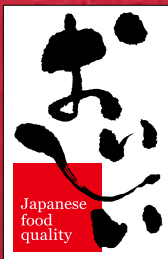


The Food of Japan

Culinary Delights for the Body and Soul



Japanese food that satisfies your body and soul

Food is the basic component that supports our daily activities. Apart from satisfying our appetites, food also makes us healthy and gives us peace of mind to enjoy life. Why not try some Japanese ingredients that are not only delicious but that satisfy both your body and soul?

■ Good nutrition balance for building a healthy body

Japan has four distinct seasons, and each has its own “*shun*,” or seasonal, food. *Shun* refers to peak ripeness. Foods are most delicious when they are in season and are highest in nutrients. The staple of Japanese cuisine is rice, which is naturally low in fat. Vegetables play a central role, little oil is used and a variety of food preparation methods such as simmering, steaming and fermenting are used to extract the delicious taste and nutritional elements of ingredients.

■ Food safety

The supply of safe food is essential. In line with an international framework, Japan has taken a science-based approach to ensure food safety from farm to table. For example, the government is promoting the implementation of Good Agricultural Practice (GAP) and the Hazard Analysis and Critical Control Point (HACCP) system.

■ Joy of savoring a wide variety

Japan’s north-south orientation and its varied landscape have produced a huge diversity of foods. Crop production has focused on improving quality through means such as selective breeding and technological development. Know-how has also been applied to the use of a variety of nature’s goodness as food ingredients. Many Japanese ingredients have a full yet delicate flavor that can be enjoyed even when cooked using non-Japanese cooking methods.

BENTO, a meal served in a box,
is a microcosm of Japanese food culture.



“Shokado Bento” is a *bento* box divided into four square sections.
Rice and side dishes including seafood, meat and vegetables are attractively presented in this box.
This cuisine uses seasonal foods based on *kaiseki* cuisine, a highly stylized multi-course
cuisine that traditionally formed part of the tea ceremony.



Let us tell you about
the appeal of Japanese food.



米 Rice

Savor the freshness of
each grain in every bite

Secrets behind delicious Japanese rice: climate, people and technology.

High quality rice is grown throughout Japan.

Rice is a crop that is essential to the Japanese people. Rice-growing began in Japan about 2500 years ago. Japan is located in a temperate zone, blessed with quality water and sunshine and four distinct seasons: all favorable conditions for rice cultivation. The technology to make the most of this environment has progressed thanks to human effort. Presently, all over Japan, rice plants in paddies are neatly planted at equal intervals. Such views form part of the distinctive beauty of the rural Japanese landscape.

Strict quality control.

For rice growing, farmers have developed cultivation methods that take advantage of Japan's rich natural conditions. At the same time, by using weather information and technology such as selective breeding, they have also acquired production



techniques that are not easily influenced by external factors. Harvested rice is threshed and kept in cool storage warehouses below 15°C (59°F). Then, it is shipped in small quantities to meet consumers' needs. Thus, people can always expect fresh rice to be available in stores.

More than 300 varieties create a wealth of choice.

Japan cultivates an incredible number of rice varieties. National research centers and prefectural experimental stations are producing rice with varying taste by assisting in the development of varieties that suit regional climate, soil and usage. Some varieties are resistant to disease, pests and weather, and others differ in taste, fragrance and texture.

Top Five Types of Japanese Rice in Order of Harvest Volume (2007)

1	<i>Koshihikari</i>	3148 tons / year	Has a balance of stickiness, softness, delicious taste, appearance, fragrance.
2	<i>Hitomebore</i>	857 tons / year	Soft with a sweetness that expands in the mouth. A variety compatible with Japanese cuisine.
3	<i>Hinohikari</i>	839 tons / year	An all-round variety compatible with Western and Chinese cuisines. Doesn't harden after cooling.
4	<i>Akitakomochi</i>	751 tons / year	Sweet but not very sticky. Suitable for mixing with other grains and for sushi.
5	<i>Haenuki</i>	290 tons / year	Characterized by firmness. Resilience can be enjoyed in onigiri and donburi dishes.

Source: Statistics compiled by the Ministry of Agriculture, Forestry and Fisheries of Japan, 2008 / Comments by Toyozou Nishijima, Rice Retail Shop "Suzunobu"

Fluffy cooked rice is a meal on its own. Naturally, it also complements various cuisines.

