Japanese dining style

We produce very tasty rice in Japan. A typical meal in Japan consists of a bowl of soup and three side dishes, a style that complements the tasty rice with nutritionally balanced side dishes.

We hope this booklet helps you prepare Japanese breakfast, lunch, and supper in your kitchen with ease and, most of all, enjoy Japanese rice.
**How to Cook Japanese Rice**

1. **Wash the rice with water.**
   - Fill a bowl with water and rice, then swirl the rice around in the bowl, allowing the water to run out into a sink or bucket. Repeat 2-3 times until the water runs clear.

2. **Soak the rice in water for at least 1 hour.**
   - Place the rice in a bowl with water, ensuring the rice is fully submerged. Cover the bowl with a lid or plastic wrap to prevent evaporation.

3. **Put rice in a pan and add water.**
   - Place the rice in a non-stick pan with the soaking water. The water to rice ratio is about 1:1.5.

4. **Cook the rice for about 15 minutes**, stirring occasionally, or until the water is absorbed and the rice is tender.

5. **Drain the rice** in a fine mesh sieve or colander.
   - Remove the rice from the heat and allow it to drain for about 5 minutes.

6. **Gently fold the rice with the pan lid on.**
   - Once the rice is drained, gently fold it with the pan lid on to make it fluffy.

7. **Serve the cooked rice.**
   - The rice is now ready to be served with your favorite dishes.

---

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

- **Wash rice thoroughly.**
  - Rinse rice until the water runs clear.

- **Soak rice in water for about 30 minutes.**
  - This helps to remove excess starch and improve the texture of the rice.

- **Do not overcook rice.**
  - Follow the instructions on your rice cooker for the optimal cooking time.

- **Serve the cooked rice immediately.**
  - Freshly cooked rice is best served immediately to enjoy its full flavor and texture.

---

**TIP:**

- **Use the right amount of water.**
  - The water to rice ratio is crucial for achieving perfectly cooked rice.

- **Avoid opening the lid during cooking.**
  - This can cause the rice to become sticky and unevenly cooked.

---
Miso Soup

1. Fill a pan with water and soak theMiso soup and dried Funka tofu. Simmer to旗下with the taste. Add the soup andprune or add sliced scallions andgarlic.

2. Add the pan on medium heat.

3. Simmer until the soup stock is

4. Mix in the miso paste.

5. Add the green onions.

6. Add the seafood.

7. Add the chopped white beans.
Teriyaki Yellowtail

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

1. Coat the fish with flour on both sides and place in a pan.
2. Fry the fish.
3. Fry the fish and add teriyaki sauce.
4. After removing the oil, turn the fish over and add more sauce.
5. Turn the fish over and add more sauce.
6. Fry the fish in the pan.
7. Serve the fish on a bed of rice.

Calories per Serving: 498 kcal

Ingredients:
- Fish
- Teriyaki sauce
- Rice
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:
- Pork strips
- Ginger
- Soy sauce
- Mirin
- Sake
- Sugar
- Butter

Instructions:
1. Heat the saucepan and cook the pork until browned.
2. Add the soy sauce, ginger, and sugar.
3. Blend well and simmer until the pork is tender.

Nutritional Information:
- Calories per serving: 340 kcal
Simmered Meat and Potatoes

Recipe: Japanese home cooking using meat and potatoes.

1. Cut the vegetables into bite-size pieces and dice the vegetables. Prepare the meat and dice the ingredients for the sauce and add them to the pot.
2. Add the water, Japanese rice wine, soy sauce, sake, and sugar. Mix well and heat until it boils.
3. Chop the meat to create a sauce. Add soy sauce and sake and let it boil for 10 minutes.
4. Add the beef in the pan when the sauce is half grown. Add the beef and let it simmer for 10 minutes to prepare the sauce.
5. Cook the beef. Add the beef and let it simmer for 10 minutes. Add the beef and let it simmer for 10 minutes.
Sukiyaki

This favorite "nabe" style is prepared with family members gathered around the dining table. A cornerstone of Japanese home cooking, it's a welcoming, warm meal of meat and vegetables.

1. Heat a big dish of beef fat in a "nabe" pot. Make sure the heat is not too high. When it is ready, add the beef fat.

2. Fry the onion in the order below, beginning with the onion, cabbage, and then add the mushrooms. When the onions are golden, add the beef to the "nabe" pot. Add the beef and let it cook thoroughly. Finally, add the remaining vegetables to the "nabe" pot.

3. Pour the sauce. Pour the sauce mixture on top of the vegetables and beef in the "nabe" pot. Mix well and let it cook for another 2-3 minutes.

4. Serve the dish. Serve the dish hot, garnished with fresh green onions and sliced ginger.
Chicken and Egg Bowl

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

Ingredients
- 300g chicken breast
- 4 eggs
- 3 cups water
- 1/2 onion
- 1/2 carrot
- 1/2 celery
- 1 tbsp citrus

Instructions:
1. Cut chicken into bite-size pieces and simmer for 30 minutes in boiling water.
2. Rinse the egg and wash the chicken
3. Place the prepared chicken pieces on top of the vegetables and simmer.
4. Mix the water, onion, carrot, celery, and citrus, and pour on top of the ingredients
5. Light the flame and cook on medium heat until the chicken and vegetables are cooked.
6. Serve the egg on half-cooked, taste off the bowl. Serve with rice and vegetable soup. The sauce is the base of the soup, you may adjust to taste with tea

Calories per serving: 473 kcal

Preparation time: 30 minutes

Chef's note: Enjoy!
**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 bite-size pieces and marinate with sake, salt and sake.**

2. **Cut the potatoes into bite-size pieces and soak them in water.**

3. **Place the washed rice into the pan and add water.** Then add the chicken, potatoes, sake, salt, and vegetable oil to the rice.

