles • 1tbsp sesame oil • 1tbsp garlic, minced • 1 lb pork loin, sliced • 1/2 onion, sliced • 1 cup carrots, sliced • 1/2 cup mushrooms, sliced • 2 cups chinese cabbage, shredded <p>Condiments: beni shoga or pickled sushi ginger</p> <p>Serves 3-4</p>	<p>Mix soy sauce, mirin, tonkatsu sauce, and sugar together, then set aside.</p> <p>Cook yakisoba noodles in 6 cups of boiling water, until al dente or for about 5-8 minutes. Drain and set aside. Heat a bit of sesame oil in large skillet over medium-high. Add garlic and sauté for 1-2 minutes. Slice pork 1/8" thick and add to skillet, cook thoroughly, about 5 minutes and remove from pan.</p> <p>Add little more sesame oil to pan, heat, and then add onion and carrots. Cook about 5 minutes and then add mushrooms and cabbage for another 3-5 minutes to cook. Return pork and noodles to pan. Add soy sauce mixture and stir constantly until all ingredients are stirred and coated. Remove from heat and serve. Top with condiments if desired.</p>



MOCHI

Ingredients	Directions
<ul style="list-style-type: none">• 1 box mochiko• 1 1/2 cups sugar• 1 1/4 cups water• 1 tbsp vanilla extract <p>**Optional** Red and green food coloring Potato or corn starch</p> <p>Variations-- Add 3 tablespoons for cocoa powder and 1/2 cup sugar to mixture. Dust with cocoa and/or powdered sugar instead of starch.</p>	<p>In a bowl, stir together mochiko, sugar, water and vanilla until blended. Add a couple drops of red or green food colorings.**</p> <p>Spray a ceramic or glass 9x9" pan with non-stick spray. Pour rice flour mixture into pan. Cover tightly with plastic wrap. Microwave for 5 minutes on 50% power and then an additional 5 minutes at 100% power. Remove from microwave and cool until safely handled. Slide out of pan onto surface dusted with potato or corn starch**. Cut into about 1" inch squares, lightly dusted with starch.</p>

ICE CREAM MOCHI

Ingredients	Directions
<ul style="list-style-type: none">• 1 box mochiko• 1 1/2 cups sugar• 1 1/4 cups water• 1 tbsp vanilla extract	<p>**See directions above to cook mochi.**</p> <p>After you make the mochi, slightly soften your desired icecream flavor and then scoop out and form 10 balls. Return to freezer to reharden. Cut the mochi into 10 pieces and flatten each one into your palm. Work the mochi out until you can wrap around ball of ice cream. Place back into freezer until ready to serve.</p>

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ANKO (RED BEAN PASTE)

Ingredients	Directions
<p>200gram bag of Azuki beans 1 cup sugar</p> <p>Prep: Soak azuchi beans overnight in water and rinse before use.</p>	<p>Use a medium/large saucepan because beans with double after cooking and pour water until about 1-2" above the beans. Cook over high heat. When boiling, turn off heat and cover with lid for 5 minutes. Drain and then put back into pot.</p> <p>Add enough water to cover the beans and boil over high heat. Once boiling, turn to medium low hit to simmer. Once in a while push the azuki beans under the water with slotted spoon. Water will evaporate so you need to keep adding water to cover just above the beans. If you put too much water, the beans will move and break. If you need to leave the kitchen, make sure to turn off the heat. You will be cooking for 1+ hour. To check for the right consistency, take a bean and squeeze. If its easily smashed, then your done.</p> <p>Add sugar in 3 separate times and mix well. Turn up the heat to high and stir constantly. Even after boiling, keep the heat on high. When the consistency is similar to the picture on the right below, turn off heat. When anko cool down, it will be a little harder (more solid). Add salt right before you finish mixing. Pour into a container to cool down. Do not leave it in the pot. Can be frozen for up to a month.</p>

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DANGO

Ingredients

- 2 cups mochiko
- 1 1/2 cup sugar
- 2 tsp vanilla extract
- 1/2 cup water
- 2 drops red food coloring (optional)
- 6 cups water
- 6 cups ice cold water
- 1/2 cup red bean paste**
- Potato or corn starch