The rice harvested in Japan is nearly all Japonica rice, which features a natural sweetness, mild fragrance and plump moistness. Being simple and mild, it makes a tasty food on its own and also complements a variety of side dishes. Rice plays a pivotal role in a healthy Japanese diet. Its major constituent is the carbohydrate, but it also contains a good balance of protein, iron, vitamins such as B₁ and E, and dietary fiber.



Rice fields in the countryside.



In a cool storage warehouse, temperature can be maintained at below 15°C (59°F), even in the summer.



"Rice is
the source of long
life and health!"

The basic Japanese meal consisting of rice combined with vegetables, soybeans and fish makes Japan a world leader in life expectancy.

Yukio Yamori (Director and Professor, Mukogawa Women's University Institute for World Health Development, Japan and Emeritus Professor, Kyoto University, Japan)

水産物 Seafood

A plentiful source
of culinary delight

This gift from the sea is prepared in diverse ways to capture freshness.

Japan's climate and seasons give us a wide variety of delicious fish.

Japan is surrounded by the sea, and the custom of eating fish dates back over 3000 years. Its north-south oriented land-mass and its intricate coastline have produced a variety of fish in each region. The rivers that flow through its abundant forests to the sea carry rich nutrients and have nurtured diverse marine products. Fish in season are particularly tasty. For example, spring red sea bream, autumn Pacific saury and winter yellowtail are highly prized in Japanese cuisine.

Riding the sea currents, fish have sustained the nation's health.

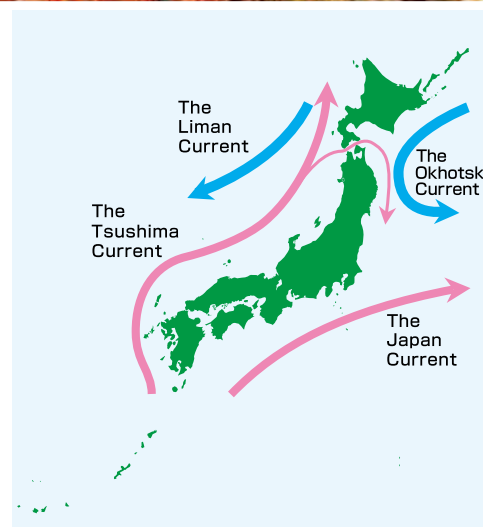
Warm and cold currents flow around the Japanese archipelago and run into each other along its coast. These locations



produce large volumes of plankton, which make them rich fishing grounds by gathering migratory fish. The fish that migrate through these grounds mainly consist of Pacific saury, mackerel, jack mackerel and sardines. These fish species are frequently eaten in Japan, and research has revealed that the nutrients contained in these fish contribute to the long life and good health enjoyed by the Japanese people.

Careful handling techniques allow us to enjoy goodness fresh from the sea.

Japan uses various innovative methods to transport fresh fish. For example, in some cases, coastal catch is carried to port alive in the fishing net under water. Other techniques include keeping the fish alive in a tank and having them move around without being fed, which firms the flesh before processing. Japanese people constantly pursue ways of preparing fish that make it fresher and more delicious to eat.



With four currents flowing very close to the Japanese archipelago, its waters are a rich source of fish.

“The joy of
savoring
seasonal fish”



In Japan, people can savor a wealth of fish varieties in season with optimal fat content. This is the ultimate luxury.

Alan Wong
(Chef and Owner, Alan Wong's Restaurant, Hawaii/Japan)



野菜 Vegetables

Quality derived
from nature's vitality

Humans and nature collaborate to create delicious delights.

Numerous varieties are grown,
reflecting Japan's seasons and
climate.

Japan's natural environment is rich in regional and seasonal changes. Taking advantage of these changes, producers have developed a wide variety of vegetables. Japanese vegetables are succulent with unique tastes. For example, the Japanese *daikon* radish contains much water and once simmered possesses a subtle depth of flavor. Japanese cuisine has developed by making the most of the various natural flavors of such ingredients.

High quality makes it possible to eat vegetables raw.

Producers have continued their efforts to produce high quality vegetables through selective breeding and the application of farming methods. Eating vegetables raw has thus become a common practice in Japan, and vegetables like lettuce, tomatoes, cabbage and shallots are firm favorites eaten raw in salads at home. In recent times, their distinctive taste and attractiveness has led to an increasing number of French and Italian chefs who use Japan-grown vegetables.

Appropriate controls and methods deliver savory vegetables.

