

THE MARINERS' DIGEST

Special Edition



Healthy Menus Vol.1–20

Vegetable-Packed Recipes for Seafarers Working Onboard

By Makiko Hei, Culinary researcher



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Vegetable Main Dish Recipes Vol. 1

Let's Eat Plenty of Cabbage, Which Helps Digestion and Relieves Fatigue!

By Makiko Hei



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Cabbage Aids Digestion

Cabbage contains a lot of vitamins U and K, which restore the stomach's mucous membrane and relieves gastric ulcers. It is one of the healthiest choices among light-colored vegetables, and is very high in vitamin C as well.

It has been proven that cabbage is effective in relieving stomach pain, and alleviating gastrointestinal ulcers to a certain degree. The vitamin U found from cabbage is also called "cabbagin," which is also the name of a well-known digestive medicine in Japan. It is reportedly an effective treatment for maladies such as diabetes, constipation, rashes, and urinary tract disorders, as well as keeping the digestive system healthy. In addition, it can be useful in promoting recovery from fatigue, controlling bleeding, and relieving pain, and is said to help reduce the risk of cancer.

Use Parts Differently And Taste Well

The darker green outer leaves of the cabbage are more fibrous and have a stronger flavor, so they are best used in dishes that are cooked. If you are eating your cabbage raw, use the inner leaves, which are softer and lighter in color.

Change the Flavor by Changing the Way You Slice it

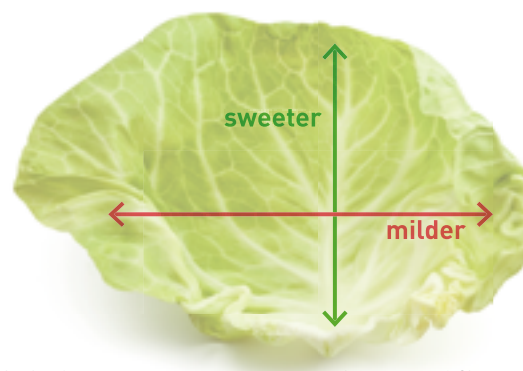
The veins (fibers) of the cabbage leaves, which carry

water and nutrients, run from the center of the leaves to the outside. The cabbage will taste sweeter if you cut along the veins in the leaves, and milder when you cut out the veins vertically. Shredded cabbage, which is frequently served alongside fried dishes, we recommend slicing it in a way that cuts out the fibers vertically. Before eating raw cabbage, soak it in cold water for about five minutes to remove harshness and give it a more crispy texture.

So by using different parts of the cabbage, and cutting it in different ways, you can enjoy it in various ways. Find out how you like it best and enjoy it often.

About Storage

After you remove the core of a cabbage, soak a paper towel in water and place it in the cavity, then wrap the cabbage in newspaper and store it in the refrigerator.



Angle of cut

bergamont ©Shutterstock

Cabbage Menchi Katsu (Minced Meat Cutlet)

Make a Healthy and Filling Meal with Equal Parts Meat and Cabbage!

Ingredients (for 4 servings)

300g ground beef and pork (well chilled)

300g cabbage

100g onion

2/3Cup raw panko(Japanese breadcrumbs)

1 teaspoon salt

Pepper(To taste)

1 egg

coating

Flour as needed

Batter Liquid: Mix 1 egg, 1 tablespoon water,

2 tablespoons Flour

Raw Panko as needed

Cooking oil (rice oil or other plant-based oil) as needed

Favorite sauce(To taste)



1. Shred cabbage 3mm wide, and mince onion.
2. Mix ground beef and pork, salt and pepper, and egg thoroughly by hand. Add cabbage, onion, and raw panko, and knead the entire mixture. Work quickly while the meat is cold.
3. Divide the mixture into four parts. Put a little oil on your hands and pat each patty into shape roundly, making sure there is no air in the patties.
4. Coat each patty first with flour, then batter liquid, then raw panko, in that order.
5. Heat oil to medium; when the oil heats up to 160℃, put the patties in the oil, cooking about 10 minutes as the oil gradually heats up. Watching carefully not to overcook. Ensure even cooking.



Tips

Chilling the meat before cooking results in a juicier cutlet, because less of the flavorful fat melts away.



Pickled Cabbage

Make Plenty of These Pickles Ahead of Time—the Perfect Relish for Any Side Dish

Ingredients (for 1 easy-to-prepare batch)

1/4 head (400g) Cabbage

marinade

150cc rice vinegar (or white wine vinegar)

100cc boiled water

4 tablespoons sugar

1.5 teaspoon salt

1/2 teaspoon cumin whole

2 bay leaves

1. Cut cabbage into bite-size pieces.
2. Bring a pot of water to a boil, add some salt (not included in the recipe), then boil cabbage for about one minute. Move the cabbage from the pot to a strainer or basket (Do not put in water).
3. Place it in a storage container, and add marinade. Chill in the refrigerator for about 6 hours, sometimes it helps to stir the mixture.



Tips

Add slices of fresh carrot and cucumber to make your pickles even more delicious.

Profile

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* The school teaches a careful approach to preparing of vegetables in ways to create glamorous vegetable dishes, with the motto “Love vegetables, make delicious daily meals.”



Vegetable Main Dish Recipes Vol. 2

Enjoy Carrots

—Eat Smart and Improve Your Immunity!

Carrots, which go well with all types of cuisine and are readily available throughout the year, are a popular vegetable in almost every household. This issue shows you a few easy ways for you to eat and enjoy more of these nutritious vegetables.

BY Makiko Hei



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Main Health Benefits of Carrots

Carrots contain far more carotene than other vegetables. Carotene is a nutrient that has important functions, converting into vitamin A in the body to maintain health.

To be specific, carrots help strengthen the mucous membranes in the nose and throat, which makes it easier to fight off infection by the cold virus. They are also an antioxidant that helps maintain the immune system. In addition, carrots reportedly have a positive effect on maintaining skin health and preventing night blindness*.

Carrots also have an abundance of dietary fiber, which improves bowel movements and helps absorb fat, sugar, sodium, and so on and expel them from the body. In addition, carrots seem to help prevent and improve conditions such as obesity, high cholesterol, diabetes, and high blood pressure.

*Night blindness: A condition in which patients' eyesight deteriorates significantly, making it difficult to see in dim light or darkness.

They Are Best Unpeeled

Please try to eat unpeeled carrots because their skin contains an abundance of carotene. In addition, eating carrots cooked with oil will help increase the body's absorption of carotene.

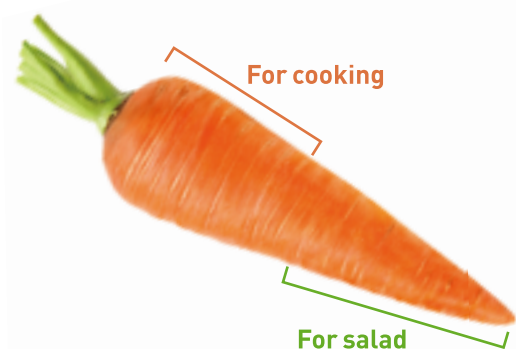
How to Store Carrots

Wrap carrots in newspaper or put them in a plastic bag and store them in a cool place, because carrots are easily damaged by exposure to air blowing on them. It's best to store them in a vegetable crisper, if your refrigerator has one.

Tips for Eating Different Parts of the Carrot

The part of the carrot closest to the stalks and leaves has thicker fibers, because the tissue here is more mature. This part has a richer flavor, too, so it's best for dishes where the carrot is boiled, sautéed or grated instead of eating it raw.

On the other hand, the narrow part of the carrots toward the tip is fresh and delicious to eat raw. This part is still growing, so the fibers are tender and the skin is thin.



Let's use depend on different part.

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Carrot and Minced Pork Salad

(4 servings)

The key is not only to use an unpeeled carrot, but also to make sure you don't overcook it when you're sautéing this dish.

[Ingredients]

180 g carrot (1 medium-size)

50g watercress (if available)

300g minced pork

1 clove garlic

● 2 teaspoons sake

● 2 teaspoons soy sauce

● 2 teaspoons mirin (sweet cooking sake)

1 tablespoon sesame oil x 2

Water as needed



Sauce

1 or 2 green chilies (more or less depending on your preference)

1 tablespoon miso (Gochujang or Japanese miso)

1 tablespoon honey

1 tablespoon roasted white sesame

1 tablespoon sesame oil

1 teaspoon ginger (grated)

* You can store the sauce in the refrigerator for about two weeks.

[Preparation]

1. Slice the unpeeled carrot into 1cm thick rounds. Separate the watercress leaves and stems and cut the stems to half their original length. Combine the sauce ingredients and mix well.
2. Heat sesame oil in a frying pan and cook the carrots on both sides. Several times during this process, pour about one tablespoon of water into the pan, making sure that the carrot's texture remains crunchy. Remove them from the pan.
3. Pour sesame oil and garlic into the same frying pan used in the (2) above and heat them, and when the aroma of the garlic comes out, add the patty of minced pork. Flatten the pork with a spatula, and let it cook for 2~3 minutes, until it turns light brown. Then, turn it to cook the other side. Remove excess oil with a paper towel as needed, cut the pork into bite-sized pieces, and cover them with the sauce minced meat into one bite size, and thoroughly cover them with the liquid seasonings (above ● ● ●).
4. Add cooked carrots and watercress stems to (3) and mix thoroughly. Put them into the bowl, put watercress leaves on top, and finally, pour sauce over the dish.



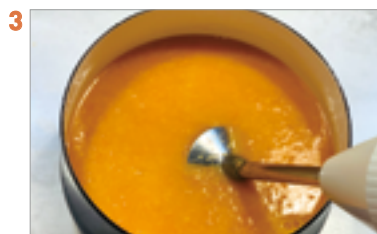
Carrot and rice potage (6 servings)

This is a healthy soup, bulked up with rice instead of dairy products and wheat flour.

[Ingredients]

300g carrot
100g onion
80g rice (cooked)
800cc chicken bouillon
1 tablespoon olive oil

1/2 teaspoon salt
Pepper (to taste)
Mixed nuts (to taste) (chop in advance)
Extra virgin olive oil (to taste)



[Preparation]

1. Thinly slice the unpeeled carrot, and chop the onion into 3mm pieces.
2. Put olive oil and (1) in pot and cook on medium heat until onion becomes tender, then add rice and bouillon and boil until the vegetables become soft.
3. Mix (2) in a blender, return to heat when smooth, season with salt and pepper.
4. Serve in a plate, drizzle with circles of olive oil, and top with mixed nuts.

