

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.



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

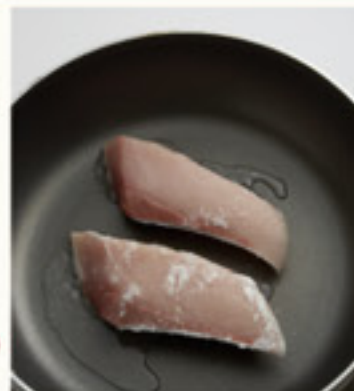
4 slices of yellowtail (80 to 100 grams per slice)  
180 cc Japanese rice wine  
90 cc water  
30 grams sugar  
30 grams soy sauce

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.

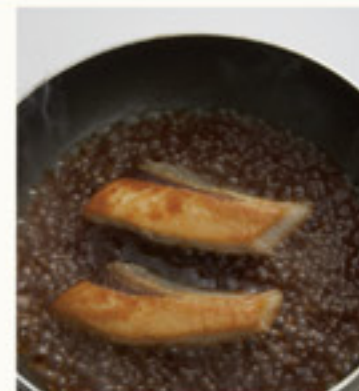


**4** Wipe off excess oil and scum with cooking paper.

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

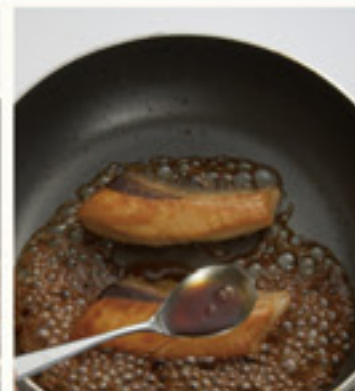


**5** Pour the sauce—a mixture of the Japanese rice wine, water, sugar, and soy sauce—into the pan all at once.



**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.



**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.

## 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.





# Chicken and Egg Bowl

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

## 4 servings

300 grams chicken, dark meat  
2 eggs  
2 leeks  
4 mushrooms  
1 bunch of coriander

300 cc water  
50 cc Japanese rice wine  
50 cc soy sauce  
10 grams sugar  
Pepper to taste

Calories per Serving : 473 kcal

4 bowlfuls of steamed rice



❶ Cut chicken into bite-size pieces and immerse them quickly in boiled water.



❷ Place the leek and mushroom in a frying pan.

Cut the leek diagonally into thin pieces. Cut the mushrooms into bite-size pieces.



❸ Place the prepared chicken pieces on top of the leeks and mushrooms.



❹ Mix the water, Japanese rice wine, soy sauce, sugar, and pepper, and pour the mixture into the frying pan.

Light the flame and cook on medium until the chicken is 80% cooked.



❺ Light the flame and cook on medium heat until the chicken and white leek are cooked.



❻ Beat two eggs with chopsticks and pour the mixture into the pan along the chopsticks.

Refrain from beating too much. Turn the bowl around the pan when you pour in the eggs.



❼ When the egg is half-cooked, turn off the heat. Make sure the egg is not overcooked.

Place the coriander leaf on top. Fill a bowl with rice and place the contents of the pan on top of the rice. You may wish to sprinkle it with herbs and/or pepper.





# Takikomi Gohan

This is basically a variation of boiled 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.

## 4 servings

250 grams chicken  
450 grams rice  
1 large potato  
50 grams skinned green peas  
450 cc water

Calories per Serving : 613 kcal

45 cc soy sauce  
45 cc Japanese rice wine  
Pepper to taste



**1** Cut the chicken into bite-size pieces and immerse them quickly in boiled water.



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

Water will help remove scum from the potato and prevent discoloring.



**3** Place the washed rice into the pan and add water, potato, chicken, and green peas.

No need to mix the ingredients with the rice since they will all mix when boiled.



**4** Mix the soy sauce and the Japanese rice wine; then add the mixture to the rice cooker. No need to stir the mixture in the rice cooker.