The use of agricultural chemicals must meet GAP, which was established by the government. Accordingly, agricultural produce must meet Maximum Residue Limits (MRL) contained in what is called the "Positive List." In Japan, there is a domestic transportation system that uses temperature control to maintain



freshness during distribution. The same know-how is also used when exporting to neighboring countries. Vegetables are packed neatly in boxes with matching sizes to prevent damage during transportation. Other types of GAP are also being adopted throughout Japan's vegetable growing regions as a system that efficiently manages the production process in consideration of food safety and environmental friendliness.



Vegetable producing regions are creating beautifully shaped vegetables that can even be enjoyed raw.



Simmered Japanese *daikon* radish.



"The texture of
Japanese vegetables
is phenomenal."

I was completely surprised at the wonderful texture of Japanese vegetables. For me, Japanese cuisine, which maximizes the natural flavor of vegetables, is the ultimate in freshness.

William Ledeuil
(Chef and Owner, ze kitchen galerie, Paris)



Wagyu, Japanese Beef

Luxurious flavor developed with superb skill

Flavor lovingly nurtured from farm to table.

Technique and care that produce undeniable quality.

Superb *wagyu* Japanese beef comes from the special technique and the attentive care given by the producers. The term “*wagyu* beef cattle” refers to distinctive Japanese breeds. *Wagyu* beef cattle are raised to be healthy animals in well-ventilated barns spread with sawdust. They are fed with a mixture of hay and highly nutritious, safe compound feeds. Farmers who breed *wagyu* cattle raise them with careful attention to detail as if they were their own children, keeping a close eye on everything, including their physical condition.

A smooth, marbled pattern: the hallmark of flavor and quality.

A feature of *wagyu* beef is melt-in-the-mouth texture and a rich, luxurious taste derived from an abundance of fat. The beautiful pattern of fat through red flesh like the chuck, rib, and sirloin is termed *shimofuri*, or marbling. Its flavor will de-

light you when used in various types of cuisine. *Wagyu* beef is sold after inspection and grading for attributes such as meat color, texture and marbling. The “*Wagyu Mark*”^{*} is attached exclusively to authentic domestic Japanese beef to distinguish such *wagyu* beef quality. This mark acts as a guide when selecting delicious, high-quality, authentic *wagyu* beef.

^{*}For more information on the “*Wagyu Mark*,” please visit the following URL:
<http://www.maff.go.jp/e/export/wagyu/>

Exacting controls to deliver safe *wagyu* beef.

Japan implements extremely strict hygiene control over beef. With the outbreak of BSE (Bovine Spongiform Encephalopathy), it began BSE testing and removal of SRM (Specified Risk Material) for all cattle in Japan, which is one of the strictest standards in the world. All domestic cattle are also registered in a database at birth with an individual identification number. With the number on domestically produced beef sold in stores, the movement of cattle, including breed and birth date, can be found on the Internet.



“The best balance
of *umami*
and tenderness”



Wherever you search in the world,
you will never find a beef like *wagyu*,
so perfectly balanced in every respect.

Thierry Voisin
(Chef, Les Saisons, Imperial Hotel, Tokyo)



The term *wagyu* means Japanese beef cattle, referring to purebreds of four unique breeds: (1) Japanese Black (2) Japanese Shorthorn (3) Japanese Polled (4) Japanese Brown.

A: Beef containing high-quality fat that allows you to savor *umami* is called “*shimofuri*.”

B: With individual identification numbers, traceability applies to all Japanese beef. (<http://www.id.nlb.go.jp/english/>)

果実 Fruit

A feast
for all the senses

**Carefully nurtured appeal both
for the eyes and the palate.**

**With excellent skill and
know-how, growers maximize
the delicious qualities of fruit.**

Fruit growers in Japan conduct dedicated research into fruit characteristics and the seasons and base their fruit growing activities on this research. They invest a large amount of time and cost in growing just one final product. For example, they might remove numerous buds from a single branch of a peach, pear or apple tree to ensure that a lot of nutrition goes to just one piece of fruit. By carefully nurturing the fruit through a combination of manual care and knowledge, growers produce fruit that is very juicy and sweet, as if sugar had been added to it.

**Harvesting fruit at the peak
of seasonal ripeness.**

In Japan, the seasons and climate mean that various types of fruit appear at different times. For fruit, the great difference between summer and winter temperatures and the plentiful, quality water produce a delicious taste, juiciness and nutrients. This fruit, which has so fully reaped the benefits of nature, is harvested when judged most suitable by growers. For example, greenhouse melon growers judge peak ripeness on the basis of fruit size, weight, skin pattern and softness as well as stem thickness and leaf luster.