Profile

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She runs a vegetable cooking school a “vege vege vege*” (Meguro, Tokyo)

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Vegetable Main Dish Recipes Vol. 3 Broccoli is the Super-vegetable!

Broccoli belongs to the brassica family of plants, which also includes cabbage, kale, and other wild green and yellow vegetables. It's rich in nutrients like protein, iron, and magnesium. When you picture broccoli, you probably think about eating just the buds on top, but you can eat the stems, too; in fact, eat the whole thing, since the stems have even more nutrition.

BY Makiko Hei

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Packed with nutrients

Bright, dark-green broccoli has plenty of vitamin C, which enhances immunity, helps you recover from fatigue, and prevents colds. It also contains a lot of beta-carotene, an antioxidant that prevents LDL cholesterol from building up and oxidizing in blood vessels, and this can keep you from getting arteriosclerosis. In addition, it has significantly more protein than other vegetables. Since it contains vitamin B2, which promotes fat metabolism, and vitamin B6, which changes protein to amino acid to build muscles, broccoli is a strong ally for those who are watching their diet and working out to get stronger.

Preparing broccoli for cooking

Soak it in water for a while to remove dirt

The buds on broccoli are coated with water-resistant fats and oils secreted by the plant, so a quick rinse in running water doesn't thoroughly clean this vegetable. If you soak it in water for about an hour, you can remove hidden dirt and any insects. If you don't have that much time to spare, at least cut it into florets and soak it for 10 minutes or so.

Tips for cutting broccoli

When cutting a broccoli into pieces, if you start cutting

from the top, the buds fall apart. Cut into the stem only, then use the knife or your hands to separate the parts. This not only makes the pieces more pleasing to the eye, but also keeps the buds from going all over the place!

Vary the cooking time and experiment with different textures

When you eat broccoli in a salad, we recommend boiling it "al dente" (on the firm side), but if you are serving it as a source with pasta, boil it a little longer and make it a bit softer. This helps it mix in better with the noodles and creates a different texture. This issue features two recipes for broccoli, so you can try it both hard and soft.



Broccoli One Pot Pasta (2 servings) Cook time: 20 minutes

Easy to cook in one pot!

A satisfying meal with less pasta, because the broccoli is so filling.

[Ingredients]

240g broccoli

160g pasta (spaghetti or your favorite short pasta)

3 tablespoons (45g) fresh cream

4 tablespoons (30g) parmesan cheese (grated)

10g butter

Boiling water for pasta as needed (enough to fully cover the pasta)

Add salt to the water as needed (about 0.8% of the volume of water, or 1.5 teaspoons per liter)

Coarsely ground black pepper to taste

One-quarter lemon per serving

Salt to taste



[How to cook]

1. Cut little broccoli florets off the head. Peel the stems, and dice them into 1cm cubes.
2. Bring water to a boil, add 0.8% salt, add pasta and broccoli, and boil for 2 minutes less than the indicated boiling time of the pasta, stirring occasionally.
3. Pour off boiling water, leaving a small amount at the bottom of the pot.
4. Put the pot on medium heat, add the cream and parmesan cheese, and stir with a spatula, mashing the broccoli. Turn off the heat, add butter, and mix. Taste and add salt as needed. Place on a serving dish, season with black pepper. Drizzle lemon juice over the dish, and you're ready to eat!



Tips

- If you make a large quantity, short pasta such as fusilli, etc. is easier to cook. It's also a great side dish when serving meat or fish.
- The pasta in the photo is 1.9mm spaghetti with 12 minutes of boiling time. Choose spaghetti, which requires longer boiling time, if you want to make the broccoli softer.
- You can add the lemon juice to the pot before serving.

Broccoli and Boiled Egg Salad with Soymilk Mayonnaise

(4~5 servings) Cook time: 20 minutes

A light, healthy dish with soymilk mayonnaise. Of course, you can use regular mayonnaise, too.

[Ingredients]

300g broccoli
 4 eggs
 30g minced pickles
 Minced parsley to taste
 Salt and pepper to taste
 ★ 5 tablespoons soymilk mayonnaise
 (see directions below for soymilk mayonnaise)
 50g Soymilk
 100g rice oil (or canola oil, etc.)
 1 tablespoon rice vinegar (or white wine vinegar)
 Half teaspoon salt
 2 teaspoons honey
 Pepper to taste
 2 teaspoons mustard



[How to Cook]

1. Cut broccoli into bite-sized pieces. Remove tough parts of stems and cut the rest into pieces. Boil 1 liter of water, add a tablespoon of salt, and put in the broccoli. Boil for 1 minute and 30 seconds, then put the boiled broccoli in to a strainer basket to drain, and let it cool down. (You don't have to boil it again, and do not rinse it or you will water down the flavor. The broccoli will continue to cook even as it cools down; that's why the boiling time is so short.)
2. Place cold eggs into boiling water for 10 minutes, then cool in cold water. Remove shells and cut each egg into 4 pieces.
3. Put all prepared ingredients into a bowl, dress them with soy mayonnaise, and add salt and pepper to taste.



★ Soymilk mayonnaise (for about 200cc) [cooking time: 10 minutes]

Put everything in a jar and mix with a handy blender until it emulsifies.

* Make sure the jar is tall enough, so the ingredients don't overflow when you put the blender in.

* You can store this in the refrigerator for about 2 weeks.

Profile

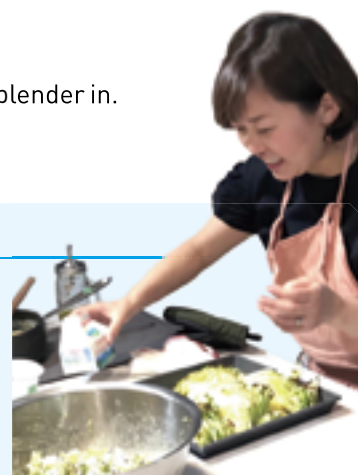
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Vegetable Main Dish Recipes Vol. 4

Enjoy Potatoes

Potatoes are nutritious vegetables that can be used as staple foods and side dishes. By knowing a little trick when cooking, you can make it more delicious.

By Makiko Hei



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Potatoes Are an Excellent Source of Energy

Potatoes contain lots of vitamin C, which helps us fight off colds, recover more quickly from fatigue, and even keep our skin smooth. A potato has about the same amount of vitamin C as a serving of spinach or a mandarin orange. What's more, the vitamin C in potatoes does not break down during cooking because it is protected by starch. Potatoes are especially good for steaming, stir-frying, boiling, and deep-frying.

Potatoes are a staple food in some countries because their main component is starch (carbohydrate). They can be stored for a long time and provide a reliable source of vitamin C, which we tend to lack. In short, potatoes are an excellent source of energy and nutrition.

A wide range of potatoes is available in Japan, and there are many methods of cooking, suited to the texture and characteristics of each varieties. They are divided broadly into two groups—the soft, floury texture typified by the Danshaku and Kita Akari, and the waxy texture characterized by the May Queen.

Tips for preparation

It's OK to eat sprouted potatoes if you remove the sprouts first. But make sure to remove them completely, because the sprouts and the area around them contain a component called solanine, which can cause food poisoning.

Cut potatoes oxidize and darken on contact with air, so please rinse them in water immediately. Rinsing out some of the starch can prevent potatoes from losing their shape during cooking. So, depending on what you are cooking, it's better to soak the potatoes in water for about five minutes. This can also remove lye from the potato as well as starch. If you're using one of the varieties with a firm, waxy texture, on the other hand, start cooking them as soon as you cut them.

Start with cold water and cook slowly for a sweeter flavor

The starch in potatoes turns into sugar when they are boiled slowly, starting with cold water. Once the water comes to a boil, watch the heat to make sure they don't boil over.

In this issue, we'll show you how to make nikujaga, (beef and potatoes stewed in savory soy sauce-based dashi broth). It's a favorite home-cooked dish in Japan. When making nikujaga, we recommend a variety called Danshaku if they are available. We'll also introduce stir-fried potatoes, which are cut into fine strips, rinsed to remove some of the starch, and seasoned for a refreshing flavor.



Danshaku



May Queen

©Shutterstock

Nikujaga (4 servings)

(beef and potatoes stewed in savory soy sauce-based dashi broth)

Cook time: 30 minutes

A classic in Japanese home cooking! You'll feel energized by this dish's blend of sweet and soy sauce flavors, and it seams perfectly with rice.

[Ingredients]

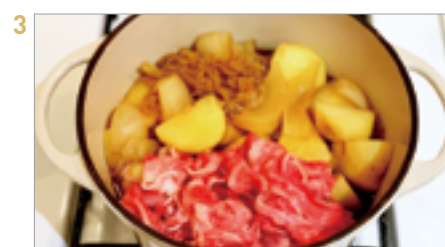
300g beef (thinly sliced)
5 medium potatoes (Danshaku)
200g onion
200g shirataki (konjac noodles)

50cc sake
50cc soy sauce
2 tablespoons sugar
200cc water



[Instructions]

1. Peel potatoes and cut into halves or quarters. Cut onion into about six wedges. Boil shirataki in water for 1-2 minutes, remove any froth that collects on the surface, and then drain.
2. Place ingredients into a heavy pan in this order: onion, potatoes, and shirataki, and then add all seasonings and water to the pan. Put the lid on the pan and place it on medium heat. When it comes to a boil, mix the ingredients, starting from the bottom of the pan, and then cover again and braise for about 15 minutes. (Turn down the heat if it is bubbling.)
3. Add beef so it steams for about 5 minutes. Then remove the lid, and boil for 10 minutes while occasionally stirring the pan from the bottom up, until lots of the broth boils off. Taste and add more sugar and soy sauce if needed.



Tips

If konjac noodles are not available, you can use a moderate quantity of harusame gelatin noodles, which have been soaked in water until tender. (Add them at the end.) However, harusame absorbs a lot of water, so you must be careful not to boil off all the broth.