**5** Set the pan's lid to let steam escape.

If the pan is sealed, it could boil over. When enough steam is let out, seal the pan with the lid.



**6** Boil the rice mixture well.

Boil the rice mixture well for about 15 minutes until all the fluid is gone so that the rice and ingredients soak up the sauce. Reduce the heat to simmer when the fluid is gone.



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

Stir up the cooked rice and ingredients gently so that the ingredients are not mashed. Do not mix in any scorched rice.





# Chirashi-Zushi

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

## 4 servings

3 cups of hard-boiled rice

Vinegar mix (55 cc vinegar, 15 grams salt, and 45 cc sugar)

Scrambled eggs (2 eggs, 0.9 gram sugar, salt to taste)

2 asparagus spears

Condiment made of 2 bunches of coriander, 40 grams minced ginger, and 30 grams sesame seeds

Calories per Serving : 608 kcal

1/2 Smoked salmon chunk

4 shrimps

1 zucchini



- 1** Boil the rice with slightly reduced water.

Since the vinegar mix will be added later, slightly less water should be used to cook the rice.



- 2** Mix the vinegar with the salt and sugar and pour the mixture on the boiled rice in a bowl.

It is easier to mix the vinegar with rice in a bowl than in the rice cooker. Make sure the vinegar mix is poured in all at once. To prevent the rice from becoming sticky, do not stir it too rigorously.



- 3** Beat 2 eggs with the sugar and salt and pour the mixture in a frying pan to make scrambled eggs.

Make sure you use chopsticks to help the eggs to take in air for a softer finish. Do not overcook.



- 4** Slice the smoked salmon into 2- to 3-mm thick bite-size pieces.



- 5** Serve the vinegared rice on a plate and arrange the sliced salmon on top.



- 6** Place scrambled egg and zucchini on top of the vinegared rice.

Slice the zucchini and soak it in 1.5% salt water for 30 minutes. Rub the salted zucchini lightly until tender.



- 7** Arrange the boiled shrimp and the asparagus on top of the vinegared rice.

Boil the shrimp for 2 minutes in boiling 1.5% salt water. Ingredients should be arranged on top of vinegared rice attractively.





# Three-Colored Rice

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

## 4 servings

Red, green, and yellow peppers (1 pepper of each color)  
2 cloves of garlic  
100 to 150 grams ground beef and pork  
300 grams boiled rice  
5 grams salt

Calories per Serving : 228 kcal

Pinch of pepper



**1** Cut the peppers into 1 cm x 1 cm pieces.

The peppers will shrink when rubbed with salt.



**2** Mince the two cloves of garlic finely.



**3** Blanch the ground beef and pork to eliminate excess fat.

Blanched meat is easier to stir-fry.



**4** Pan fry the cut peppers, garlic, and ground meat quickly on a high flame.



**5** Flavor the mix with salt and pepper.



**6** Scoop boiled rice into a bowl.

It is easier to mix the rice and ingredients in a bowl than in a pan.



**7** Mix the rice and ingredients quickly and boldly.

Juices from the meat should make the mixing easy.





# Porridge of Rice and Vegetables

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

## 4 servings

1 large tomato  
1/2 head of broccoli  
2 white leeks  
1 tofu  
1 bunch of watercress

2 eggs  
5 grams salt  
10 cc soy sauce  
800 cc water  
1 piece of dried Kombu kelp, 8 cm x 8 cm

Calories per Serving : 265kcal

30 grams dried shrimp  
300 grams boiled rice



**1** Soak the dried shrimp and Kombu kelp in water.

Decoct the soaked shrimp and kelp to prepare broth.



**2** Cook leek and tomato in the broth on a medium flame.

Cook white leek and tomato in the broth on a medium flame. Do not peel the tomato.



**3** Add the broccoli to the pot.

Remove the tomato skin and any scum.



**4** Crumble the tofu into pieces with your hands and add the tofu to the pot.

Crumbling the tofu with the hands allows for better absorption of flavor. Cook over a medium flame.