**Advanced production and
transportation techniques that
delight the customer.**

To ensure that high-quality fruit is delivered at the best time for eating, growers have introduced techniques that allow them to use laser scanning with computers to assess acid degree, sugar content and weight. Beautifully arranged fruit at their peak of ripeness is also highly prized overseas as gifts.



Fruit are carefully wrapped one by one to preserve quality and then transported.



“Flavor that
conveys the 'soul'
of the grower”

Through detailed research and painstaking effort, Japanese fruit growers have succeeded in extracting the optimal delicious quality of fruit.

Frankie P. Wu
(President, Aji-No-Chinmi Co., (Hong Kong) Ltd.
Chairman, Hong Kong Japanese Restaurant Association
Recipient of Award for Overseas Promotion of
Japanese Food 2006)

Japanese Tea

Be good to yourself from the inside out



Surrounded by lush mountains, Japan produces fresh, fragrant green tea.

Enjoy this healthy, delicious drink anytime, anywhere.

Full of highly acclaimed natural constituents. Nutritious as a drink and as a food ingredient.

The astringent constituent in Japanese tea is a type of polyphenol called catechin. There are various types of catechin, and research showing that they work to lower blood cholesterol and moderate fat absorption has attracted attention. Furthermore, the vitamin C in green tea is protected by the simultaneous consumption of catechin so that it is not destroyed by heat, allowing ample vitamin C uptake. It also contains constituents such as caffeine and theanine, which has relaxing properties. While drinking green tea is nutritious, using the entire leaf in food provides even greater nutritional content.

Major Nutrients in Green Tea

Extracted Liquid (for drinking)	Green Tea Leaf (for eating)
Catechin	Catechin
Amino Acid (Theanine)	Amino Acid (Theanine)
Vitamin C	Vitamin C
Caffeine	Caffeine
	β -Carotene
	Vitamin E
	Chlorophyll
	Dietary Fiber

A flavor with depth, attracting attention from gourmets worldwide.

Apart from *sencha*, which is drunk after steaming the leaves, a less astringent tea called *gyokuro* has become popular among gourmets overseas in recent years. The tea used in Japanese tea ceremony is called *matcha*. Its leaves are grown without exposure to direct sunlight. They are steamed and dried without being rubbed then stone-ground to a powder. Naturally, *matcha* is full of catechin and provides health benefits. There has been an increase in the use of *matcha* in confectionary and cooking overseas, so even more people are enjoying its depth of flavor.

Produced in a variety of ways. Find a type of tea to suit any occasion.

There are various ways of manufacturing Japanese green tea. In addition to *sencha*, the most typical Japanese tea, and deep-steamed *sencha*, which is steamed for twice as long as usual, each variety has its own unique taste and nutritional elements. These include *bancha*, which uses the hard leaves and stalks after the new leaves have grown, *houjicha*, which is made from *bancha* or *sencha* that has been roasted over high heat, and *genmaicha*, which blends *sencha* with brown rice roasted under high pressure. There are a variety of occasions on which each type of tea is drunk. *Sencha* is drunk after a meal in Japan. It is effective in reducing stickiness in the mouth and also helps prevent teeth from decaying. Tea drinking is suggested for various purposes and occasions which are commonly observed in Japan. *Sencha* is recommended as a drink before playing sports and also for quenching thirst. With their lower caffeine content, *bancha* or *houjicha* can be drunk before going to sleep.



The *matcha*, or powdered green tea, in this ice cream gives it a refreshing finish.



“For flavorsome tea, it must be at the ‘right temperature’.”



Unlike black tea, the secret to making green tea is to let the boiled water cool slightly before pouring it over the leaves. This will allow you to enjoy beautiful color and a deep flavor that is similar to *umami*.

Elizabeth Andoh
(Food Journalist in Japan)

Umami Food Ingredients

Drawing out
the unique richness
of each ingredient

With a distinctive richness, umami draws out the flavor of ingredients.

“Umami,” which appears in the presence of other foods, represents the “Fifth Taste” essential to Japanese cuisine.

Umami is one of the five tastes in Japanese cuisine and is said to be the fifth taste after sweetness, sourness, saltiness and bitterness. Fermented foods like cheese and vegetables like tomatoes contain high levels of umami. In Japanese cuisine, using the umami contained in seafood, seaweeds, mushrooms and fermented foods extracts the natural flavor of the respective ingredients and provides an excellent seasoning even in foods with low fat content. Umami represents the cornerstone of healthy Japanese food.

