

Recipes to Enjoy Japanese Rice

# Japanese Meals

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JAPANESE RICE

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# 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, helps you enjoy Japanese rice.



A Japanese breakfast gently wakes up your body at the beginning of a day.



A Japanese lunch provides you with relief and energy in the form of an exquisite meal.



A Japanese box lunch is packed with a variety of colorful side dishes that communicates your love to your family members.



A Japanese supper is a time when the family members get together to savor delicious rice and side dishes.



## How to Cook Japanese Rice

Wash the rice lightly. Scoop the rice into your hand and feel its high quality.  
If you follow the simple procedures below, you too can cook rice to perfect softness and shine.



❶ Wash the rice with water.

Thanks to advanced rice milling technology today, rice does not have to be washed with force. Wash gently and dump out the first wash water immediately. Change the water and wash the rice three or four times.



❷ Soak the rice in water well.

Soak the rice in water for 15 minutes. Drain off the water with a strainer for another 15 minutes. This drains off surplus water while keeping the proper amount of moisture in the rice.



❸ Put rice in a pan and add water.

The amount of water should be 0.9 times that of rice.



❹ Boil the rice for seven minutes on high, seven minutes on medium, seven minutes on low, and, lastly, five minutes on very low heat.

Follow this heat sequence regardless of how much rice you are boiling. Keep the temperature in the pan no lower than 95°C.



❺ Stir up the boiled rice in the pan once, scooping up the rice at the bottom in order to even out the state of the rice in the pan.

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

■ In recent models of electric rice cooker, time to soak rice is already incorporated in the cooking time. There is no need, therefore, to soak the rice in water prior to cooking. ■ Since electric rice cookers are normally programmed to cook softer rice, it is advisable to use slightly less water than the recipe calls for. ■ When the rice is cooked, you should turn off the rice cooker five minutes before it is automatically switched to "keep warm" mode and stir up the rice. ■ After the rice is stirred up, cover the rice cooker with a wet cotton towel.



TIP!

❻ Allow the boiled rice to settle for five minutes.

This process will allow the rice to absorb any remaining liquid, making it taste better.



❼ Stir up the rice with big strokes and allow excess steam to escape.



# Miso Soup

Make the soup stock first. Cook the ingredients in the stock and mix in the miso soybean paste when the ingredients are cooked. To preserve the flavor, do not bring the soup to a boil after the miso is added.

4 servings

Calories per Serving : 62 kcal

40 to 50 grams miso soybean paste, preferably lumpy inaka-miso

20 grams dried shrimp

600 cc water

1 root Qing-geng-cal

½ loaf tofu

30 grams white leek, chopped in 1 cm long pieces

20 grams or five 2 cm x 2 cm pieces dried Kombu kelp



**1** Fill a pan with water and soak the dried shrimp and dried Kombu kelp.

Dried bonito is usually used to make fish stock, but dried shrimp or scallops also make good soup.



**2** Set the pan on medium heat.



**3** Simmer until the soup stock is decocted.

Keep the soup stock ingredients in the pan. Cooked dried shrimp and kombu kelp are edible. Keep the medium heat.



**4** Mix in the miso soybean paste.

For a savory soup, do not boil the broth after the miso has been added.



**5** Add the qing-geng-cal.

Any greens, such as spinach, will do when qing-geng-cal is unavailable.



**6** Add the tofu.

Tofu also makes good soup. Two or three different kinds of ingredients make a good, hearty soup.



**7** Add the chopped white leeks.

White leeks chopped in chunks will add flavor to the soup. Turn off the heat immediately before boiling.





# Teriyaki Yellowtail

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

## 4 servings

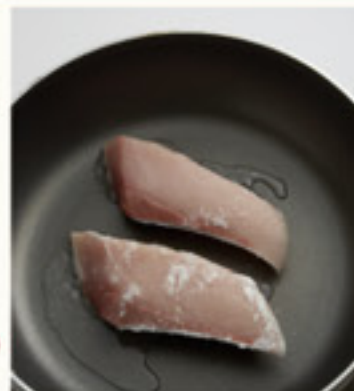
4 slices of yellowtail (80 to 100 grams per slice)  
180 cc Japanese rice wine  
90 cc water  
30 grams sugar  
30 grams soy sauce

Calories per Serving : 289 kcal



**1** Coat the fish with flour on both sides using a brush.

If thinly coated, the fish will not become brown when pan-fried. The flour also helps the fish covered with basting and seals in the flavor.



**2** Pan-fry the fish.

Heat the frying pan before applying salad oil thinly.



**3** Pan-fry the fish well until both sides become brown.

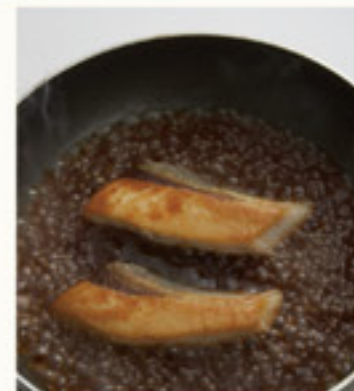


**4** Wipe off excess oil and scum with cooking paper.

When covered with oil, the fish will not absorb the sauce well.

