

Miso Soup (Tofu and seaweed)

(for 4 people)

<i>Silken Tofu (soft tofu)</i>	<i>300g</i> <i>(= little less than 1 package)</i>
<i>Dried seaweed</i>	<i>2g</i>
<i>Dashi (broth)</i>	<i>350 cc</i>
<i>Miso (Japanese bean paste)</i>	<i>1.5 tbs</i>

Cut tofu into a half inch cubes

Soak seaweed in water until it becomes soft (follow the instructions on seaweed package) and drain it.

(to make “dashi” broth)

Traditionally, we use kelp (or bonito flakes) to make “dashi” broth but you can buy powdered “dashi no moto” (available in Japanese supermarkets or Asian supermarkets) and use that to make broth.

Heat dashi broth in a pan (not quite boiling). Lower heat and add miso. While you add miso, you need to whisk it in slowly.

Put tofu and seaweed into miso soup and heat.

Smoke Salmon Sushi

(for 2-3 people)

<i>Rice</i>	<i>2 cups</i>
<i>(Japanese brand rice is better or medium or short grain rice - sticky one)</i>	
<i>Sushi vinegar</i>	<i>60ml</i>
<i>Smoked salmon</i>	<i>the amount is up to you</i>
<i>Sugar peas</i>	
<i>Eggs</i>	<i>2 pcs</i>
<i>Sugar</i>	<i>1 tsp</i>
<i>Sesames (white)</i>	<i>2 tbs</i>

Mix eggs and sugar in a bowl.

Put above egg mixture in the heated pan and make a very thin fried egg like a French crepe.

Boil sugar peas for a short time (do not over boil)

Then, slice egg (crepe looking egg) and sugar peas.

Tear smoked salmon by hand (size that is easy to eat)

(to make sushi rice)

Immediately after cooking rice, put the rice in a large bowl or dish. Pour sushi vinegar in the rice bowl, mix with rice until the rice becomes shiny.

Mix half of the smoked salmon, sugar peas, and sesames in sushi rice.

Sprinkle the other half of the smoked salmon, egg and little bit of sugar peas on the top of each dish.

Braised Meat and Vegetables (Nikujaga)

(for 4 people)

4 potatoes

1/3 carrot

200g thin-sliced beef

300g threaded konnyaku

8 snow peas

1 tbsp salad oil

<i>A</i>	<i>400 ml soup stock</i>	<i>3 tbsps sugar</i>
	<i>100 ml sake</i>	<i>50 ml soy sauce</i>
	<i>30 ml mirin</i>	

- 1 Peel the potatoes, cut each into 4 to 6 pieces, soak in water and drain. Cut the carrot into quarter-rounds and the beef into bite-sized pieces.*
- 2 Cut the threaded konnyaku into random lengths, quickly boil and transfer to a colander. Thin-cut the snow pea, boil in salted water, then let cold water run through and drain.*
- 3 In a pot, pre-heat the salad oil, fry the potatoes and carrot or 1 until they slightly change color. Add the beef of 1 and gently stir-fry it alone. Add the threaded konnyaku and fry.*
- 4 Gradually add the stock of A and sake to 3. When it comes to a boil, skim off the foam. Simmer for 4 to 5 minutes under medium-high heat, covered with a cooking sheet drop-lid.*
- 5 Add the mirin and sugar of A and simmer. When the liquid is half gone, add soy sauce and slowly simmer. Serve in bowl and garnish with the snow peas.*