**5** Season the ingredients with soy sauce and salt.



**6** Add boiled rice to the pot.

Cook the boiled rice quickly in the pot in order to prevent the rice from becoming sticky.



**7** Pour in beaten eggs to bind the ingredients together.

Add the watercress. Maintain the medium flame until the eggs congeal. The watercress should be added at the last minute.





# 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, mixing 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.



1 Place the boiled rice on your right hand and apply light pressure with the palm of your left hand. Form a triangular ball with both hands. Do not apply too much pressure.



2 Make a small dent in the center of the ball and insert a filling of your choice. Place some rice over the filling.



3 Shape the rice ball nicely with your right index finger and left middle finger. Turn the rice ball in your hands as you apply pressure to each of three sides of the triangle.

## Roasted rice ball using a mold (circle)

The use of a stainless steel mold makes it easy to form a perfectly shaped rice ball.



1 Dip the mold in water and fill the wet mold with rice to make a rice ball.



2 Roast the rice ball slowly and coat the rice ball with miso soybean paste when the ball's surface is caked.



3 Using a brush, coat the rice ball with soy sauce and roast it until the surface becomes dry. Repeat this process twice.

## Suggested fillings

### Canned tuna

Drain the liquid from the can before using.



### Cream cheese

Natural cheese that melts from the heat of the rice is preferable. Blue cheese also goes well with rice balls.



### Canned corned beef

which tastes better when a little soy sauce is added.



You cannot form a rice ball well when the boiled rice is cold. Let the rice cool slightly before making a ball. Mix 10 grams of salt in 100 cc of water and immerse both of your hands in this water. This will ensure even distribution of a salty taste on the surface of the rice ball. Do not use this salt water mixture when you prepare roasted rice balls.

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

### Anchovy

Use only a small amount.



### Onion

Onions should be thinly sliced and rubbed with a pinch of salt.



### Soy sauce

Perfect for a grilled rice ball. Thin it out with a small amount of Japanese rice wine or water to make it easier to apply to the surface of the rice ball.



### Pickled plum

The most traditional rice ball filling. Remove the pit before using.



### Salmon fillet

Apply a pinch of salt to a fillet of salmon and grill it.



### Miso soybean paste

Perfect for a grilled rice ball. Thin it out with a small amount of Japanese rice wine or water. The ideal ratio would be 50 grams of sugar for 100 grams of miso.





## Combinations for a Successful Box Lunch

### ① Sauce for Marinated Meat or Fish

1 part soy sauce + 1 part sugar + 1 part rice wine

Marinate the fish or meat in this sauce for 20 minutes. The volume of fish or meat to be marinated should be twice as much as the sauce.

### ② Batter for Deep-Fried Dish

6 parts water + 3 parts flour + 1 part fresh cream

Fresh cream gives extra body and mellowness. It is also easier to fry tempura with this batter than ordinary egg-based batter.

### ③ Sauce for Stir-Fried Meat, Fish, or Vegetables

3 parts rice wine + 2 parts soy sauce + 1 part sugar

Drain excess liquid and apply stronger sauce for a tasty stir-fry that goes well with rice.

A Japanese box lunch consists of rice cooked to a turn and several side dishes. Box lunches are eaten at school, the office, and on picnics. It is a part of Japanese culture to savor rice, which remains sticky even when it gets cold, accompanied by beautifully arranged side dishes. What follow are wise combinations of ingredients and seasonings for great box lunch side dishes.



#### Teriyaki Yellowtail

Marinate a fillet of yellowtail in the sauce for 20 minutes before pan-frying it.



#### Teriyaki Chicken

Marinate dark chicken meat in the sauce for 20 minutes and pan-fry it.



#### Deep-fried fish

Coat the surface of a salmon fillet thinly with flour. Add sesame seeds to the batter and dip the fish into it. Deep fry the fish at 170°C. Flavor the fish with salt or soy sauce.



