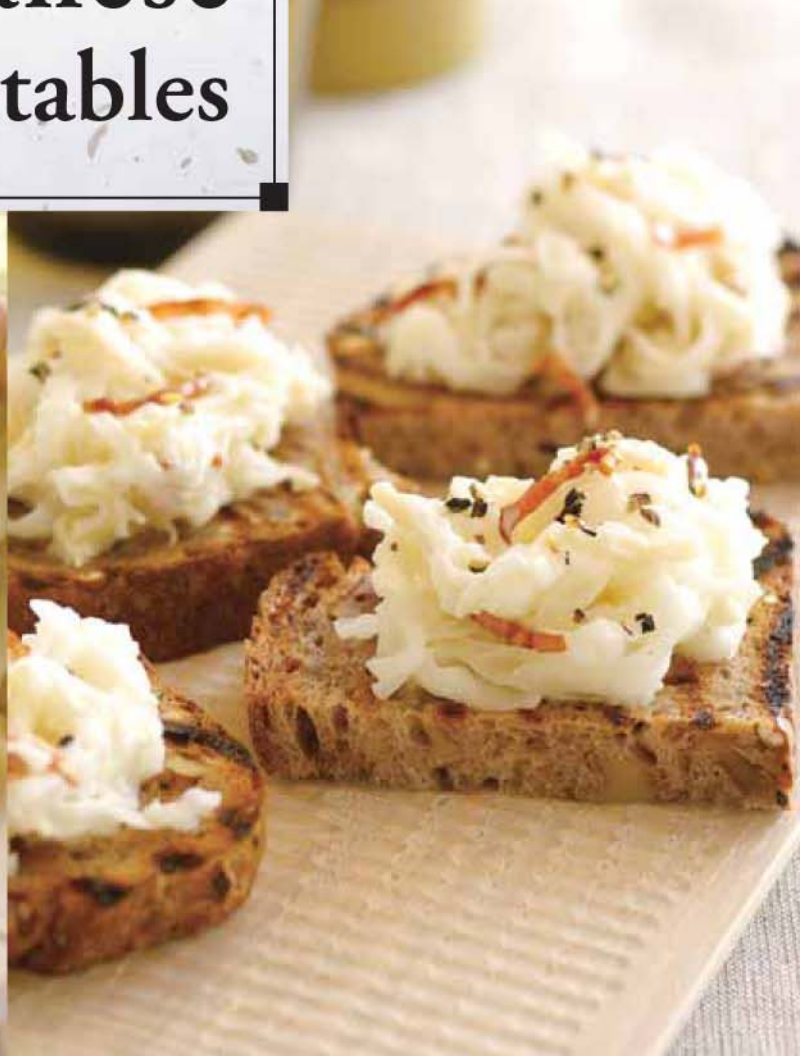


A Collection of
Recipes Featuring
Japanese
Vegetables



Introduction

Bringing Japanese Vegetables to Your Table – In Delicious and Healthy Recipes

Nutritionally well-balanced food is essential for a healthy body and a contented lifestyle.

In the following pages, we would like to present healthy and tasty recipes that can easily be tried out at home, featuring vegetables from Japan, the land of longevity – vegetables like the popular "Japanese yam", the crispy and delightful "Lettuce", the most widely eaten vegetable in Japan, the "Radish," and the "Cabbage," which is delicious all through the year.



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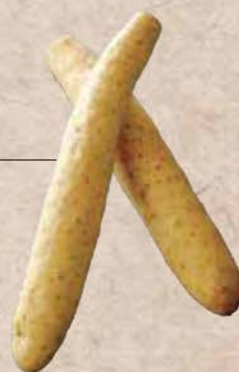
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Japanese Yam

The Japanese yam is still an exotic vegetable in Europe and America, but is quite common in Asia in addition to being known for its medicinal properties. The Japanese yam plays a venerable role in the food culture of the land of longevity—Japan. Tuberous vegetables usually need to be cooked before they can be eaten, but the Japanese yam can be eaten raw. Even those who have never eaten it will find it immediately enjoyable if fried or mixed into a batter and baked into a pancake. Frying increases sweetness and leaves the insides warm and tender, bringing out the deliciousness of the Japanese yam.