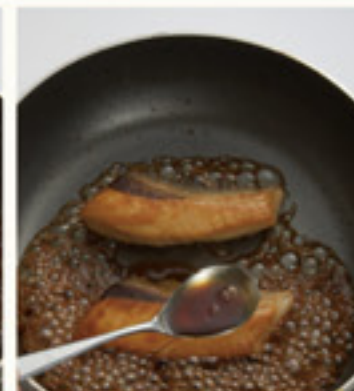


**5** Pour the sauce—a mixture of the Japanese rice wine, water, sugar, and soy sauce—into the pan all at once.



**6** Simmer the fish.

Simmer the fish on a high flame until the sauce is reduced to one-third of the original amount. Do not sear the fish.



**7** Simmer until all the sauce is gone. The fish is now ready to be served.

Lower the flame slightly. This step lets the fish absorb the sauce well. When a glaze appears on the fish's surface, it is ready to be served.





# Ginger-Fried Pork

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

## 4 servings

400 grams pork loin, sliced  
1 onion  
1/2 head of lettuce  
40 grams ginger  
100 cc soy sauce

Calories per Serving : 395 kcal

100 cc Japanese rice wine  
50 grams sugar



**1** Slice the onion thinly and soak it in water to be served as an accompaniment.

Soak the onion and lettuce in water until they become crisp.



**2** Drain the onion and lettuce in a colander.



**3** Make a sauce with soy sauce, Japanese rice wine, and sugar.



**TIP!**

**4** Cut the ginger into strips.

The thinner the ginger is cut, the softer its bite becomes. Ginger can also be grated.



**5** Apply oil to a frying pan and fry the meat until its color turns whitish.

Fry the meat until its surface becomes unevenly brown.



**6** Add sliced ginger strips (or grated ginger) and the sauce to the pan.

The sauce should be poured in all at once. Turn the meat over several times so it absorbs the sauce well.



**7** Simmer until all the sauce is simmered down.

The air bubbles become larger when the sauce is simmered down. Simmer down the sauce but watch the bubbles to avoid overcooking.





# Simmered Meat and Potatoes

Representative Japanese home cooking using meat and potatoes.  
Taking the extra step to blanch the meat will make it non-fatty and refined.

## 4 servings

4 peeled potatoes  
1 carrot  
300 grams thinly sliced beef  
4 kidney beans  
500 cc water

## Calories per Serving : 365 kcal

100 cc Japanese rice wine  
40 cc soy sauce  
50 grams sugar  
1 piece of dried Kombu kelp, 10 cm x 10 cm



**1** Cut the vegetables into bite-size pieces and stir-fry the vegetables.

Pour some salad oil into a heated pan and stir-fry the carrots and potatoes until cooked.



**2** Mix the water, Japanese rice wine, soy sauce, and sugar.

Pour the mixture into the pan and drop in a piece of dried Kombu kelp.



**3** Make a cover with aluminum foil and put this over the ingredients.

Adjust the flame so that the sauce in the pan becomes bubbly.



**4** Blanch the beef to eliminate excess fat and scum.

This will make the dish non-fatty.



**5** Add the beef to the pan when the sauce is half gone.

It is advisable to add the beef at this point since thinly-sliced beef will become tough when cooked in the pan from the beginning.



**6** Cook the beef.

Cook the beef until the bubbles become large, a sign that the sauce has simmered down. It is in this process that the meat and other ingredients take on flavor.



**7** Add the boiled kidney beans to the pan.





# Sukiyaki

This very popular "nabemono" is prepared with family members gathered around the dining table. A champion of Japanese home cooking with well-balanced servings of meat and vegetables.



**1 Rub a lump of beef fat in a heated skillet.**

Keep the flame on high and extract as much fat as possible. Do not remove the beef fat from the skillet.



**2 Fry the onions in the skillet.**

Fry the harder vegetables first and move on to the softer vegetables.



**3 Fry the Chinese cabbage in the skillet.**

Keep the flame on high.



**4 Remove the stems from the mushrooms.**

Fry the mushrooms and make space for the beef in the skillet.



**5 Fry the beef in the pan with the flame on high.**

Add the boiled bamboo shoot and fry the beef in the pan with the flame on high. Make sure the beef still remain reddish. Do not overcook the beef since it will be simmered in the sauce.

**TIP!**

## 4 servings

500 grams extra-thin sliced beef  
beef fat  
4 large mushrooms  
2 sprigs of watercress  
1 piece of onion

Calories per Serving : 394 kcal

2 pieces of boiled bamboo shoot  
2 leaves of Chinese cabbage  
200 cc water  
30 cc soy sauce  
50 grams sugar



**6 Pour the sauce**

—A mix of water, soy sauce, and sugar—in the skillet.



**7 Simmer away the sauce and add two sprigs of watercress.**

Since watercress shrinks when cooked, add plenty of it.