4. **Mix the soy sauce and the vinegar together.** Then add the rice and water to the pan. Bring the rice to a boil, and mix well.

5. **Set the pan on heat to let steam escape.**

6. **But the rice to a旺 well.**

7. **Top up the cooked rice and ingredients.**

---

**Calories per serving:** 493 kcal

- 20.3% from protein
- 71.6% from carbohydrates
- 7.8% from fat
Chirashi-Zushi

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

1. Take the rice with slightly reduced salt.
2. Mix the rice with the vinegared rice.
3. Cut the fish and shellfish into thin strips.
4. Make the eggs mixture with the egg and sugar.
5. Mix the seasoned vinegared rice with the eggs mixture.
6. Arrange the fish, shellfish, and eggs on the rice.
7. Serve immediately.

Costs per serving: 100g fuel
1 tablespoon rice vinegar
1 tablespoon sugar

1. Ingredients
- Rice
- Fish
- Shellfish
- Eggs
- Vinegar
- Sugar

Instructions:
- Mix the rice with sugar and soy sauce,
- Cut the fish and shellfish into strips
- Mix the eggs mixture with the rice
- Arrange the fish, shellfish, and eggs on the rice
- Serve immediately

Nutritional Information:
- Calories: 300
- Fat: 5g
- Carbohydrates: 50g
- Protein: 20g
Three-Colored Rice

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

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

Ingredients:
- 1 young onion
- 20 g (about 2 medium) mushrooms
- 10 g (about 2 medium) shiitake
- 10 g (about 2 medium) enoki
- 3 green onions
- 1 egg

Directions:
1. Break the shells and use the egg to boil in water. 
2. Cook the onion and mushrooms in the pot on a medium heat. 
3. Add the broccoli to the pot. 
4. Add the shiitake and enoki to the pot. 
5. Add the green onions and egg to the pot. 
6. Add the vegetables with soy sauce and salt.

Calories per Serving: 330 kcal

Tips:
- Use a small amount of water and simmer until the vegetables are cooked. 
- Adjust the seasoning according to your taste. 
- Serve with rice or noodles.
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, misting ingredients in the rice before forming the rice ball, or coating the rice ball with-seasoning.

Triangular rice ball

This is the most traditional form of Japanese rice ball. It is shaped like a triangle and is often used when making sushi rolls.

Roasted rice ball using a mold

This is a popular way to make rice balls. The mold is filled with rice and the mold is removed to form a perfectly shaped rice ball.

Suggested Fillings

- Cream cheese
- Canned tuna
- Canned corned beef
- Soy sauce
- Mirin sauce
- Soy sauce paste

There are all usually available, and you can make great rice balls by simply adding these fillings.

Cooking Note:

- Take care not to squeeze the rice too hard when forming the rice ball, as this can cause the rice to become mushy.
- You can also add some mayonnaise or other seasonings to the rice for added flavor.
Combinations for a Successful Box Lunch

1. **Source for Marinated Meat or Fish**
   1 part soy sauce + 1 part sugar + 1 part rice wine
   
2. **Batter for Deep-Fried Dish**
   6 parts water + 3 parts flour + 1 part fresh cream
   
3. **Source for Stir-Fried Meat, Fish, or Vegetables**
   3 parts rice wine + 2 parts soy sauce + 1 part sugar

A Japanese box lunch consists of rice cooked to a burn and several side dishes. Box lunches are eaten at school, the office, and on picnics. It is a part of Japanese culture to prepare box lunches, which resemble daily meals in getting cooked, accomplished by beautifully arranged side dishes. What follows are wise combinations of ingredients and sequences for great box lunches.

1. **Teriyaki sauce**
   1 part soy sauce + 1 part sugar + 1 part rice wine
   
2. **Deep-fried fish**
   6 parts water + 3 parts flour + 1 part fresh cream
   
3. **Deep-fried meat and vegetables**
   3 parts rice wine + 2 parts soy sauce

Deep-fried rice with soy sauce is traditionally an essential component of this recipe, as it adds a rich flavor to the dish. It is cooked by deep-frying the rice in a mixture of soy sauce and a dash of water, then serving with chopsticks or a spoon.
Japanese rice not only tastes delicious but also brings with it peace of mind and health.

Japanese Rice and Rice for a Long and Healthy Life

Japanese rice has a special status in Japanese culture and has been a staple for thousands of years. It is considered a symbol of prosperity and good fortune.

Numerous Varieties of Japanese Rice

There are over 70 varieties of Japanese rice, each with its own unique characteristics and flavor. Some are short-grain, while others are long-grain. Some are sticky and others are firmer. Each variety has its own purpose and is best suited for a specific dish.