Chicken and Egg Bowl

A typical meal and rice in a bowl recipe. A perfect harmony between half-cooked eggs and chicken meat.

Materials:
- 50g chicken
- 4 eggs
- 2 cups of rice
- Salt
- Ground black pepper
- Soy sauce
- Rice vinegar
- Sesame oil

Instructions:
1. Cut chicken into bite-size pieces and simmer them quickly in boiling water.
2. Rinse the egg and cook them in a frying pan. Cut the egg into small pieces. (Do not overcook).
3. Place the simmered chicken pieces and egg yolks in a bowl and mix them.
4. Mix the rice, sesame oil, and soy sauce in a separate pot. Add the chicken and egg yolk mixture, and then add the rice to the mixture. Mix well.
5. Carefully pour the chicken and egg yolk mixture over the rice.
6. Keep the eggs and chicken pieces on top and the rice at the bottom.
7. When the egg is half cooked, use a small bowl. Gently pour the rice into the bowl and make a bowl of rice. Serve with sauce and garnish with sesame seeds.
Takikomi Gohan

This is basically a variation of toasted rice with an addition of several ingredients and seasoning. It is advisable to limit the ingredients to two or three kinds for the maximum effect.

1. Cut the chicken into thin-one-centimeter-thick slices and soak in fresh rice wine.
2. Cut the potatoes into thin one-centimeter-thick slices and soak them in water.
3. Place the seasoned rice into the pan and add water. Place on the rice cooker.
4. Set the pan in the rice cooker and turn it on.
5. After the rice is cooked, turn the heat down and keep it warm. Otherwise the rice will not be cooked well.
6. When the rice is cooked, add the noodles and stir with a soup spoon until it is well mixed, and then add the pickled vegetables and serve.

Calories per serving: 223 kcal
- Carbohydrate: 28 g
- Protein: 13 g
- Fat: 5 g
Chirashi-Zushi

A traditional sushi dish, Chirashi-Zushi is deconstructed rice topped with thin strips of a variety of ingredients. An ideal dish for a party.

Ingredients:
- 3 cups of steamed sushi rice
- 1 cup of kelp extract
- 1 cup of shredded nori
- 1 cup of sliced avocado
- 1 cup of grated carrot
- 1 cup of pickled ginger
- 1 cup of crab meat
- 1 cup of cucumber

Steps:
1. Add the rice with slight reduced water.
2. Mix the rice with the kelp extract and nori and pour the mixture on the rice.
3. Place the avocado, kelp, nori, and other vegetables on top of the rice.
4. Sprinkle the grated carrots and pickled ginger on top.
5. Arrange the crab meat and cucumber on top of the rice.

Calories per serving: 100 kcal

Nutrition Facts:
- Calories: 100
- Fat: 5g
- Carbohydrates: 15g
- Protein: 10g

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Three-Colored Rice

This is a mixed boiled rice recipe that tastes refreshing with the color and fragrance of three-colored peppers.

Ingredients
- Red, green, and yellow bell peppers (enough for 4 servings)
- 2 cloves garlic
- 1 teaspoon salt
- 1 teaspoon black pepper

Instructions:
1. Cut the peppers into bite-sized pieces. Thoroughly stir-fry them with salt and pepper.
2. Mince the two cloves of garlic.
3. Grind the ground beef and pour to stir-fry until cooked. Stir-fry minced garlic with beef.
4. Pour the stir-fried peppers, garlic, and ground meat quickly on a high flame. Stir-fry well.
5. Bring the cooked rice halfway to a boil.
6. Pour the prepared sauce to the bowl of rice, stir well.
7. Mix the rice well and ingredient-taste, salt, and pepper. The rice taste should not be too strong or salty.
Porridge of Rice and Vegetables

Recipe in Japanese style, a light meal with a variety of ingredients. It should be cooked quickly.

Ingredients:
- 1 cup brown rice
- 2 large carrots
- 2 stalks of celery
- 1 onion
- 1 potato
- 1 green pepper
- 1 bowl of water
- 1 bowl of fish stock

Preparation:
1. Wash the rice and soak it in water. Drain the soaked rice and keep it ready.
2. Wash and cut the vegetables into bite-sized pieces.
3. Add the rice to the pot, add water, and bring to a boil on a medium-high heat. Do not stir the rice.
4. Drop the vegetables and fish stock into the pot and bring to a boil. Simmer for 15 minutes. Remove from the heat and let it set for 10 minutes.
5. Serve the porridge in a bowl.
Onigiri Rice Ball

The key to a successful rice ball is to form the ball of rice gently in your hand. This Japanese fast food can be served in various forms with many different flavors by adding a filling to the center of the rice ball, mixing ingredients in the rice before forming the rice ball, or coating the rice ball with seasoning.

Suggested Fillings

- Creamy cheese
- Caramelized beef
- Soy sauce
-Nico-nico sauce paste

There are all officially available, and you can make rice balls by simply adding those things.

- Triangular rice ball
- This is the most traditional form of Japanese rice ball.

- Roasted rice ball using a mold pan
- This can all be personalized to satisfy your personal taste.
Combinations for a Successful Box Lunch

1. **Source for Marinated Meat or Fish**
   - 1 part soy sauce + 1 part sugar + 1 part rice wine
   - Store in the fridge or use for 3-4 days.

2. **Batter for Deep-Fried Dish**
   - 6 parts water + 3 parts flour + 1 part fresh cream
   - Stir until smooth.
   - Add 1 small egg for every 1/2 cup of batter.

3. **Source for Stir-Fried Meat, Fish, or Vegetables**
   - 3 parts rice wine + 2 parts soy sauce + 1 part sugar
   - Stir-simmer until the sauce thickens.

A Japanese box lunch consists of rice cooked to a firm and several side dishes. Box lunches are eaten at school, the office, and on picnics. It is part of Japanese culture to bring rice, which retains its chewy texture even when it gets cold, accompanied by beautifully arranged side dishes. What follows are nine combinations of ingredients and seasonings for great box lunch side dishes.
Japanese rice not only tastes delicious but also brings with it peace of mind and health.
Rice Dealers Handling Japanese Rice

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