Japanese dining style

We prepare every day rice in Japan. A typical meal in Japan consists of a bowl of soup and three side dishes, a style that complements the body rice with nutritionally balanced side dishes.

We hope the below tips help you prepare Japanese breakfasts, lunches, and suppers in your kitchen with ease and, most of all, enjoy your eating Japanese rice.
How to Cook Japanese Rice

1. **Wash the rice with water.**
   - Use cold water to wash the rice. Stir gently and drain the water. Repeat until the water runs clear.

2. **Soak the rice in water.**
   - Place the washed rice in a pot and add water. The water level should be 1-2 cm above the rice.

3. **Pat the rice dry with a towel.**
   - Gently pat the rice dry to remove excess water. This step is crucial for achieving the right texture.

4. **Fill the rice in a pan and water.**
   - Place the rice in a pot with water. The ratio of rice to water is approximately 1:1.5.

5. **Add the rice to the water slowly.**
   - Add the rice slowly to the pot with the water. Stir gently to prevent clumping.

6. **Bring the rice to a boil.**
   - Bring the rice to a boil on the stove. Reduce the heat to low and let the rice simmer.

7. **Let the rice rest.**
   - Once the rice is cooked, let it rest for 10 minutes. This allows the rice to absorb more moisture and become fluffy.

8. **Serve immediately.**
   - Serve the cooked rice immediately to enjoy the best texture.

---

**Secrets of Cooking Delicious Rice with an Electronic Rice Cooker**

- **Wash the rice with cold water**
- **Stir gently and drain the water**
- **Soak the rice in water**
- **Add the rice to the water slowly**
- **Bring the rice to a boil**
- **Let the rice rest**
- **Serve immediately**
Miso Soup

1. Fill a pan with water and soak the stock powder and dried kombu, then bring to a boil. Once it comes to a boil, add soy sauce and simmer until the soup is brimming.

2. While the soup is brimming, add the rice noodles to the soup. Cook for about 2 minutes, then add the vegetables, tofu, and miso paste. Stir to combine.

3. Mix in the rice noodles, vegetables, and tofu. Add more water if needed to reach your desired consistency.

4. Add the chopped white beans. For a spicy kick, add bonito flakes or a pinch of chili powder to the soup. Enjoy your miso soup, cooked in a authentic Japanese style!
Teriyaki Yellowtail

A representative teriyaki recipe that tastes great with rice. A frying pan is all you need to cook this.

1. Spread the fish with sugar on both sides using a brush. If there are bones, they will not become thinner and will be easy to remove. Be sure to spread the sugar evenly on both sides. Place them on a plate to keep the fish from sticking together.

2. Pan fry the fish.

3. Pan fry the fish and put them into teriyaki sauce.

4. After removing the fish from the pan and setting it aside, pour the teriyaki sauce over the fish and cover it with foil to keep it warm.

5. Pour the sauce over the fish and cover it with foil to keep it warm.

6. Serve the fish.

Nutritional Information per Serving:

Calories: 590
Fat: 32g
Protein: 39g
Carbohydrates: 27g

Calories per Teriyaki (330 kcal)
Ginger-Fried Pork

One of the most popular pork recipes in Japan. Easy to cook, its soy-sauce flavor goes extremely well with rice.

Ingredients:
- 400 g pork loin, sliced
- 2 tablespoons sake
- 2 tablespoons soy sauce
- 2 tablespoons ginger, finely grated

Preparation:
1. Make a marinade with soy sauce and sake. Combine them in a bowl.
2. Cut the ginger into strips. Soak them in the marinade for about 30 minutes.
3. Fry the pork in the marinade. Add the ginger strips and stir-fry until the pork is cooked through.
4. Serve the pork with steamed rice.

Calories per serving: 353 kcal
- 45% fat
- 38% protein
- 7% carbohydrates

Tips:
- The pork should be cooked until it is brown and crispy.
- The dish is best served with steamed rice.
Simmered Meat and Potatoes

Representative Japanese home cooking using meat and potatoes.

Taking the extra step to Blanch the meat will make it more tasty and refined.

Ingredients:
- 4 potato or potato
- 1 carrot
- 2 onions
- 1 lid black bean
- 3 broccoli
- 1 lid soy sauce

Nutritional Information:
- 940 calories per serving
- 9g protein
- 55g carbohydrates
- 43g fat

Steps:
1. Cut the vegetables into bite-size pieces and peel the skin of the vegetables.
2. Add the meat, Japanese rice wine, soy sauce, and sugar.
3. Add a small amount of water to the saucepan and bring to a boil.
4. Blanch the beef to partiallyboil the beef.
5. Add the beef to the pan when the beef is half cooked.
6. Put the meat and vegetables in the pan.
7. Simmer on low heat.
8. Add the boiled kidney beans to the pan.
Sukiyaki

This versatile “uncooked” is prepared with family members gathered around the dining table. A sampler of Japanese home cooking with well-balanced servings of meat and vegetables.

1. Heat a deep pan of beef fat in a large skillet. Heat the oil and add:
- Marinated beef
- Onions
- Cabbage
- Radish
- Mushrooms
- Carrots

2. Stir-fry the onion, cabbage, and mushrooms until they are tender.

3. In a separate pan, heat the sauce:
- Sauce:
- Mirin
- Miso
- Chicken broth

4. Add the beef and simmer for 10 minutes, stirring occasionally.

5. Serve with rice and garnish with green onions.

Calories per Serving: 850 kcal
- Protein: 25g
- Carbohydrates: 120g
- Fat: 30g

Instructions:
- Serve hot with rice and garnish with green onions.
- Frizzled suits the sauce and can be sprinkled with sesame seeds.
- Use a pan that has a rounded bottom and is large enough to hold all the ingredients.