Stir-fried potatoes and green peppers with cumin

(4 servings) Cook time: 10 minutes

Here's how to stir-fry potatoes for a crispy texture and there's no need to pre-cook them. The key here is don't overheat them.

[Ingredients]

3 potatoes (May Queen)

2 green peppers

1 teaspoon cumin seeds

1 tablespoon rice vinegar

1 teaspoon sugar

1/2 teaspoon salt

Pepper to taste

1 teaspoon soy sauce

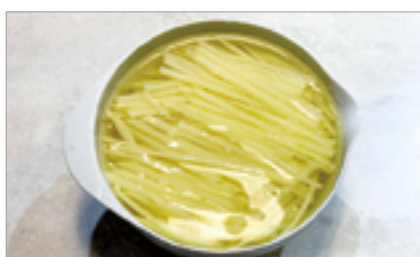
2 tablespoons olive oil



[Instructions]

1. Peel potatoes, slice them into 3mm width, and then shred them. Immediately soak them in water and then drain. Remove seeds and pith from green peppers and shred them into 3mm strips.
2. Put oil and cumin seeds into frying pan and place the pan on medium heat (make sure the oil does not burn!).
3. When the cumin becomes aromatic, add the potatoes and blend them thoroughly into the oil. Turn the heat to high, add vinegar and green peppers, and fry them swiftly. Season with sugar, salt, and pepper, and top with soy sauce poured with a circular motion. Taste and add more sugar or salt as needed.

1



2



3



Profile

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Vegetable Main Dish Recipes Vol. 5

Japanese leeks

Eat Japanese Leeks; Live a Healthy Life and Keep the Doctor Away

The Western saying goes, “An apple a day keeps the doctor away.” But in Japan, it’s negi, or Japanese leek, that is believed to help maintain good health and keep physicians at bay. Japanese leeks offer a range of benefits, such as helping you recover more quickly from fatigue, ward off colds, stimulate digestion, and boost your immune system.

By Makiko Hei

©PIXTA

Nutritious Japanese Leeks

When leeks are chopped up, especially Japanese leeks, their unique aroma is released, along with allylsine (diallyl sulfide), which not only gives leeks their sharp taste, but also enhances blood circulation. This warms up the body and boosts the immune system, at the same time helping prevent blood clots. In addition, allylsine reportedly helps the small intestine absorb vitamin B1 that has the function of removing fatigue substances and promote the secretion of digestive juices. That means it’s a great help in recovering from fatigue when you eat it with pork, which is rich in vitamin B1.

The green leaves contain an abundance of nutrients such as vitamin C, calcium, and kalium. The sticky sap (fructan) that appears when leeks are cut open also helps boost your immune system. Working one stalk of Japanese leeks into your diet can help you live a full, healthy life and avoid a lot of doctor visits.

Tips for cooking

The allylsine content is reduced by half when leeks are soaked in water and heated, so it’s best to cook them as soon as possible before eating. In addition, the taste of Japanese leeks changes from sharp to sweet as they are cooked thoroughly, so different cooking methods bring out different flavors.

How to store your Japanese Leeks

You can store leeks for nearly a week if you wet the roots with water, wrap them in newspaper, and store them in a cool place. It’s also best to store them with the roots down and the leafy part up, like in their natural environment. Store partly used leeks in a plastic bag and refrigerate them.



©PIXTA

Here's a dish that helps fight off fatigue with allysine from Japanese leeks and vitamin B1 from pork.

Negi shumai (for 30 pieces) (Japanese leeks steamed dumplings)

Cooking time: 30 minutes

[Ingredients]

300g minced pork

200g boneless pork ribs, sliced

1/2 teaspoon salt

Pepper (to taste)

1.5 tablespoons light brown sugar

2 tablespoons cooking sake

2 tablespoons soy sauce

1/2 tablespoon oyster sauce

30g ginger, grated



1 tablespoon sesame oil

100g Japanese leeks

50g onion

5 tablespoons cornstarch

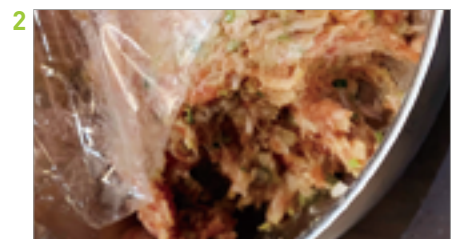
30 shumai wrappers

Vinegar, soy sauce, Japanese mustard (to taste)

[How to cook]

1. Shred sliced boneless pork ribs, and coarsely mince them using hard strikes with a kitchen knife. Coarsely mince Japanese leeks and onions and then coat them with cornstarch.
2. Put pork (minced and shredded ribs) and salt in a bowl, knead to mix, add the remaining seasonings, and then mix again.
Add the starch-coated leeks and onions to the bowl, and mix thoroughly.
3. Place a shumai wrapper on the palm of your hand, then put about 30g of the filling on it, hold the wrapper with one hand and shape it into a short cylinder with a small spatula, leaving the top open, and place it on a cutting board, or other flat surface to stand it upright.
4. Place them in a steamer with boiling water over high heat for 10 minutes, and enjoy them with vinegar, soy sauce, and Japanese mustard to taste.

※ If a steamer is not available, spread roughly cut cabbage in a frying pan and place the shumai on top, leaving some space between them. Pour in 100cc boiling water from the edge of the pan, cover with a lid, and steam for 10 minutes.



Well-balanced Taste of Sweet, Tangy, Bitter, Umami Stirs Your Appetite

Negi with Spicy Dressing (3~4 servings)

Cooking time: 10 minutes

[Ingredients]

150g Japanese leeks

1 tablespoon Korean red chili pepper flakes (coarse grind)

1/2 tablespoon light brown sugar

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon sesame oil

1 tablespoon ground toasted white sesame seeds



[Preparation]

1. Combine all the seasonings in a large bowl and stir.
2. Slice leeks diagonally, put them into the bowl of seasonings, and mix.



[Menu possibilities]

These are delicious on their own or added to other dishes, so for convenience, make a large quantity and keep them at hand. The day after preparation, the leeks will become soft and pliable, reducing the volume, but you can enjoy this different texture in a marinated dish. You can store them in the refrigerator for three to four days.

- Use these spicy Japanese leeks as a side dish with grilled boneless pork ribs seasoned with salt and pepper.
- Serve them with tofu.
- Mix them with freshly steamed potatoes, taro root, and so on.

Profile

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Vegetable Main Dish Recipes Vol. 6

Boost Your Immune System with Green Peppers, Packed with Vitamin C



Green peppers are high effective in boosting your immune system and helping you recovering fatigue, and that alone is a good reason to eat them, considering the fatigue all feeling during COVID-19. Green peppers, which we introduce in this issue, are the kind we generally see in the stores in Japan, and have a characteristic bitterness. They start out green, but as they mature, the color turns red or yellow.

By Makiko Hei

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One of the highest levels of vitamin C among vegetables

Green peppers, like tomatoes a member of the nightshade family, are rich in vitamin C—and twice as much as a lemon. Vitamin C helps promote the function of cells called leukocytes, which fight viruses and microbes in the body and boost the immune system. In addition, while vitamin C in most vegetables is destroyed by cooking, the vitamin of green peppers is more heat resistant. That's because they also contain vitamin P, which protects vitamin C from heat and oxidation.

Unfortunately, our bodies can't accumulate vitamin C if we take in more than a certain volume, and the excess will be excreted in urine. So try to work some green peppers into your everyday diet.

Green peppers are rich in beta-carotene, too. This is transformed into vitamin A in the body to maintain the normal function of skin and mucous membranes. Beta-carotene is also a nutrient that helps prevent cancer and strengthen the immune system.

How to select and store green peppers

Fresh ones have healthy stems and smooth, shiny skin. Even when they lose a little of their freshness, trim the end of the stem with scissors and soak it in water for 30 minutes to an hour to restore it.

If you plan to use peppers immediately, cut in half and soak them in cold water for about 20 minutes. You can place a plate or something on top of the peppers so that the cut ends are properly submerged in water.



Meat-stuffed Green Peppers (4 servings)

~Great Nutritional Balance with Green Peppers and Meat-They Bake up Nice and Fluffy in the Oven~

Cooking time: 50 minutes

[Ingredients]

4 green peppers
300g ground pork and beef

(A)

1/2 teaspoon salt
Pepper to taste
1 tablespoon grated ginger
1 teaspoon soy sauce
1 teaspoon tomato ketchup
1 egg
2 tablespoons breadcrumbs mixed with 2 tablespoons milk

(Sweet & sour sauce)	1/2 teaspoon potato starch
3 tablespoons tomato ketchup	3 tablespoons water
3 tablespoons rice vinegar	
1 tablespoon soy sauce	Flour as needed
1 tablespoon sugar	Olive oil as needed



[How to cook]

1. Cut green peppers in half vertically, remove seeds and membranes (It's OK to leave some), and lightly dust the insides of the peppers with flour.
2. Combine the meat (refrigerated until just before preparation) and the items in (A) and mix well by hand.
Stuff 1/8 of the meat mixture into each of the pepper halves in (1).
(*) It's easier to stuff the meat mixture into peppers if you put a little oil on your hands first.
(*) Carefully fill the peppers with the meat mixture in two batches. The meat will shrink as it cooks, so fill the peppers with the meat mixture until the meat forms a mound over and smooth the surface.
3. Heat oil in an oven-safe skillet and place the peppers from (2) meat side down. Brown the surface of the meat over medium heat and turn over. And then place the skillet into an oven preheated to 180 °C and bake for 12 minutes.
4. Put the ingredients for the sauce into a small pan, mix them well and place on medium heat. Bring the sauce to a boil and then pour over the peppers.



Tips

You can substitute bell peppers for green peppers. They have a thicker flesh, so it's easier to stuff the meat mixture into them.



Pasta Salad with Plenty of Green Peppers (4 servings)

~The subtle curry flavor stimulates your appetite. The flavor of the green peppers blends well with the pasta thanks to the heat that remains in the cooked pasta.