A variety of ingredients containing Japanese “umami.”

To use the umami element in Japanese cooking, water and dashi ingredients must be used to obtain dashi stock. Mostly dried ingredients are used to make dashi

stock. The umami elements increase during the drying and processing stages and nutrients are also concentrated. Miso paste or fermented soybean paste and soy sauce, both essential ingredients in Japanese cooking, also gain added umami during processing. It is well known that sushi and sashimi is eaten with soy sauce as the umami of soy sauce enhances the flavor of fish with minimal salt. Japan is blessed with a wealth of umami food ingredients that extract the natural taste of the raw ingredients.

Secrets behind the flavor of dashi stock - its constituents.

The constituents of dashi stock include inosinic acid and glutaminic acid, types of amino acids. It is known that these produce a stronger umami effect when used in combination. Just as meat flavor improves when simmered together with vegetables, savoring Japanese dashi stock in conjunction with food ingredients creates a masterpiece of flavor.

Using favorite Japanese seasonings in world cuisine. Unusual combinations are delicious.

An increasing number of chefs around the world are using distinctive Japanese seasonings like soy sauce, miso paste and yuzu pepper. The unique aroma and sensory stimulation of these ingredients are popular among diners. They make ideal seasonings for vegetable dip, pasta sauces and stir-fried vegetables and enable diners to discover completely new flavors.



Yuzu pepper used in a French sauce.



A salad enjoyed with a sauce made of miso.



“Katsuo bushi,” dried and fermented bonito flakes.



“Miso,” fermented paste made from soybeans and usually rice or barley.



Soy sauce, made from soybeans, wheat, and salt by fermentation for several months.



“Cuisine without dashi stock is unimaginable.”

Japanese dashi stock has the power to extract the maximum innate flavor from food. It delivers low calorie cuisine finished with a rich taste.

Christopher Dawson
(Importer of Organic and Traditional Japanese Foods in London
Recipient of Award for Overseas Promotion of Japanese Food 2007)



The best ways of enjoying Japanese food

A feature of Japanese food is that it draws out the flavor of the ingredients. In order to realize this, it is important to identify the unique features of each ingredient and then prepare dishes to reflect these features. The visual appeal of each dish is also important. I make sure that the season is expressed in each dish that I create so that the meal has both visual appeal and flavor.

Komei Nakamura, Chef

Owner of "Komei Ariake." One of Japan's leading chefs of Japanese-style cuisine who gained popularity on television as an "Iron Chef."



Japanese Food Tips

How to cook delicious rice

Although rice cookers are commonly used in Japanese homes, rice can be cooked in a pot if a rice cooker is not available. Japanese rice is even more delicious when cooked in a claypot. The secret to delicious rice lies in the type of water and the amount of heat used when cooking.



1. Wash the rice / Rinse the rice once or twice using a generous amount of water. Next, fill the container with just enough water to cover the rice, press down gently two to three times with the base of the thumb, and wash the rice again.



2. Add water / Place the rice in the pot and add 1.2 times that amount of water. Soft water, rather than hard water, is recommended for fluffy rice. Allow the rice to soak for about 30 minutes in summer or an hour in winter.



3. Cook the rice / Start the rice off on high heat. Reduce to low heat once the water begins to boil and cook for 15 minutes. Make sure the lid stays on the pot while the rice is cooking.



4. Allow the rice to steam / Once the rice is done, allow it to steam in the pot for approximately 10 minutes, which seals in the rice's delicious flavor. To keep steam from escaping, do not remove the lid from the pot during this time. After about 10 minutes, gently stir the rice to release the steam.

Tips for making your fish even more delicious

In Japanese cooking, fish features in a wide range of dishes and can be eaten raw, simmered or grilled. To truly savor the flavor, the Japanese have developed innovative ways of preparing and eating fish.



Sprinkling salt over fish

Sprinkling salt over fish and allowing it to stand before cooking will extract any excess moisture. Wiping this off reduces the distinctive odor of the fish and makes it easier to prepare.



Eating fish with grated *daikon* radish

Grilled fish is often accompanied by raw grated *daikon* radish. This not only allows you to enjoy a fresh flavor but also neutralizes the odor of fish with a distinctively spicy flavor as well.