Directions

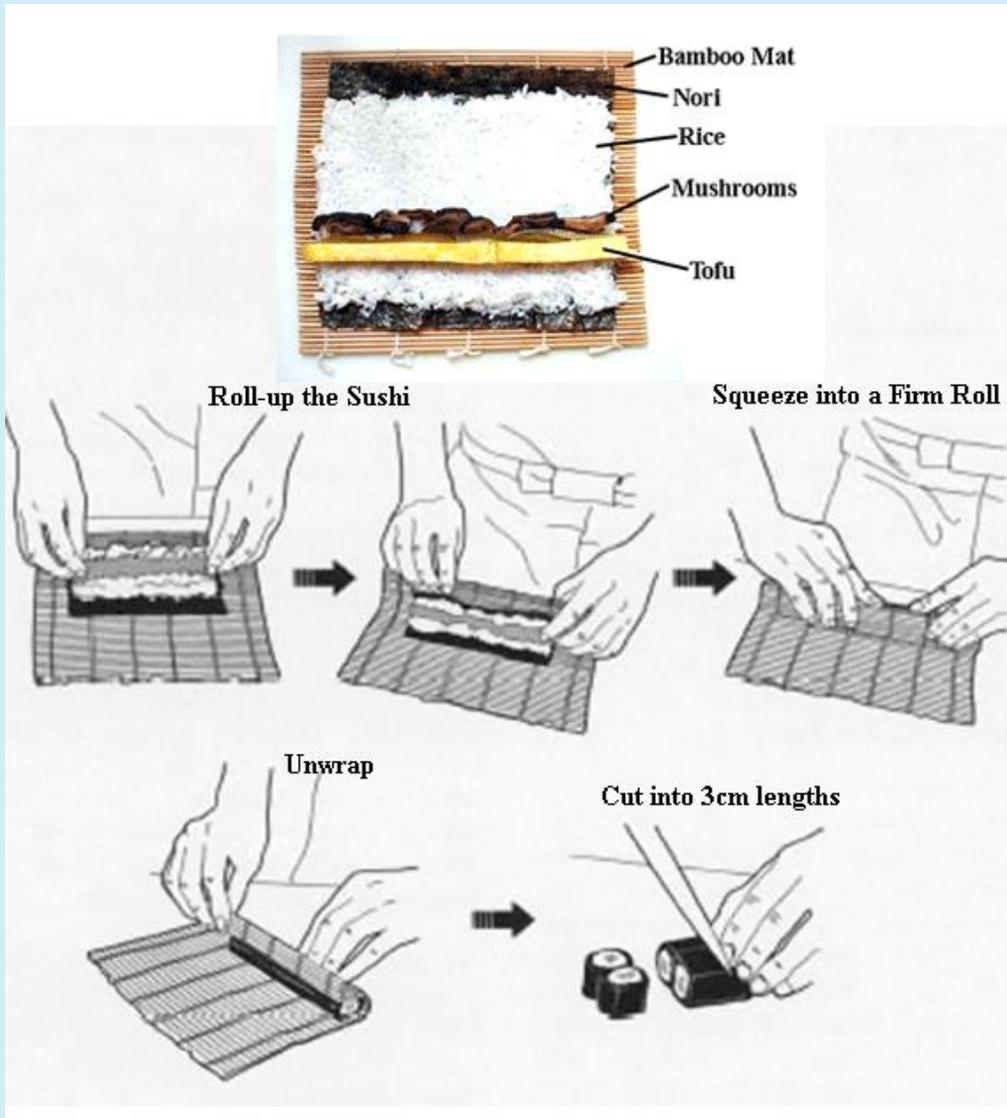
In a medium bowl, combine mochiko and sugar. In another bowl, add the vanilla to the water. Slowly add the water into the dry ingredients. 1/2 cup water may vary, because you want to stop when you make a thick paste consistency. (optional) Can split into two bowls to add food coloring to one for color.