Cooking time: 20 minutes

[Ingredients]

100g of your favorite short pasta (dry)
3 or 4 green peppers
1 canned tuna flakes (net 70g)
3~4 tablespoons mayonnaise
2/3 tablespoon vinegar
1/4 teaspoon sugar
1/2 teaspoon curry powder
Salt (to taste)



1



[How to cook]

1. Remove the membranes and seeds from the green peppers and finely slice them. Drain nearly two-thirds of the oil from the tuna can.
2. Boil pasta in plenty of boiled water with a pinch of salt for the time indicated on the package. Drain the pasta using a strainer and put it in a bowl.
3. Add the green peppers and tuna to the bowl while the pasta is still hot. Cool it down, then add mayonnaise, vinegar, sugar, and curry powder, mix well, and add salt to taste.

3



[Menu possibilities]

You can also enjoy shredded green peppers in miso soup.

Profile

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Vegetable Main Dish Recipes Vol. 7

Prevent Lifestyle Disease with Lycopene's 'Red Power'

Tomatoes are low in calories and pack a lot of beneficial nutrients. In particular, lycopene, which gives them their red color, is also gaining attention for combating lifestyle diseases due to its antioxidant effects. Tomatoes are one of the healthiest foods you can eat.

By Makiko Hei

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Red tomatoes contain plenty of nutrients

Tomatoes contain vitamin C, which promotes beautiful skin and prevents colds, vitamin E, which inhibits aging, potassium, which helps reduce sodium levels, and dietary fiber, which improves intestinal health, among other well-balanced nutrients. Among them, lycopene, which is a kind of carotenoid, is drawing special attention. It has been found that with β -carotene, lycopene helps prevent lifestyle diseases such as aging, arterial sclerosis, and cancer, so interest in lycopene is rising. The antioxidant effects of lycopene are powerful, reportedly twice that of β -carotene and 100 times that of vitamin E.

Lycopene is resistant to heat, can be absorbed at a rate of two to three times higher by cooking tomatoes instead of eating them fresh. In addition, because lycopene is oil-soluble, you can effectively absorb lycopene by cooking tomatoes with olive oil. Or you can just add olive oil to fresh tomatoes.

Lots of flavor component 'glutamate', too

Tomato gives dishes more depth with a combination of sweetness and tartness. In fact, it has lots of a flavor component called glutamate. Glutamate becomes even stronger when combined with other umami ingredients such as inosinic acids. Thanks to this synergetic effect, tomatoes are used in cuisines all over the world.

How to choose a tomato

Choose round, heavy ones. Many clear ribs radially curving toward the stem from the "bottom" of the tomato indicate a high sugar content.

How to store tomatoes

Always remove the stems when storing tomatoes, because they contain bacteria and other contaminants that speed up the decay process. Tomatoes can be frozen for storage, too. Freezing concentrates and increases the flavor components, making frozen tomatoes great for stewing and sauces.

Sake-Steamed Sea Bream with Tomato

~A healthy dish that combines tomato and seafood. Combining flavorful ingredients makes it even more delicious~

Cooking time: 45 minutes

* Excluding time to clean sand out of clams

[Ingredients] (2 servings)

2 slices of sea bream (white-fleshed fish)

1/2 teaspoon salt

150g clams (in shell)

450g tomatoes (2~3 tomatoes)

1/4 onion

Chopped green onion as needed

1 tablespoon olive oil

100ml sake for cooking

1 teaspoon soy sauce

1/2 teaspoon Japanese citrus chili paste (or 1 teaspoon ginger)

[Preparation]

Clean sand out of the clams and rinse them well.

* Pour salt water into a tray, enough to cover the clams, and leave it in the refrigerator for 2~3 hours. Salt concentration is about 1/2 teaspoon per 100ml water.



[How to cook]

1. Sprinkle salt on both sides of the sea bream slices, leave them for about 10 minutes, and wipe off the water with paper towel. Remove the stems of the tomatoes and roughly chop them into 1~2cm cubes. Mince onions.
2. Put the olive oil in the frying pan, add the minced onions and cook over medium heat until the onions become transparent, and then add tomatoes. Turn the heat to high and cook until the tomatoes break up, then cover and boil on medium heat for about 10 minutes, stirring occasionally with a rubber spatula until the sauce thickens.
3. Add sake and allow the alcohol to evaporate, and then add soy sauce and Japanese citrus chili paste (or ginger) until dissolved, line up sea bream slices and clams in the pan, cover, and braise on medium heat for 10 minutes.
4. Remove the lid when clamshells open, and finish the sauce by shaking the frying pan while stirring it. And, add additional salt to taste, if needed. Dish up the sea bream slices, clams and the tomato sauce, and top with chopped green onions.



Tips

This dish works equally well with any type of white fish.

Tomato and Burrata Salad with Sesame Seeds

Easy-to-prepare salad, just chop the ingredients and put them together! Add a Japanese touch with perilla (green shiso) and sesame.

Preparation time: 10 minutes

[Ingredients] (2 servings)

1 or 2 tomatoes
(depending on size)
1 burrata
5 perilla leaves
Ground sesame seeds (white)
Olive oil as needed
Salt as needed



2-a



[How to cook]

1. Remove the stem of the tomato, cut it into 1cm-wide thick round slices, put them on a plate, cover the entire plate with plastic wrap and refrigerate. Cut perilla leaves in half lengthwise.
2. Put burrata in the center of (1) above, put perilla between the tomato slices, and top with sesame. At the table, break up the burrata, add olive oil and salt, and plenty of sesame.

2-b



Tips

Burrata is one of the cheeses derived from mozzarella. It looks like mozzarella cheese, but the dough is stuffed with cream and broken mozzarella, and when you insert the knife, the cream overflows. Creamy burrata is recommended if available, but you can substitute it with mozzarella cheese.



Profile

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Vegetable Main Dish Recipes Vol. 8

Pumpkin is a Nutritious Super-vegetable!

Pumpkin has a long shelf life and can be used for main dishes, side dishes, or desserts. The β -carotene contained in its brilliant, yellow pulp is rich in nutrition, making it a powerhouse for maintaining good health. Typical pumpkins sold in Japan are harvested from summer through autumn, but continued ripening for about two additional months removes the water content and transforms the starch into sugar, giving them a soft and flaky texture.

By Makiko Hei

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Nutritional Value of Pumpkin

Pumpkins are rich in β -carotene, which changes to vitamin A as needed after it is ingested.

Vitamin A is a nutrient needed to maintain the health of eye functions and skin mucosa, and helps boost the immune system as well. Unaltered β -carotene also demonstrates antioxidant properties, which may help prevent arterial sclerosis, cancer, and other lifestyle diseases.

In addition to vitamin A, we want to mention other nutrients abundant in pumpkins—vitamin C and vitamin E—which also have strong antioxidant effects. We can expect the synergistic effects of these vitamins in sustaining antioxidant action, keeping skin looking youthful, and providing anti-aging properties. In addition, pumpkin is believed to help relieve high blood pressure, because its potassium content adjusts the water balance of the body and eliminates excessive salt to maintain normal blood pressure. Removing excess salt from the body also reduces swelling.

However, be careful not to eat too much pumpkin, because it has a higher sugar content than other vegetables.

How to choose pumpkin

Choose pumpkins that have shiny, elastic skin and feel heavy in your hand. If a pumpkin has been ripened after picking, and the stem is dried out and the area

around it is dented, that means it's time to eat this one.

When selecting pre-cut pumpkins, choose those with closely packed seeds and brilliantly colored flesh.

How to store pumpkins

Cut pumpkin should be wrapped in newspaper and stored for one to two months in a cold, dark place. The insides of cut pumpkins spoil easily, so remove seeds and pulp from them, wrap them, store them in the refrigerator, and use them within three or four days.

You can store pumpkins for almost two weeks if you cut them according to the recipe you're using and freeze them. In this case, to prevent oxidization caused by drying, wrap them in plastic film, put them in a freezer bag, squeeze out the air, and seal them. If you thaw frozen pumpkin before cooking, the color and texture will deteriorate, so use it right out of the freezer.



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Chinese-style Steamed Pumpkin and Pork

You can take in fat-soluble vitamins A and E by combining pumpkin and pork. And excess fat can be eliminated by steaming. This is a dish that's full of benefits.

Cooking time: 25 minutes

[Ingredients] (3~4 servings)

1/4 pumpkin

8 pieces of pork belly (about 200g)

(A) Chinese sauce

1 tablespoon sake

2 tablespoons soy sauce

1 teaspoon sugar

1 teaspoon Chinese chili bean sauce

1 tablespoon grated ginger

2 tablespoons ground white sesame

1 tablespoon sesame oil

1.5 teaspoons potato starch



[How to cook]

1. Remove seeds and guts of pumpkin, and slice into eight 1cm-wide pieces with skin (you can peel off tough parts of the skin). Mix (A) sauce ingredients in a bowl.
2. Wrap a slice of pork belly around each piece of 1 pumpkin in a spiral. It's better to wrap pulling and stretching the pork belly as you wrap. Fasten the pork belly at each end of the pumpkin piece so it does not peel off. When all the pieces are wrapped, arrange them in a heat-proof dish so they do not overlap if possible and then pour (A) sauce over them in a circular motion to ensure complete coverage. (Arrange remaining pumpkin and pork in gaps between the wrapped pieces.)
3. Put the heat-proof dish into a steamer, and cook for about 15 minutes on medium-high heat.

2-1



2-2



3



Tips

You can also cook this dish in a microwave oven. In this case, loosely cover the heat-proof dish with plastic film and cook for about 10 minutes at 600w. Then continue to cook until the meat is thoroughly done, checking it frequently.

Pumpkin and Soy Milk Potage

The addition of spices help's balance the flavor of pumpkins, which are also used in desserts. We highly recommend adding a touch of curry powder!

Cooking time: 25 minutes

[Ingredients] (4 servings)

300g pumpkin (net weight)

100g onion (about ½ onion)

1 tablespoon olive oil

1 teaspoon curry powder

250cc water

250cc soy milk

1/2 teaspoon salt

Pepper as needed



[How to cook]

1. Remove seeds and guts of pumpkin, and cut off tough parts of the skin, and cut into pieces for easy stir frying. Slice onion into 5mm pieces.

2. Put olive oil and sliced onions into a pan, cook over medium heat, add curry powder and pumpkin, and stir fry until the onion softens.

