



Miso is an ancient Japanese fermented seasoning to which saltiness, sweetness and *umami* have been added. Combining *miso*, a renowned Japanese seasoning, and Russia's famous dumpling produces a deep flavor and also has the effect of taking away the strong aroma of the meat. As there are various types of *miso* paste, please find the one you prefer.

[Ingredients]

A Bread flour : 200g (approx. 7 oz.)
 Sugar : 1 tablespoon
 Instant dry yeast : 5g (approx. 0.2 oz.)
 B Egg, beaten : 30g (approx. 1 oz.)
 Milk : 120cc (approx. 1/2 cup)
 Miso paste : 1 teaspoon
 Butter : 1 tablespoon
 Minced beef : 100g (approx. 3.5 oz.)
 Cabbage : 2 leaves
 Egg, boiled : 1
 C Miso paste : 2 tablespoons
 Tomato ketchup : 1 tablespoon
 Salt : To taste
 Cooking oil : 1 tablespoon
 Egg, beaten : Small quantity

[How to cook]

1. Warm the milk in B to 30°C (86°F), add the beaten egg and *miso* paste and mix. Place A in a bowl, combine, then add B a little at a time and mix by hand.
2. Once 1 has come together, add the butter and knead until the mix is smooth. Form a lump, then wrap in plastic wrap. Place in a 40°C (104°F) bain marie for about 50 minutes and leave to rise until the dough has doubled in volume.
3. Heat the cooking oil in a frying pan, sauté the minced beef and cabbage, then season with C. Add the finely chopped boiled egg, combine and leave to cool.
4. Lightly punch down the dough in 2. to release gas, then divide and shape it into 6 equal balls. Cover with a firmly wrung-out cloth and leave to rest for roughly 15 minutes. Roll the dough out into oval shapes. Divide the filling in 3. into 6 equal portions, place on each oval, then enclose the filling. Press the edges down firmly to seal, cover once more with a cloth and let rest for 15 to 20 minutes.
5. Once 4 has risen slightly, brush with a beaten egg and bake for 15 to 16 minutes in the oven at 180°C (356°F).

Matcha-flavored Flockensahne Torte

This is a fusion of a traditional German cake and Japanese *matcha* green tea powder. The bright green color is visually appealing, and the distinctive bittersweet flavor of the *matcha* enhances the richness of the fresh cream. It is perfectly acceptable to fill choux pastry with *matcha* cream alone, but its flavor is further enriched with the addition of marron glaze.

[Ingredients]

Choux pastry
 Egg, beaten : 3
 A Water : 60cc (approx. 4 tablespoons)
 Butter : 50g (approx. 3.5 tablespoons)
 B Sugar : 1/2 teaspoon
 Salt : pinch
 Soft flour : 70g (approx. 2.5 oz.)
 Fresh cream : 200cc (approx. 1 cup)
 C Matcha powder : 1 tablespoon
 Sugar : 2 tablespoons
 Marron glaze : 8 pieces
 D Matcha powder : 1 tablespoon
 Icing sugar : 3 tablespoons
 Almonds, slivered : 2 tablespoons

[How to cook]

1. Place A in a saucepan and heat. Once it comes to a boil, remove it from the heat, add B and mix until the dough forms a single lump.
2. Gradually add beaten egg to 1. while stirring well with a wooden spatula.
3. Lift the wooden spatula in 2., and when the mixture is soft enough to drop from it, spread it thinly over a baking sheet in a circle about 15cm in diameter. Make 3 of these. Sprinkle finely chopped almonds on one pastry sheet only. Bake in the oven at 200°C (392°F) for about 15 minutes until brown.
4. Combine C and dissolve with a small amount of hot water. After combining with fresh whipped cream, add finely chopped marron glaze and fold through the mixture.
5. Spread the *matcha* cream over one of the baked choux pastry sheets, place one more sheet of choux pastry on top and cover it with another layer of *matcha* cream. Finally, place the almond-topped choux pastry on the top layer and sprinkle the combination of D over the whole surface.



Mabo-style Nagaimo



Try the popular Szechuan dish "Mabo-style Tofu" with *nagaimo* (Chinese yam). *Nagaimo* retains a crisp texture and releases a slightly sweet flavor when cooked, so you can enjoy the contrast created with the spicy taste of this dish. Adjust the ingredients and steps in this recipe to suit your family's preferences.

[Ingredients]

Nagaimo : 300g (approx. 10.5 oz.)
 Minced pork : 100g (approx. 3.5 oz.)
 Japanese green onion (white portion) : 1/2 stalk
 Garlic : 1/2 clove
 A Don Ban Jiang : 1 teaspoon
 Soy sauce : 1 tablespoon
 Tian Mian Jian : 1 teaspoon
 Konazansho (Powdered Japanese pepper) : To taste
 Chicken stock : 1/2 cup
 Vegetable oil : 1 tablespoon
 Small quantity of starch, oil for deep frying, and sesame oil

[How to cook]

1. Peel the *nagaimo* and cut into bite-sized chunks. Soak the *nagaimo* in a water and vinegar mix to remove irritants and then dry. Cover the *nagaimo* in starch and deep fry for 1 - 2 minutes in oil at 170°C (338°F).
2. Thinly slice the onion and garlic and mix the ingredients in A.
3. Heat vegetable oil in a Chinese wok. Stir-fry the minced pork and garlic, add A, and quickly allow to simmer.
4. Dissolve starch in the same amount of water as the starch, add to 3. and cook until mix thickens. Add onion and *nagaimo* and quickly allow to simmer. Add aroma with a bit of sesame oil.

*Ingredients make approximately 4 servings.

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