



Grilled

Pork teriyaki

Marbled Japanese pork is perfect for salty-sweet *teriyaki*. Fragrant vegetables like onions make an excellent accompaniment.

Recommended cuts

Boston Butt **Loin**

Ingredients

- 2 cm thick slices of pork loins
- Marinade
 - 50ml each of soy sauce, *sake* for cooking and *mirin* (sweet rice wine)
- Sauce
 - 120ml each of soy sauce and *sake*
 - 60g of sugar

Directions

1. Cut slices into the sinews and fat.
2. Immerse in marinade for 10 – 15 minutes.
3. Grill, thoroughly browning on all sides while basting with sauce about 3 times.

Volume conversions : 1cm=0.39 inches /100g=3.5 oz/1kg=35 oz/1 teaspoon=0.01pt/1 tablespoon= 0.03pt/100°Celsius= 212°Fahrenheit



Steam

Steamed marinated pork

The flavor of herbs and olive oil brings out the delicious taste of Japanese pork. This delicate dish is well suited to the flavor of high quality pork.

Recommended cuts

Boston Butt

Ingredients

- 4 140g pieces of thinly sliced pork (Boston Butt)
- 1 ½ teaspoon salt
- Pinch of pepper
- 2 cloves of garlic thinly sliced
- Fresh herbs (thyme, rosemary)
- onion, carrot, celery, etc.
- 100ml white wine
- 100ml olive oil

Directions

1. Marinate pork. Make slices into sinews of pork and tenderize, then sprinkle with salt and pepper. Place in a heat resistant container. Top with garlic, herbs, onions chopped into appropriate sized pieces, carrots, celery, etc. Pour white wine and olive oil over and mix. Marinate in a refrigerator for 30 minutes or more.
2. Put ingredients from step 1 in a steamer and steam over high heat for 8-10 minutes.



Simmer

Shabushabu of julienned vegetables and thinly sliced pork

Recommended cuts

“Pork *shabushabu*” is one of the most popular dishes in Japan. Dipping pork in hot water reduces fat. Eat it with plenty of vegetables for a healthy meal.

Boston Butt **Loin** **Belly**
Ham Outside

Ingredients

400g thinly sliced pork for *shabushabu*
(Belly, Boston Butt, etc.)
1 liter of soup
(fish stock or other such as consommé or chicken stock)
Carrots, celery, watercress, green onions, etc.
Use the following ingredients to create a sauce to taste :
salt, soy sauce, olive oil, lemon juice, etc.

Directions

1. Julienne vegetables. You may also slice thinly using a peeler.
2. Pour soup into a pot, warm, and add vegetables. When vegetables are cooked through, spread out one piece of pork at a time and dip in soup. When pork is cooked through, remove from soup wrapped around vegetables. Dip in your choice of sauce and enjoy.



Fried

Bone-in hotpot

Recommended cuts

Ribs are delicious just marinated and fried, but put them in soup and the delicious taste of Japanese pork will permeate for a dish with a deep, rich flavor.

Belly

Ingredients

400g pork spare ribs
Seasoning A
45ml soy sauce
45ml Chinese rice wine
2 teaspoons curry powder
a pinch of salt and pepper
1 clove garlic, 1 knob ginger
Potato starch
Frying oil
800ml Chinese soup
Daikon radish, celery, etc.

Directions

1. Slice the garlic and ginger. Chop *daikon* radish and celery into bite-sized pieces.
2. Put seasoning A in a bowl and immerse spare ribs for 10 minutes.
3. Remove spare ribs from step 2, sprinkle with potato starch and fry in 180°C oil until meat is cooked through.
4. Bring soup to a boil in a pot. Add the vegetables cut into small pieces to the soup and simmer until cooked through. Add spare ribs from step 3 and season with a pinch of salt.