3. Add water to 2, cover, and let it simmer for about 10 minutes until the pumpkin softens.

4. Puree 3 in a blender, add soy milk, and season with salt and pepper. Serve in a bowl, and add a splash of olive oil (not included in recipe).



Profile

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Vegetable Main Dish Recipes Vol. 9

The Versatile Onion: Adaptable to Every Style of Cuisine

Onions can be used in a broad range of main dishes, sides, and seasonings, and they are excellent from a nutritional standpoint. Compared with the vegetable's exterior, the inside of an onion has a sweeter flavor, and you can enjoy a wide variety of flavors simply by adjusting the heat when you cook it. **By Makiko Hei**

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Nutritional value of onions

The main components of an onion are allyl sulfide—the source of its unique smell and pungent taste—and potassium.

Allyl sulfide is an anticoagulative, so it can help prevent arteriosclerosis and blood clots. That is where we get the saying, “When we say onion, it makes your blood flow smoothly.” Potassium is an indispensable mineral that plays the main role in adjusting the water content of our bodies. It helps discharge excess water content that we retain from taking in too much salt, so it can reduce blood pressure and help prevent and relieve swelling. To get the most of these nutrients, we recommend eating uncooked onion or broth made from the entire it.

How to choose onion, and some onion trivia

Select onions that feel heavy for their size, are round and plump, and tight skin around the neck and the roots. A good onion has shiny brown skin on its surface, and should be thoroughly dry. Why do your eyes tear up when you chop onions? It's your eyes reacting to allyl sulfide. You can reduce the tears by thoroughly chilling the onions in the refrigerator before you prepare them.

How to store onions

Onions spoil more quickly at higher humidity, so store them in a cool, dark, and well-ventilated spot, or in the refrigerator's vegetable compartment. And if you store them in the refrigerator, wrap them in newspaper instead of a plastic bag to ensure breathability. If you use only part of an onion, wrap the cut end with plastic wrap, store it in the refrigerator, and use it up as soon as possible.

To freeze onions, chop or slice them and put them into storage bags. Here's a convenient tip: If you simmer some onions until they are brown, you can divide them into small quantities to freeze. Then you can partially thaw them and conveniently use them to various dishes. We don't recommend freezing whole onions because the liquid will seep out.



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Whole onion soup with salt pork and beans

This soup delivers the *umami* (savory) taste of the ingredients, with no need for stock. It's delicious and easy for anyone to make.

Cooking time: 60 minutes
(not incl. time to marinate meat)

[Ingredients] 4 servings

600g pork shoulder loin block

6g salt (1% of meat weight)

2 bay leaves

Pepper to taste

4 onions

100g carrot

200g soybeans or other beans (boiled)

1 tablespoon olive oil

1 liter water

Parsley leaves (chopped) to taste



[How to cook]

1. Cut the pork into chunks slightly larger than bite sized. Place pork, salt, and pepper into a plastic bag, and rub the bag with your hands to mix all the ingredients. Marinate for at least 30 minutes, or as long as overnight. Peel the onions and dice carrots (unpeeled) into 1cm cubes.
2. Heat olive oil in the pan, brown the (1) pork, and remove it from the pan for now.
3. Arrange the onions in the bottom of the pan, add the (2) pork, water, and bay leaves, and cook over high heat. When it comes to a boil, turn the heat to low, cover with a piece of parchment paper with a small opening to release steam, leave a gap and put a lid on it, and boil over low heat for 30 minutes. Then add beans and carrots and boil for 20 minutes.
4. Add salt and additional pepper (not in the ingredient list) to taste. Serve in a bowl and sprinkle with chopped parsley.



Caramelized onion cheese toast

If you have already prepped these caramelized onions, just put them on a slice of bread with some cheese and toast it!

Cooking time: 30 minutes

[Ingredients]

(Easily prepared quantity)

2 onions (see photo 3-1: about 600g)

1 tablespoon olive oil

Water as needed

2 pinches of salt

2 slices of bread

Shredded cheese as needed



[How to cook caramelized onion]

1. Peel onions and chop them coarsely.
2. Put olive oil and (1) onion into a pan, and sauté them over medium heat. Stir occasionally as the inside of the pan gets hot.
3. When the onions change color and begin to stick to the bottom of the pan, add about two tablespoons of water and cook off the excess liquid while mixing thoroughly. Repeat this step several times until the onions become beautifully caramelized. The process so far takes about for 15 ~ 20 minutes. Add salt at the end. Onions stuck in the pan can be peeled off easily a few minutes after you remove the pan from the heat.

3-1



3-2



Tips

- It's better to use not too big a pan.
- Caramelized onions can be stored in the refrigerator for a week, and for nearly a month in the freezer.



[How to cook caramelized onion cheese toast]

1. Put a generous amount of caramelized onion on a slice of bread and top with shredded cheese.
2. Place it in a toaster oven and cook until the cheese is browned.

Profile

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Vegetable Main Dish Recipes Vol. 10

Many People Love Eggplant!

You Can Enjoy Eggplant All Different Ways —Baked, Fried, Steamed

Eggplant is available all over the world, in many varieties. There are distinct types even in Japan. Each type has different characteristics. This issue introduces recipes using the most popular variety available in Japan: the long and slender ones. By Makiko Hei



Nutritional value of eggplant

When we say “eggplant,” we think of the characteristic bright purple skin. This color is due to nasunin (polyphenol), which is reported to have benefits in boosting the immune system as well as anti-aging and cancer prevention properties. Try to eat the whole thing without peeling off the skin. Even if you peel off the skin before cooking, don’t throw it away, but stir fry it and eat it!

It is hard to image from its soft texture, but eggplant is surprisingly rich in dietary fiber. They not only protect the intestinal environment, but also curb elevated blood-sugar levels and lowers blood cholesterol. So they are highly recommended to help prevent adult-onset diseases such as myocardial infarction and diabetes.

In addition, eggplants contain potassium, which helps the body excrete excessive salt and water content. That means they can reduce swelling and prevent high blood pressure.

Tips for preparation

Once you cut eggplant, you need to expose it to water to prevent bitterness and discoloration unique to eggplant.

However, the water can also remove nutrients such as nasunin and potassium, so don’t leave the pieces in water for more than 10 minutes or so.

When frying or stir-frying eggplants in oil, you may

not notice the bitterness and discoloration if you cook them immediately after cutting. In this case, you don’t need to put them in water first.

How to keep eggplant fresh

Eggplants prefer high temperature and high humidity, so the seeds will turn black if they are refrigerated for a long time. This makes them more susceptible to damage. The best way to store eggplants is to wrap them in newspaper to prevent exposure to air and then store them at room temperature or in the refrigerator’s vegetable compartment, and use them within a few days of purchase. You can keep eggplants in the freezer for about a month after you cut them into pieces, whatever size you prefer, and then stir-fry, bake, or steam them. Do not defrost them before cooking.



Eggplant mille-feuille

Eggplant mingling with the savory taste of tomato and pork is a delicious dish that requires little seasoning

Cooking time: 30 minutes

[Ingredients] 4 servings
(in a heatproof loaf pan)

3 eggplants
1 tomato
10 perilla leaves
200g sliced boneless pork ribs or bellies
1 tablespoon cooking sake (a teaspoon per eggplant)
1 tablespoon soy sauce (a teaspoon per eggplant)
1 tablespoon sesame oil (a teaspoon per eggplant)
Grated radish (drain lightly) to taste
White radish sprouts to taste
Ponzu sauce to taste



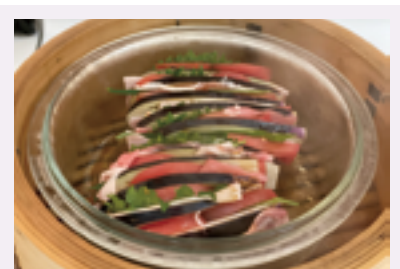
[How to cook]

1. Cut off the tips of the eggplants and slice them vertically to 4mm-thickness. Cut off the top of the tomato, cut in half, and slice to 5mm thickness. Cut the stems off the perilla leaves and cut each leaf vertically in half. Cut the pork crosswise in half. Cut white radish sprouts to bite size, and mix them with the grated radish.
2. Place the ingredients—(1) eggplant, pork, perilla leaves, and tomato in order—all over the container, and sprinkle on cooking sake, soy sauce, and sesame oil.
3. Put (2) into the pre-heated steamer and cook it over high heat for 20 minutes.
4. Cut into appropriate sizes inside the container, serve them in a bowl, add (1) grated radish, and ponzu sauce if desired.



Tips

- If a steamer is not available, lightly cover (2) with cling wrap, and heat in a microwave oven at 600W for 8~10 minutes.
- If an appropriate container is not available, use a cooking vat that will fit inside the steamer. Layer each slice of eggplant, tomato, pork, and perilla, and fix them with 1 or 2 toothpicks, put them in the cooking vat vertically (see the image), and then put the vat into the steamer.



Eggplant and roasted tofu

A tasty mix of the meat-like flavors of roasted tofu and juicy eggplants

Cooking time: 30 minutes

[Ingredients]

Easy-to-cook quantity (2~3 servings)

3 eggplants

1 block of cotton tofu (350g)

1 tablespoon sesame oil

1/2 teaspoon salt

1 teaspoon soy source

Chopped green onion to taste

Roasted white sesame seeds to taste



[How to cook]

1. Cut off the tip of the eggplants, and cut into 1cm-squares, leaving skin on.
2. Heat sesame oil in a frying pan, add tofu, and break it into bite-size pieces with a spatula. Cook over high heat, mixing occasionally. Add (1) eggplants, and thoroughly cook them over high heat until the liquid runs out (About 10 minutes).
3. Season with salt and soy sauce. Add sesame oil (excluding the amount used above) last, and stir it around in the pan for a savory touch.
4. Serve in a bowl and sprinkle with a of green onion, and then top with sesame seeds.

2



3



Tips

- The tofu will break up into smaller pieces as you stir it, so try to maintain bite-sized pieces as you break it up with the spatula.
- A delicious way to enjoy this dish is to put it on top of rice, as shown in the photo.