Various ways of cutting vegetables

In Japan, with its four clearly defined seasons, seasonal vegetables feature in all meals, enabling the seasons to be enjoyed and appreciated through food. As aesthetics is also an important aspect of Japanese cooking, there are many different ways of slicing and cutting ingredients.

Rangiri (chopping into chunks)



Ichougiri (cutting round slices into quarters to form wedges)



Hyoushigiri (stick-shaped cutting)



Kushigatagiri (wedge cutting)



Example of presentation

How to brew delicious green tea

As the fermentation process is arrested in green tea by steaming the tea leaves, the result is a beautifully vivid color and depth of flavor. There are several key points to unlock this rich flavor.

1 Use soft water / It is recommended that you use soft water to draw out the smooth, delicious flavor of the tea.

2 Warm the teapot and bowls / Warming the teapot and bowls before pouring the tea prevents the tea from cooling and also enhances its flavor.

3 Use hot, but not boiling, water / Boiling water tends to strengthen the bitterness found in tea. For a more natural flavor, let the water cool slightly before using it to make tea.



Types of *dashi* ingredients

Dashi refers to a liquid in which animal or vegetable ingredients have been steeped or simmered to extract the *umami* flavor. *Dashi* forms the taste and flavor basis of a wide range of Japanese dishes including *miso* soup, simmered and boiled dishes, and *takikomi gohan* (savory rice).



Small dried sardines
Fish such as anchovies that are simmered and dried.



Kombu kelp
Seaweed found on the coast off of northern Japan. Used dried.



Dried bonito
Flesh of the bonito, dried and fermented until it hardens.

Experience the tastiness of Japanese food ingredients within your own national cuisine.



Japanese food is of high quality, and the raw ingredients themselves are richly flavored. Using them, not just in Japanese cuisine but in combination with the cuisine of any nation, broadens the reach of these wonderful flavors. Here we have taken popular recipes from various countries and modified them using Japanese ingredients. Why not try the novel flavors produced by these combinations with Japanese ingredients?

Masae Furutani, Food Researcher

Has studied international food culture extensively including Japanese, Western and Chinese cuisine, and confectionery. Currently lectures at cookery schools, holds seminars and also develops new dishes for food companies.

Herb-Roasted Scallops

French Cuisine

Use this simple recipe to enjoy these Japanese scallops, which are full of savory flavor. Crisp, light *panko* bread crumbs beautifully complement these meaty scallops. You can also use scallops in the shell. If you do, then place the *panko* bread crumbs directly on top of the scallops and bake them in a toaster oven.

[Ingredients]

Scallops (raw) : 4
A Garlic : 1/2 clove
Eschalot : 1/4
Parsley : 1 tablespoon
Panko bread crumbs :
4 tablespoons

Butter : 2 tablespoons
Cooking oil : 1 tablespoon
Salt/pepper : To taste
Chervil (if available) : For garnish

[How to cook]

1. Finely chop the garlic, eschalot and parsley. Sprinkle salt and pepper on the scallops. Heat oil in a frying pan and sauté the scallops on both sides until lightly browned.
2. Heat butter in another frying pan, sauté A, and season to taste with salt and pepper.
3. Place the scallops on a heat-resistant plate then add 2. Bake in a toaster oven for approx. 7 to 8 minutes until nicely browned.
4. Arrange 3. on a platter and garnish with chervil.



Wagyu Beef and Beans

American Cuisine



Here we take pork beans, a popular American home-cooked dish, and make it using Japan-produced *wagyu* beef. As *wagyu* beef is typically tender and juicy, cooking time is shorter than pork, and the flavor is richer. Just savor the juices in this dish, which are full of the meat's sweetness and rich flavor.

[Ingredients]

Wagyu Beef (in a piece) :
200g (approx. 7 oz.)
Onion : 1
Mixed beans : 1 can
A Mustard : 1 teaspoon
Salt : 1 teaspoon
Pepper : To taste
Barbecue sauce : 1/4 cup

Cooking oil : 2 tablespoons
Salt/pepper : To taste
Water : 2 cups

[How to cook]

1. Cut the *wagyu* beef into 1 cm cubes and lightly salt and pepper. Cut the onion into 3cm squares.
2. Heat the cooking oil in a saucepan, add the beef, lightly cook until brown, and remove from the saucepan. Sauté the onions in the same saucepan and return the beef.
3. Add the water, bring to a boil, then simmer on low heat for 20 minutes while skimming off the scum.
4. Add A and the mixed beans and simmer further for 6 minutes on medium heat. Continue boiling on high heat for a short time to reduce some of the liquid.



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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