Bring the 6 cups of water to a boil in a saucepan and roll mochiko paste into balls about the size of a golf ball, before adding them to the boiling water. Boil for 3-5 minutes or until they float. Remove from boiling water and put into bowl of ice cold water to cool. Once cooled, drain from water.

With a knife, cut a slit halfway through the ball and seal ball around red bean paste, forming an oval. Lightly dust with potato or corn starch. Store in air tight container.

**Red bean paste is optional. You can also just have plain dumplings or put a variety of other ingredients in center.

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Here's a how to roll diagram for sushi.
 There are many variations of sushi, that are all easily accessible
 online. Here are two to get you started. Enjoy!

<http://makemysushi.com/>

<http://www.dummies.com/how-to/content/the-essentials-of-making-sushi-at-home.html>

Dictionary

Name	Kanji/Hiragana	Description
Aemono	あえ物 / あえもの	Vegetables or meats mixed with a ground sesame seed dressing.
Agemono	揚げ物 / あげもの	Fried foods, divided into the following: <ol style="list-style-type: none"> 1. suage - fried without a coating of flour/batter. 2. karaage - fried in a coating of flour or arrowroot starch. 3. tatsuage - food marinated in a mixture of sake, soy sauce and sugar that is fried in a coating of arrowroot starch. 4. tempura - fried in a coating of batter.
Basashi	馬刺し / ばさし	Horse sashimi.
Buta	ブタ	Pork.
Chawanmushi	茶碗蒸し / ちゃわんむし	Steamed egg custard is used to cook the food used in making Shabu Shabu. Each person is given a plate of beef or pork, which is dipped into the boiling water are generally added to the pot is served in a clay dish. A similar dish called unajyu contains the same contents, but is placed in a wooden bowl.
Usukuchi shoyu	薄口 / うすくち	Light Japanese soy sauce.
Yakumi	薬味 / やくみ	One of several strongly flavored seasonings.
Yakimono	焼き物 / やきもの	Foods grilled on a mesh wire net, skewered like "shish kabob" over an open fire or cooked in a skillet. There are different types

		of yakimono: shioyaki, which involves sprinkling salt over the food prior to cooking, tsukeyaki, which involves marinating the food in a soy sauce and sake or soy sauce and mirin mixture called awase jōyu prior to cooking, teriyaki, which is a stronger flavored tsukeyaki, misozukeyaki, which involves marinating the food in a miso and sake or miso and mirin mixture.
Yakinori	焼き海苔 / やきのり	Toasted seaweed.
Yakitori	焼き鳥 / やきとり	Grilled chicken shish kabob.
Yosenabe	寄せ鍋 / よせなべ	A fish, seafood and vegetable soup made in a clay pot.
Horensō No Ohitashi	ホウレン草のお浸し / ほうれんそうのおひたし	Spinach dip. The word for spinach is horensō and the verb to dip is hitasu.

Soy Beans and Seaweed

Name	Kanji/Hiragana	Description
Aburage	油揚げ / あぶらげ	Puffy, brown fried tofu.
Agedashi dōfu	上げだし豆腐 / あげだしどうふ	Flour encrusted fried tōfu.
Aka miso	赤味噌 / あかみそ	Red soy bean paste.
An	按 / あん	Sweetened puree of cooked red beans.
Atsuage	厚揚げ / あつあげ	Deep fried tofu cutlet.
Azuki	小豆 / あずき	Small red beans used to make an.