Profile

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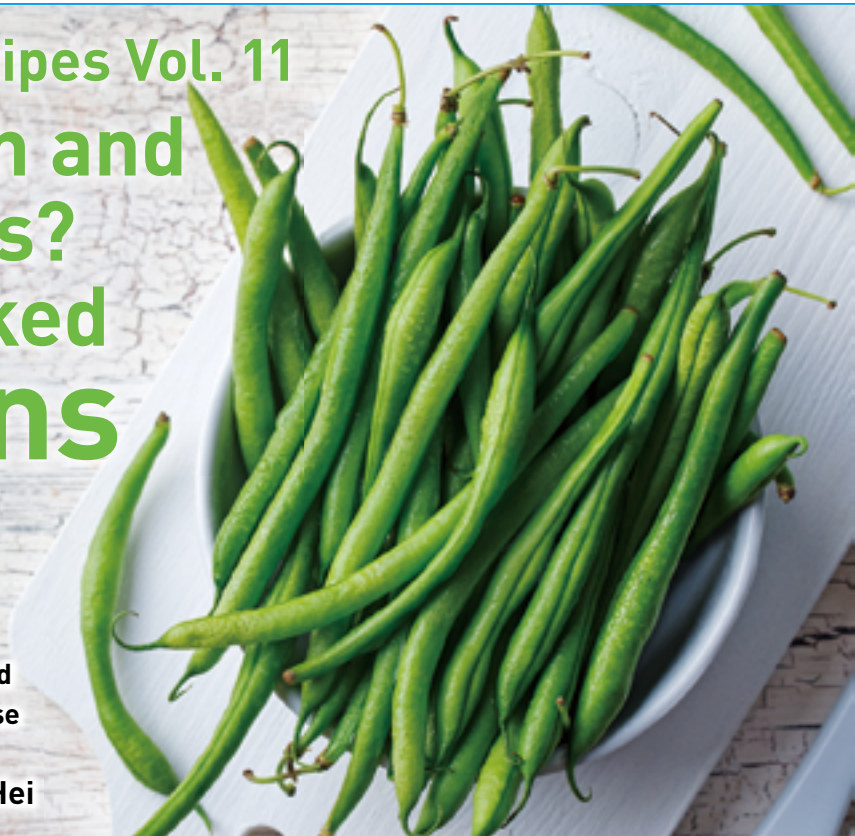
Vegetable Main Dish Recipes Vol. 11

Looking for Green and Yellow Vegetables?

Try Nutrient-packed Green Beans

Green beans are picked before they fully mature, and the entire pod is eaten. They grow quickly and are sometimes called “three times beans” because they can be harvested three times a year in the warmer regions of Japan.

By Makiko Hei



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Nutritional value of green beans

Green beans, which also have a refreshing look about them, are considered a green and yellow vegetable. They contain high levels of β -carotene, which is said to be effective in maintaining healthy skin and mucous membranes and boosting immunity. You can absorb β -carotene more highly by cooking it with oil, so stir-frying is the way to go.

They also contain a broad range of nutrients such as vitamin B2, which is effective in preventing summertime weariness and relieving fatigue, aspartic acid, and lysine, an essential amino acid, as well as proteins, minerals, vitamins, and dietary fiber.

How to choose green beans

Choose green beans, with pods that are bright green. The shape of the beans should not be visible from outside the pod. The pods should also be uniform in thickness, firm and taut, and free of dark spots or other blemishes.

How to store green beans

Cut off the stems a few millimeters from the ends and soak the beans in cold water for an hour. When crisp, wipe dry, wrap in a paper towel and put in a plastic bag, and store them in your refrigerator's vegetable compartment. Eat them within two or three days since they are sensitive to low temperatures.

To freeze green beans for future use, hard-boil them in salted water, pat them dry, cut into easy-to-cook lengths, and place in freezer bags or containers. When cooking frozen green beans, do not defrost them first. They keep for nearly a month in the freezer. We don't recommend freezing fresh green beans because the cells break down and the texture is lost.

Cooking tips

Since green beans do not have a distinct flavor and are easy to cook, they can be used in many different ways, such as simmered, stir-fried or dressed dishes. The strings may spoil the texture, so break off the stems and remove the strings if you are cooking the beans. To maintain the beans' vivid color, boil them in water with about 1% salt, put them in the colander before they are fully cooked, in consideration of the remaining heat, spread them out so they do not overlap, and allow them to cool. In general, heating time should be two to three minutes, depending on the dish. Do not soak them in water after heating, as this will spoil the texture.

When using green beans in a stir-fry, sprinkle them with salt on a cutting board and rub them against the board, leave them for 10 minutes, then rinse with water to remove tiny hairs and other debris. This allows them to maintain their bright color as well.

Green Bean Curry Chowder

Sauteed green beans go perfectly with this rich curry soup

Cooking time: 30 minutes

[Ingredients] 6 servings

400g chicken thigh meat (skinless)
Cake flour as needed to coat the chicken
100g bacon (preferably thick cut)
(A) 1 onion
(A) 1/2 stalk celery
(A) 1 clove garlic
(A) 1 fresh ginger root
2 tablespoons curry powder
1L water
100g fresh cream (45% milk fat)
100g fusilli (short pasta)
1 tablespoon olive oil
1 teaspoon salt
Pepper to taste



■ Sautéed green beans with honey mustard ■

180g green beans
1 tablespoon butter
One pinch of salt
Pepper to taste
(B) 1 teaspoon honey
(B) 2 teaspoons whole grain mustard
(B) 1 teaspoon soy sauce



[How to cook]

1. Trim excess fat from chicken, cut into bite-sized pieces, and dust with flour. Cut bacon into 5mm strips, finely chop (A) ingredients, sprinkle beans with salt on a cutting board and rub them against the board, rinse with water, remove stems from them and slice them diagonally into thirds.
2. Heat olive oil in a pan slowly, add (1) chicken, add one pinch of salt in the above ingredient list when the chicken turns whitish, and then add pepper and sauté it. Then remove the chicken from the pan. (It's OK if the inside of the chicken is not fully cooked). Put the bacon into the empty pan and put it over medium heat again. Add chopped (A) when the fatty parts of the bacon become transparent. Stir-fry until wilted, add curry powder and continue to sauté the mixture.
3. Put the chicken back in the pan and add water, turn heat to high, reduce heat to medium when it comes to a boil, add pasta and cook until the pasta becomes soft. Finish with cream and season with salt and pepper.
4. Heat butter in a frying pan, sauté green beans over medium-high heat, season with salt and pepper and seasoning (B).
5. Serve (3) soup in a bowl and top with (4) green beans.



Spicy Spring Rolls with Green Beans

Spice-infused spring rolls with green beans have a pleasant texture, and match perfectly with fresh mint sauce.

Cooking time: 30 minutes(Excluding the time to cool potatoes)

[Ingredients] for 10 pieces

400g potatoes

160g green beans (3~4 beans per roll)

(A) 1/2 teaspoon cumin seeds

(A) 1/2 teaspoon garam masala (curry powder if not available)

(A) 1/4 teaspoon ground red pepper

1/2 teaspoon salt (adjust to taste)

Pepper to taste

10 spring roll skins

Flour paste (dissolve 1 tsp. cake fl our in 2 tsp. water)

Frying oil (rice oil) as needed



■ Mint sauce (easy-to-make quantities) ■

10g fresh spearmint (or perilla leaves if not available)

1/4 onion

1 green bell pepper

15g ginger

1 tablespoon sugar

1 teaspoon salt

2 tablespoons lemon juice

[How to cook]

1. Cut off the stems of the green beans, sprinkle them with salt on a cutting board and rub them against the board, rinse with water, and wipe dry. Cut into halves if they are long.
 2. Peel and quarter potatoes, and dip them quickly in water and put them in a heavy pan. Add water to a depth of 2 cm from the bottom of the pan, add (A) ingredients and cook over high heat. When it comes to a boil, cover and steam over low heat for 15 minutes. When the potatoes are soft, remove the lid, increase the heat to boil off excess water, and mash them with a masher while they are still hot. Add salt and pepper, mix, and let cool (if in a hurry, place the whole pan in ice water or transfer to a cooking vat or other container).
 3. Make mint sauce. Stir all ingredients with a mixer (or handy blender).
 4. Place flour paste on three sides of spring roll skins, put cooled potatoes (about 35g) and green beans on the side, roll them up, and close by squeezing both sides of the skins.
Deep-fry in oil at 170~180°C to bring out the aromatic flavor. Dip the fried spring rolls into the sauce before eating.
- *Mint sauce can be stored in the refrigerator for about three days. It also pairs well with grilled chicken or fried fish.



Profile

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Vegetable Main Dish Recipes Vol. 12

Mushrooms

can be eaten raw or cooked,
and you can enjoy eating
them in many different
ways.

Mushrooms are easy to incorporate into your daily diet because they are grown throughout the year and are always available in the market. There are two main types: white and brown. White mushrooms have a mild taste, and can be sliced thinly into salads to enjoy its crispy texture. Their brown counterparts have a richer taste and aroma making them a great choice for stews and stir-fries. **By Makiko Hei**

©idaffodilred / Shutterstock.com

Nutrition of Mushrooms

Mushrooms are rich in insoluble fiber, which absorbs water and swells. They not only help relieve constipation by increasing the stool volume and stimulating intestinal activity, but also slow the absorption of carbohydrates, suppressing blood sugar spikes, and facilitating the elimination of cholesterol from the body.

In addition, they contain vitamin B1, which promotes the metabolism of carbohydrates, and vitamin B2, which promotes the metabolism of fat, and are low in calories at 11kcal per 100g. So they are highly recommended for those who want to lose weight.

How to choose mushrooms

Here's what to look for when selecting mushrooms. Make sure the tops are not excessively open. They should look plump and fresh, free of discoloration or blemishes. Note that in some cases, the inside of the mushroom is black when you cut it open, but this is just part of the maturing process, and these will taste fine after you cook them.

However, if the entire tops or stems are turning black or you notice a strange odor or sliminess, these

mushrooms may have begun to rot, and you should avoid them.

How to store mushrooms

To store mushrooms in the refrigerator, wrap them in a paper towel inside a storage bag. Use them up within three or four days. You can store them in the freezer for about a month. Dab off any dirt with a paper towel, slice them into easy-to-cook sizes, place them in a storage bag, and then seal and freeze, leaving as much air as possible in the bag. This will keep the pieces from sticking together when it's time to cook them. If you freeze mushrooms, cook them, don't eat them raw after thawing. Freezing also has the benefit of doubling the amount of flavor component (guanylic acid) in the mushrooms.