Oven-roasted chicken with Japanese yam

Ingredients (Preparation)	Amount
Japanese yam (Peel and chunk)	1/3
De-boned chicken wings (Chop into two, and season with salt and pepper.)	4
Carrots (Peel and chunk)	1/2
Onions (Peel)	6
Garlic	3 cloves
Thyme	2 sprigs
Salt / Pepper	a pinch
Olive oil	An appropriate amount

Cooking Instructions {Serves 4}

- 1 Place all the vegetables on a baking tray, season with salt and pepper, and add a dash of olive oil all over.
- 2 Set the oven at 200 degrees and cook for approximately 20 minutes. Take out, brush the oil drained onto the tray back onto the vegetables and cook for another minute.



Fragrant Japanese yam frites

Ingredients (Preparation)	Amount
Japanese yam	100 g
Garlic	1 clove
Fresh rosemary	1 sprig
Rock salt	to taste
Frying oil	An appropriate amount

Cooking Instructions {Serves 2}

- 1 Peel the Japanese yam and slice into thin strips, 10 cm long and 2 cm wide.
- 2 Add a clove of garlic and rosemary to the frying oil and heat slowly to 160 degrees to bring out the fragrances of the herbs, then remove them from the oil.
- 3 Fry the Japanese yam strips until they are golden brown on the surface.
- 1 Sprinkle rock salt while still hot.



Fluffy *okonomiyaki* pancakes with Japanese yam

Ingredients (Preparation)	Amount
Japanese yam (Peel and grate)	70 ml
Wheat flour	100 g
Eggs	2
Cabbage (Chop into fine strips)	200 g
Thin slices of pork (Cut into two)	4 slices
Cooking oil	An appropriate amount
Okonomiyaki sauce / Mayonnaise	to taste

For a typically Japanese flavor, the following ingredients may be used if available

Green laver flakes	to taste	Beni-shoga	2 tablespoons
Bonito flakes	to taste		

Cooking Instructions {Serves 4}

- 1 In a bowl, break the eggs, and $\frac{2}{3}$ cups of water and the flour, and mix well with a whisk.
- 2 Incorporate the Japanese yam, cabbage, and bonito flakes.
- 3 Heat the oil in a pan and pour the batter into it. Place the pork strips over the batter. Cook over a medium flame. When one side gets cooked, turn around and cook through.
- 4 Slather the pancake with sauce and mayonnaise, and garnish with green laver flakes and beni-shoga



Lettuce

The lettuce is a vegetable well loved for the crispy freshness of its beautiful green leaves. The Iceberg lettuce is also suitable for cooking as its thick leaves do not crumble with heat. The following pages introduce a few recipes that bring out the crispy deliciousness of the Iceberg lettuce.



Lettuce-Based Vegetable Salad

Ingredients (Preparation)	Amount
Lettuce (Wash and tear)	1 head
Salad onions (Slice, wash, and drain)	1/3
Radish (Slice thin)	2
Yellow peppers	1/4
(Remove the stem and seeds and slice thin)	
Dressing	
• Olive oil	3 tablespoon
• Vinegar	2 tablespoon
• Salt	a pinch
• Pepper	a pinch
• Onions (Chop finely)	1/5

Cooking Instructions {Serves 4}

- 1 Mix the ingredients for the dressing in a bowl
- 2 Heap the lettuce, salad onions, radish and yellow peppers in a salad bowl and chill in the fridge. Toss with the dressing just before serving.



Sautéed lettuce and cuttlefish

Ingredients (Preparation)	Amount
Lettuce (Wash and tear) -----	1 small head
Cuttlefish (Clean and chop into bite-size bits) --	1 fillet
Soluble starch (Mix with equal amount of water) -----	1 teaspoon
Ginger extract -----	1 Small quantity
Cooking oil -----	3 tablespoon
Oyster sauce -----	2 tablespoon
Sake or white wine -----	1 tablespoon
Sugar -----	2 teaspoon
Salt / Pepper -----	a pinch
Sesame oil -----	1 teaspoon

Cooking Instructions {Serves 4}

- Heat half the cooking oil in a frying pan and quickly sauté the cuttlefish. Remove the cuttlefish and add the remaining oil. Sauté the lettuce briefly over a high flame. Return the sautéed cuttlefish to the pan. Add seasonings and pour in the starch to emulsify the sauce. Remove from heat.
- Add a dash of sesame oil.