#### Deep-fried shrimp/wiener sausage

Coat the surface of the ingredients thinly with flour. Add chopped herbs to the batter. Batter-fry the shrimp or sausage in salad oil at 170°C. Flavor the fried shrimp or sausage with salt or soy sauce.



#### Stir-fry meat and vegetables

Stir-fry celery, sliced beet, asparagus, and mushroom and cook them with the sauce.



#### Stir-fry squid and vegetables

Snick the squid before cooking. Stir-fry the squid, yellow, red, and green peppers, and broccoli quickly and pour in the stir-fry sauce to cover the ingredients.







## "Sa, Shi, Su, Se, So" and Rice: The Magic Interface at the Heart of Japanese Cooking

Sato (sugar), shio (salt), su (vinegar), shoyu (soy sauce), and miso (soybean paste) are five essential condiments in Japanese cooking. From their pronunciation in Japanese, they are referred to affectionately as "sa, shi, su, se, so." Most of the seasoning used in Japanese cooking can be created with combinations of these five. Japanese cooking makes it a rule to use the best ingredients of the season and flavor them simply and unobtrusively so that their most exquisite flavor is brought out. This way of cooking is attributable to the Japanese love of rice since ancient times. The greatest treat for the Japanese has always been rice, and people never tire of rice even if it is eaten every day. At the foundation of Japanese cooking is, therefore, how to flavor side dishes so that the rice tastes best.

### Secrets of Selecting and Enjoying Japanese Rice Wisely

"First and foremost, take a close look at the rice. Good rice is shiny and fragrant, and the grains are all about the same size. Since Japanese rice is superior in quality, it can be easily cooked in any pot or rice cooker. Make sure, though, that you allow the boiled rice to settle well. This process will ensure that each and every grain of rice becomes boiled to the perfect degree of softness and sweetness.

The Japanese diet centered on rice is well-balanced and superb compared to other diets in the world. And Japanese cooking is not difficult once you have mastered the basics. I very much hope that you will enjoy the Japanese diet. It is our sincere hope that this recipe book will help the Japanese diet find its way to dining tables all over the world."

**Profile of Nozaki Hiromitsu, Author** Born in 1953 in Fukushima Prefecture, Japan, Nozaki is a leading authority on Japanese cooking and the inventor of numerous recipes. Currently he is the executive chef at the Japanese restaurant Waketokuyama. He often appears in the media to introduce easy-to-follow Japanese cooking based on cooking and nutritional sciences. Nozaki is the author of numerous books.



Nozaki Hiromitsu

## Japanese rice not only tastes delicious but also brings with it peace of mind and health.

### Japanese Diet and Rice for a Long and Healthy Life

Japanese rice contains numerous nutrients of high quality that our bodies need, such as carbohydrates, the source of our energy, as well as protein and minerals. It is also rich in plant fiber. Starch in rice burns slowly within the body and, therefore, produces a long-lasting feeling of satiety. Since it is not easily converted to body fat, Japanese rice is not high in calories even though it may look voluminous with its high water content. Japanese rice makes the diet well-balanced, and therefore, is the linchpin of the long and healthy life of the Japanese people.

### Japanese Rice Helps Maintain Beautiful Skin

Japanese rice contains an abundance of vitamin Bs with B1 and B2 controlling the metabolism of skin fat. It also has vitamin E, which reduces premature aging and stimulates blood circulation, aside from minerals such as zinc, and iron. Its plant fiber activates intestinal functions, preventing skin problems. The beautiful skin of Japanese women owes a lot to regular meals every day centered around Japanese rice.

### Numerous Varieties of Japanese Rice

Japanese rice is nurtured by the clear water and air of Japan. There are numerous varieties. A representative breed is "Koshihikari". This brand rice of superior quality claims the largest planting area in Japan. We hope you will compare the taste and fragrance of a variety of Japanese rice and start introducing more rice into your everyday diet from today.





Rice Dealers Handling Japanese Rice

Printed in Japan



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NOT FOR SALE