Cooking tips

Mushrooms are often sold with mud or dirt on them, and you may be tempted to wash them, but in general, mushrooms don't need to be washed! Gently wipe them with a paper towel, as washing will remove nutrients and spoil the flavor. Specialized mushroom brushes are also available.

Fresh Mushroom Salad

The salad is simply seasoned to showcase the texture and rich aroma of raw mushrooms!

Cooking time: 20 minutes

[Ingredients] 2~3 servings

5 large mushrooms (diameter around 5cm, 150g)

* Make sure you have fresh ones.

7g Parsley

10g Parmigiano cheese

1/2 lemon

Extra virgin olive oil as needed

1 teaspoon pink peppercorn

(or black pepper to taste if not available)



[How to cook]

1. Gently remove any dirt from the mushrooms with a paper towel, cut stems so they are from 5 mm to 1 cm long, and cut into 2 mm thick slices.

Finely chop parsley and grate Parmigiano cheese.

2. Lay the mushrooms flat on a plate and top with parsley and Parmigiano. Finish topping with pink peppercorn, crushing them with your fingers.

3. Garnish with lemon, and drizzle olive oil and squeeze lemon juice over the whole just before eating.



Tips

This salad is delicious on a lightly toasted baguette or as a sandwich. It is also highly recommended as a topping (generously) for omelets and scrambled eggs. For this recipe, we used white mushrooms, but fresh brown mushrooms would also work. Please try it!



Fried Whole Mushrooms

Fry them whole to fully enjoy flavorful, juicy mushrooms!

Cooking time: 25 minutes

[Ingredients] 2~3 servings

8 large mushrooms (diameter around 5cm)

Breadcrumbs as needed

Rice oil (deep-frying oil) as needed

[Batter]

1 egg

3 tablespoons flour

1 1/2 tablespoons water

[Sauce: Honey mustard mayonnaise]

1 tablespoon whole grain mustard

1 tablespoon mayonnaise

1/2 teaspoon milk

1/2 teaspoons honey



[How to cook]

1. Gently remove any dirt from the mushrooms with a paper towel, and cut stems so they are from 5 mm to 1 cm long. Mix ingredients for batter and sauce, separately.
2. Dip the above (1) mushrooms into the batter, thoroughly coat with breadcrumbs, and fry in oil at medium heat (170-180°C) for about 2 minutes to bring out the aroma.
3. Serve in a bowl and garnish with sauce.



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Vegetable Main Dish Recipes Vol. 13 Asparagus Delight in the Crisp Texture and Subtle Sweetness of Asparagus

Asparagus, with its bright green color, brights up the dining table. Asparagus is an easy-to-cook vegetable in a variety of dishes like salads, fried foods, and stir-fries.

By Makiko Hei

©iStock.com/Vima

Asparagus helps relieve fatigue

The best-known nutrient in asparagus is aspartic acid, an amino acid that helps relieve fatigue and increase stamina. Aspartic acid is also a familiar ingredient in energy drinks in Japan, since it stimulates energy metabolism in the body.

Asparagus is also rich in rutin, a type of polyphenol. Rutin makes capillaries stronger and tougher and improves blood flow, so it helps prevent lifestyle diseases such as high blood pressure, arteriosclerosis, stroke, and heart disease. It also contains beta-carotene, which acts as an antioxidant and maintains healthy skin and mucous membranes, and vitamin C, which boosts immunity.

How to choose asparagus

Choose asparagus with an overall dark green color, uniformly thick and straight stems, and firm, tightly closed tips. The cut end of the stem is also an important point to check. They should look fresh with no discoloration.

How to store asparagus

• When refrigerated

The secret to making asparagus last longer is to keep the cut ends moist. Cut off 2 mm to 3 mm at

the base, place a damp paper towel in the bottom of a storage jar or large glass, and stand the asparagus with the tips straight up. Cover the jar or glass with plastic wrap or a plastic bag and store it in the refrigerator. If you do not have a suitable container, you can wrap the asparagus in damp newspaper, then place it in a plastic bag and store it upright.

• When freezing

When you want to use asparagus for stir-fries or other dishes, you can freeze it fresh. Cut off about 2 cm of the hard part at the base, peel the bottom one-third of each stalk with a peeler, arrange three to four stalks in a row and wrap them in cling film, place them in a storage bag, seal so it is airtight, and place in the freezer. Before cooking, cut the frozen stalks into the desired size.

For use in salads, prepare the asparagus as described above, boil it in salted water for about 1 minute, let it cool, pat dry with a paper towel, arrange three to four stalks in a row as described above. Then cover in plastic wrap, seal so it is airtight, and place in the freezer. When you're ready to use it, pour boiling water over the stalks to defrost them. Fresh or boiled asparagus can be frozen for about a month.

Asparagus Pork Rolls with Black Vinegar Sauce

Here's a hearty, filling asparagus dish wrapped with pork. It's coated with a seasoned black vinegar sauce that goes well with rice.

Cooking time: 20 minutes

[Ingredients] 2~3 servings

9 green asparagus stalks
9 thin slices pork shoulder (or pork belly)
1 tablespoon potato starch
A pinch of salt
Pepper to taste
1 tablespoon cooking oil
Roasted white sesame seeds to garnish

[Black vinegar sauce] *Combine all ingredients.

2 tablespoons black vinegar
1 tablespoon sugar
1 tablespoon cooking sake
1 tablespoon soy sauce
1 tablespoon water



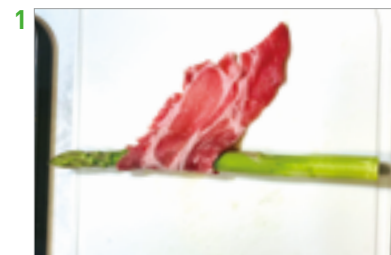
[Planning ahead]

To make the asparagus crunchy, cut off about 2 cm of the hard part at the base, peel the bottom 1/3 of the asparagus with a peeler, and soak in water for 1-2 hours.



[How to cook]

1. Roll each piece of pork around the prepared asparagus in a spiral, dust with potato starch to completely coat the pieces.
2. Heat cooking oil in a frying pan over medium heat, place (1) on the pan, season with salt and pepper, and thoroughly brown the whole rolled asparagus while rolling them around in the pan for about 2 minutes. Place on paper towel to drain excess oil.
3. Add the black vinegar sauce all at once and cook and coat the asparagus roll with the sauce for 1-2 minutes. Serve on a plate and top with white sesame seeds.



Tips

If you don't have a pan that is large enough to hold whole asparagus, just roll the pork around the asparagus stalks and cut them in half before cooking. The potato starch coating helps the different flavors mingle, and also thickens the sauce.

Asparagus Frittata

This 'frittata,' an Italian-style omelet, is oven-baked to make it moist and tender.

Cooking time: 30 minutes

[Ingredients] 8 servings

* You will need a 20cm skillet or other oven-safe pan

6 eggs	1/4 onions (50g)
6 tablespoons milk	A pinch or more of salt
60g shredded cheese	Pepper to taste
100g green asparagus	Olive oil as needed

[Curry ketchup] * Combine curry and ketchup

3 tablespoons tomato ketchup

3/4 teaspoons curry powder



[Planning ahead]

Please refer to the previous page.

[How to cook]

1. Cut the prepared asparagus into thin diagonal slices about 5 mm thick × 4 cm long. Cut onion into thin slices 2 mm thick along the fibers. Preheat oven to 160°C. Crack the eggs into a bowl, add the milk, beat lightly, and add the cheese.
2. Heat olive oil in a frying pan and sauté onions, adding the asparagus when onions became tender; then season with salt and pepper and sauté briefly (about 30 seconds). Then add the sautéed onions and asparagus to the egg mixture in the bowl and mix.
3. Put the empty frying pan back on the heat, add the olive oil and warm it thoroughly over medium heat, then pour (2) into the pan all at once. Using a rubber spatula, stir the mixture in the pan, moving inward from the edges where the mixture has begun to harden, and heat until the mixture is just firm in places.
4. Bake in a preheated oven at 160°C for 20 minutes.
Remove from oven and let cool, cut into desired serving sizes, and serve with curry ketchup.
*The baked omelet is soft and fluffy when it is freshly baked, but shrinks as it cools.
*Cover with plastic wrap and refrigerate for up to three days. It is also delicious as a filling for toasted sandwiches.



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Vegetable Main Dish Recipes Vol. 14

Colorful Bell Peppers. Boost Immunity, Beautify Skin, and Ward off Aging!!



Sweet bell peppers (also known as paprika) are extremely nutritious, containing about twice as much vitamin C and three times as much carotene as green bell peppers! While green peppers are harvested when unripe, sweet bell peppers are harvested when they mature, making them thicker, juicier, and sweeter.

By Makiko Hei

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Nutrition in bell peppers

Sweet bell peppers have a strong antioxidant effect. It also helps remove unwanted cholesterol from the body, and reportedly helps prevent lifestyle diseases such as arteriosclerosis and myocardial infarction. They are also rich in vitamin C, which prevents skin spots and wrinkles, and vitamin E, which prevents skin aging.

In addition, β -carotene, a component of the pigment in bell peppers, has the same function as vitamin A in the body, strengthening the mucous membranes and enhancing immunity.

Color differences and nutrition

Sweet bell peppers change color depending on their state of maturity. The earliest harvest is yellow, the next is orange, and the most mature is red.

- **Yellow:** It contains high amounts of α -carotene, which is a strong antioxidant. It also contains zeaxanthin, a type of carotenoid, which helps maintain eye health.
- **Red:** Rich in vitamin C and β -carotene. It also contains capsaicin, which is an antioxidant and cancer-preventive agent.
- **Orange:** It contains a good balance of nutrients from red and yellow bell peppers.

How to identify good bell peppers

They should be dark in color, firm, shiny, and heavy. If the skin is wrinkled, it is not fresh.

How to store bell peppers

• Refrigerated

Cut in half and remove the stem and seeds, and soak in water for about an hour. Wipe dry, wrap in a paper towel, place in a storage bag, and store in the vegetable compartment of the refrigerator. Use within a week. Be sure to dry them thoroughly, as any remaining water makes them spoil more quickly.