Steamed lettuce-ham rolls

Ingredients (Preparation)	Amount
Large lettuce leaves (Blanch quickly and spread out) -----	4 leaves
Ham -----	4 slices
Yellow peppers -----	50 g
Filling	
• ground pork -----	250 g
• parsley -----	a small quantity
• cottage cheese -----	70 ml
Salt / Pepper -----	a pinch
Consommé -----	an appropriate amount

Cooking Instructions {Serves 4}

- Mix the ingredients for the filling in a bowl and season with salt and pepper. Divide this into four portions
- Place a slice of ham and one portion of filling on each of the spread out lettuce leaves and wrap up into rolls
- Place the rolls in a pan and add enough consommé to cover the rolls. Place a lid over the pan and cook for 15 minutes. Place the yellow peppers on the rolls and cook for a few more moments.
- Serve in soup bowls.



Radish

Well-known in America as a salad vegetable, the radish is an extremely popular vegetable in Japan too. Loved for its fresh piquancy and subtle sweetness, the radish is cultivated in Japan all year round. The Japanese radish is especially juicy and sweet, and the following pages introduce a few recipes that bring out the delicious, crisp freshness of this vegetable.



Radish and seafood canape

Ingredients (Preparation)	Amount
Radish (Slice thin with a peeler)	1/3
Bacon (Slice thinner)	30g
Canned clams or tuna	80g
Mayonnaise	50ml
Lemon	1 teaspoon
Salt	a pinch
Pepper	a pinch
Sliced bread	For four persons

Cooking Instructions {Serves 4}

- ① Sprinkle some salt over the radish and set it aside to let it weep. Squeeze dry.
- ② Toast the bacon in a frying pan until crispy.
- ③ Mix the mayonnaise and clams (or tuna). Add the radish and bacon and mix well.
- ④ Add salt, pepper, and lemon to taste. Serve on bread.

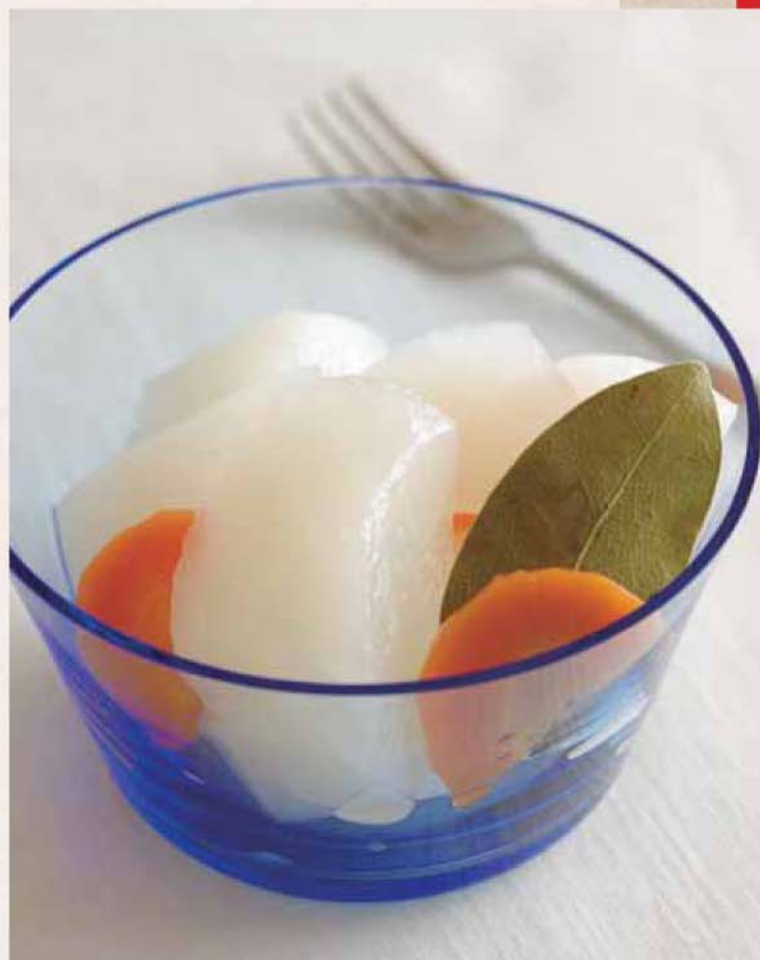


Radish pickles

Ingredients (Preparation)	Amount
Radish (Peel and chunk)	1/3
Carrots (Cut into 2 mm slices and then halve)	1/4
Pickling solution	
• Vinegar	100 ml
• Water	70 ml
• Sugar	2 tablespoon
• Salt	1/4 teaspoon
• White pepper corns	10 corns
• Bayleaf	1
• Mustard seeds	1 teaspoon