Ganmodoki	がんもどき	Tofu patties.
Hijiki	ひじき	A type of seaweed.
Kinugoshi tōfu	豆腐 / とうふ	"Silky" bean curd.
Konbu	昆布 / こんぶ	A type of seaweed.
Kōyadōfu	高野豆腐 / こうやど うふ	Freeze-dried tofu.
Mekabu	めかぶ	A seaweed.
Miso	味噌 / みそ	<p>Soy bean paste. There are several varieties of miso:</p> <ol style="list-style-type: none"> 1. A yellow brown colored miso made from barley and soy beans originating in the Shinshū region (a mountainous area known as the Japanese Alps. 2. A salty, reddish colored miso made from rice and soy beans originating in the Tohoku region (NorthEast of Tōkyo.) 3. A finely ground white colored miso made from rice and soy beans (the higher concentration of rice lends to the lighter color over the other miso types) originating in Kyotō. 4. A dark chocolate colored miso called Hatchō miso made only from soy beans and salt and fermented for 2 years.
Momen tōfu	木綿豆腐 / もめんと うふ	"Cottony" bean curd.
Moyashi	もやし	Bean sprout.
Mozuku	もずく	Mozuku is a type of seaweed. It's generally packed in small containers enough for 1 or 2 servings. Clear soups contain wakame, as a basic ingredient.

Tirinabe	ちり鍋 / ちりなべ	Refers to a fish stew.
Yudōfu	湯豆腐 / ゆどうふ	Refers to a simmered tofu stew.

Soups and Nabemono

Name	Kanji/Hiragana	Description
Ankonabe	餡子鍋 / あんこなべ	Monkfish stew.
Chankonabe	ちゃんこ鍋 / ちゃんこなべ	Refers to the type of nabe eaten by sumo wrestlers.
Donabe	土鍋 / どなべ	Refers to earthenware pots.
Fugu-chiri	河豚散 / ふぐちり	Blowfish soup.
Ishikari-nabe	石狩鍋 / いしかりなべ	Salmon stew with sake.
Misoshiru	味噌汁 / みそしる	Soup made with miso paste.
Nanbutetsunabe	南部鉄鍋 / なんぶてつなべ	Refers to cast iron pots. This type of nabe is generally found in the tohoku region of Japan.
Nishime		Vegetables stewed in soy sauce.
Osuimono	御吸物 / おすいもの	Clear soup

Yasai - Vegetables

Name	Kanji/Hiragana	Description
Enokidake	榎だけ / えのきだけ	Small capped, long stemmed white mushrooms.

Kabocha	南瓜 / カボチャ	Pumpkin.
Kaisō	海藻 / かいそう	Sea vegetables.
Kinoko	茸 きのこ	General term for fungi (i.e. mushrooms).
Maitake	まいたけ	A mushroom.
Matsutake	松茸 / まつたけ	A fungi found in the mountains; considered a delicacy with price tags of \$200 and up for one of these rear treats.
Nameko	なめこ	A button sized mushroom.
Sansai Ryōri	山菜料理 さんさいりょうり	Mountain vegetables. These vegetables grown in the mountains of Japan, don't have English equivalents, but here are some of the names: <ol style="list-style-type: none"> 1. zenmai 2. warabi 3. yama-udo 4. tara-no-me 5. fukinotō
Shimeji	しめじ	A chunky stem and grey capped mushroom.
Shiitake	椎茸 / しいたけ	A dark brown, thick caps and stalks, mushroom. This mushroom is planted in the logs of evergreen oak, called shii, hence the name of this mushroom. Top quality shiitake is called donko
Takenoko	竹の子 たけのこ	Bamboo shoots.

<http://www.4japan.info/Food%20-%20japanese%20food%20glossary.htm>

What you will hear from clerks or waitresses.

Irasshaimase. いらっしゃいませ。	Welcome.
Nanika osagashi desu ka. 何かお探しですか。	May I help you? (Literally means, "Are you looking for something?")
Ikaga desu ka. いかがですか。	How do you like it?
Kashikomarimashita. かしこまりました。	Certainly.
Omatase itashimashita. お待たせいたしました。	Sorry to have kept you waiting.

Here are some useful expressions for shopping.

Kore wa ikura desu ka. これはいくらですか。	How much is this?
Mite mo ii desu ka. 見てもいいですか。	Can I look at it?
~ wa doko ni arimasu ka. ~はどこにありますか。	Where is ~?
~ (ga) arimasu ka. ~(が)ありますか。	Do you have ~?
~ o misete kudasai. ~を見せてください。	Please show me ~.
Kore ni shimasu. これにします。	I'll take it.
Miteiru dake desu. 見ているだけです。	I'm just looking.

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