Cooking Instructions {Serves 4}

- 1 Blanch the radish and carrots (separately) in a large pot of water. Drain and cool.
- 2 Place the ingredients for the pickling solution in a pan and bring to a boil. Remove from the heat and let it cool. Pour into a pickle jar and soak the blanched radish and carrots in the solution. The pickle is good to eat in a week's time.



Rolled radish

Ingredients (Preparation)	Amount
Radish (Slice thin using a peeler)	15 cm
Smoked salmon	4 fillets
Salt	a pinch
Lemon	a pinch

Cooking Instructions {Serves 4}

- 1 Peel the radish and slice thin.
- 2 Sprinkle a bit of salt and set aside until soft. Remove any excess moisture using a paper towel. Place smoked salmon slices on top of the radish, squeeze a dab of lemon, and roll. Stop with a toothpick and serve.

Cabbage

The cabbage is used in a variety of ways—raw, boiled, sautéed, and pickled—in Japanese cuisine. The Japanese cabbage changes in taste with the four seasons – there are the spring cabbages with their soft leaves, the succulent summer and autumn cabbage suited for salads, and the tightly packed winter cabbages, which are delicious when cooked. Steaming is a better alternative to boiling when cooking cabbages, as it not only retains more of the nutritional value of the vegetable, but also increases its sweetness and color.



Pasta salad with cabbage and tuna

Ingredients (Preparation)	Amount
Cabbage (Wash and tear with hands)	3 leaves
Tuna (can) (Drain the oil)	80 g
Salt / Pepper	a pinch each
Lemon	1/2 teaspoon
Olive oil	1 tablespoon
Fusilli (short pasta)	160 g
Apple vinegar	1 teaspoon
Onions	1/4
(Slice thin, wash with cold water, and drain well)	

Cooking Instructions {Serves 2}

- 1 In a bowl, mix the tuna, lemon, onions, and apple vinegar. Add salt, pepper and olive oil to taste to make a sauce.
- 2 Cook the pasta in salt water. With two minutes left to go, add the cabbage and cook together with the pasta. Drain out the water and toss with some olive oil (extra). Incorporate sauce and serve.



Steamed cabbage

Ingredients (Preparation)	Amount
Cabbage	1/2 a head
Salt	a pinch
Anchovy	1 fillet
Olive oil	50 cc
Lemon	1 teaspoon
Pepper	a pinch
Lemon zest	a small quantity

Cooking Instructions {Serves 4}

- 1 In a bowl, crush the anchovy and incorporate olive oil, lemon, salt and pepper to make a sauce.
- 2 Cut each cabbage leaf into six equal pieces. Take 5 mm of water in a saucepan and bring it to a boil. Place the cabbage leaves in the saucepan, cover it, and cook for one to one and a half minutes. Remove the leaves from the pan.
- 4 Add the lemon zest to the sauce and toss the steamed cabbage leaves with it.
* This can also be incorporated into a pasta dish



Cabbage and clams steamed with butter

Ingredients (Preparation)	Amount
Cabbage	1/4 (Wash and tear leaves with hands, slice the stalk)
Clams	12 (De-sand and scrub the shells clean)
White wine	3 tablespoon
Butter	1 tablespoon
Salt / Pepper	a pinch each
Garlic (Chop finely)	1/2 a clove
Parsley (Chop finely)	1 sprig

Cooking Instructions {Serves 4}

- 1 In a pan, cook the garlic in butter over a slow flame. When it starts browning, add the cabbage, clams, and white wine.
- 2 Raise the heat till the wine comes to a boil, then flambé and cover with a lid. After a couple of minutes, when the clams have all opened up, add salt and pepper. Garnish with parsley.





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