• Frozen

Wipe dry as when refrigerating them and cut into desired size. Place as flat as possible in a storage bag, seal the bag to remove air, and place the bag horizontally on a cooking tray and freeze (after freezing, you can also store the bag upright). Use frozen when cooking; will keep for about a month.

Cooking tips

Carotene is fat-soluble, so cooking it in oil improves its absorption. In addition, while vitamin C is normally sensitive to heat, bell peppers have a firm pulp structure, so there is almost no loss of vitamin C when they are cooked.

Khao Pad Gaprao: Thai stir-fried minced chicken with basil

Enjoy this dish with plenty of bell peppers.

Cooking time: 30 minutes

[Ingredients] 2 servings

200 g minced chicken thigh meat
 1/4 onion (50g)
 1 small red bell pepper (120g net)
 1 or 2 dried red peppers, cut into small pieces.
 (add or subtract to taste)

A. 1 tablespoon ginger, minced

A. 1 clove garlic, minced

B. 2/3 tablespoon num pla (or soy sauce)

B. 2/3 tablespoon oyster sauce

B. 1/2 teaspoon sugar

10-15 sweet basil leaves (or 1/2 teaspoon dried basil)

2 eggs

Cooking oil as needed

Black pepper as to taste

Rice as needed



[How to cook]

1. Coarsely chop the onion, remove the stem, seeds and ribs from the bell pepper, and cut into 1.5cm cubes.
2. Heat 1/2 tablespoon of oil and ingredients in A in a frying pan over low heat. When fragrant, add onion and red pepper and sauté over medium heat until onion is transparent, then add minced chicken.
3. When the minced chicken in (2) starts to change color, add bell peppers and stir-fry, then add the ingredients in B and basil, sprinkle with black pepper. (Pad gaprao is done.)
4. Fry eggs. Add a little more oil and fry for about 1 minute until the whites are crispy around the edges.
5. Place pad gaprao on hot rice and top with (4).



Tips

- When frying minced chicken, flatten the meat with a spatula and break it into pieces when the minced chicken changes color. It is more satisfying to eat and tastier than finely chopped pieces.
- Basil leaves look great on top of the finished dish.

Honey Vinegar Marinated Bell Peppers

Bell peppers roasted whole in the oven are twice as sweet and delicious.

Cooking time: 50 minutes

[Ingredients] 2 servings

1 red bell pepper

1 yellow bell pepper

A. 1 tablespoon olive oil

A. 2/3 tablespoon rice vinegar (or wine vinegar)

A. 2/3 tablespoon honey

A. 1/4 teaspoon salt

1-2 sprigs fresh thyme (1/4 teaspoon dry if fresh is not available)



[How to cook]

Preparations

- Measure the ingredients in A into a storage container and mix well.
- Preheat oven to 180°C.

1. Line a baking sheet with baking parchment, place whole bell peppers on the sheet, and bake in the oven at 180°C for 25 minutes. Cool on the baking sheet for 20 minutes, remove from heat, transfer to a cooking tray to remove the stem and peel the peppers. Add the juice from the peppers to ingredients A.
2. Cut the peppers into 8 equal pieces, place in the container with the ingredients in A, blend all together, and add the thyme leaves. Refrigerate well for the best flavor.

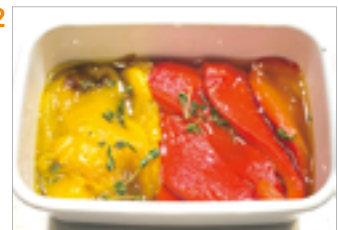
1-1



1-2



2



Tips

- Remove from oven when bell peppers begin to brown in places. Adjust the baking time to more or less than 25 minutes as you see fit.
- If the olive oil hardens after refrigeration, set the container out at room temperature for a bit so it can melt.
- You can store marinated bell peppers for about a week in the refrigerator.

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Vegetable Main Dish Recipes Vol. 15

Sweet Potatoes for Beautiful skin and Intestinal Regularity

With its soft-flaky texture and sweet taste, sweet potatoes can be used in a wide variety of ways from desserts to side dishes. They are also full of nutrients such as dietary fiber and vitamins.

By Makiko Hei

©freeangle / PIXTA

Nutrition in sweet potatoes

Compared to other types of potatoes, sweet potatoes have more carbohydrates. However, they contain the most dietary fiber of all potatoes. That helps reduce blood sugar spikes and regulates the intestinal environment. They are also rich in vitamins C, B1, and B2, which contribute to healthier and more attractive skin. In addition, they contain calcium, a mineral essential for building bones and teeth, and potassium, which helps prevent swelling and high blood pressure.

The white liquid that comes out when you cut a sweet potato is called yarapin, a unique ingredient. It promotes bowel function and softens stools.

How to choose good sweet potatoes

Select sweet potatoes with brightly colored skins and no blemishes or dark spots. Avoid those with many fibrous roots protruding from the surface, as they often have poor texture.

How to store sweet potatoes

Wrap in newspaper or paper towels and store in a cool, dark place. Sweet potatoes are sensitive to cold,

so they should not be kept in the refrigerator. Sliced sweet potatoes can be wrapped in plastic wrap and stored in the vegetable compartment of the refrigerator, but use them up as soon as possible.

Cooking tips

The skin of the sweet potato is also rich in fiber, vitamins, and minerals, so try to eat the whole skin whenever possible. After chopping, soak them in water to remove some of the harshness but no more than 5 minutes, as the water-soluble nutrients such as vitamin C leach out if exposed to water for too long.

Easy Baked Potato Recipe

To enjoy a original taste of sweet potato, baking is the way to go. First, thoroughly wet a piece of thick paper towel, wrap the sweet potato, and then cover with aluminum foil. For small sweet potatoes, bake in a 160°C oven for 70 minutes; for larger ones, bake for 80 to 90 minutes. Then leave it in the oven for 10 minutes. It is ready to eat when a bamboo skewer is inserted and comes out clean. Slow heating at low temperature brings out the sweetness.

Stir-fried Sweet Potato and Chicken with Sweet and Spicy Sauce

The Sweet and Spicy Taste Makes You Eat More Rice!

Cooking time: 20 minutes

[Ingredients] 2 servings

About 300g chicken thigh meat
1 medium sweet potato (about 200g)
2 tablespoons potato starch

[A]

2 tablespoons sake
2 tablespoons mirin (sweet cooking sake)
1 1/2 tablespoons soy sauce
1/2 tablespoon sugar

Pinch of salt
Pepper to taste
1 tablespoon rice oil
Small amount of chopped green onion as needed



[Preparations]

- Wash sweet potato well, cut into bite-sized pieces with the skin on, and soak in water for 5 minutes.
- Mix [A] seasonings.

[How to cook]

1. Drain the sweet potato and place it in a heatproof bowl. Cover with plastic wrap and microwave at 600w for 3 to 4 minutes until a bamboo skewer comes out clean.
2. Trim excess fat from chicken thighs and cut into bite-sized pieces. Place the meat on a baking sheet, and coat with potato starch.
3. Heat the rice oil in a frying pan and place (2) chicken pieces, skin side down. Sprinkle with salt and pepper and cook slowly until browned (2 to 3 minutes over medium heat), then turn over.
4. Add (1) sweet potatoes to (3) and sauté all together. Remove any excess oil with a paper towel, add (A) mixed seasonings, and cook until glazed. Place in a bowl and sprinkle with green onion.



Tips

- Kitchen scissors make it easier to remove fat from the chicken.
- When cooking the chicken, minimize stirring in the pan and cook slowly for a savory flavor!

Rice Cooked with Sweet Potato

The Key is the Salty Flavor that Enhances the Sweetness of the Sweet Potato

Cooking time: 30 minutes

*Excluding soaking time of rice

[Ingredients] 2 servings

2 cups rice

1 small sweet potato (about 150g)

2/3 teaspoon to 1 teaspoon salt (to taste)

1 tablespoon sake

345ml cold water

Black roasted sesame seeds as needed



[How to cook]

1. Wash rice well, drain in a colander and let stand for 30 minutes.
2. Wash sweet potato well and cut into 1.5 cm cubes with the skin intact, soak in water for 5 minutes, then drain.
3. Mix (1) rice, sake, water, and salt in a heavy pan, and place the sweet potatoes on top. Cover the pan and place over high heat; when the water comes to a boil, reduce the heat to very low and cook for 10 minutes. After that, Turn the heat to high for 10 seconds, remove from heat, and steam with the lid on for 10 minutes. Mix everything together and serve. Sprinkle with black sesame seeds.
* The same amount can be made in a rice cooker.

3-1



3-2



Tips

- Cooking sweet potatoes with their skins not only prevents them from getting mushy, but also provides extra nutrients.
- Using cold water to cook rice results in a sweet, delicious flavor.

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Vegetable Main Dish Recipes Vol. 16

Spinach is a Treasure Trove of Nutrients!

Spinach is classified as a green and yellow vegetable and is one of the most nutritious of them all. It contains a good balance of vitamins and minerals. It also can help you lose weight and prevent lifestyle-related diseases.

By Makiko Hei

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Nutrition of Spinach

Spinach's main nutritional value is its iron content. When you are deficient in iron, less oxygen is carried to the body, leading to fatigue and malaise. The iron in spinach is non-heme iron, which is not easily absorbed, but it can be efficiently absorbed when eaten with vitamin C and animal protein.

Spinach is also rich in vitamin C, which boosts resistance to disease and is a strong ally in the prevention of colds, flu, and other infectious diseases.

Vitamins and iron promote a faster metabolism and fat burning. Another benefit of spinach is its high dietary fiber content. This improves the intestinal environment and suppresses postprandial blood sugar elevation.

Oxalic acid, which gives spinach its characteristic bitterness, can cause stone formation in the urinary tract when consumed in large quantities at once. Because of the water-soluble nature of oxalic acid, boiling and exposing it to water can considerably reduce your intake. As long as you're consuming spinach in moderation as part of a balanced diet, it's nothing to worry about.

How to identify good spinach

- Select spinach with taut leaf tips, thick, fleshy leaves, and dark green color.
- The stems should be moderately thick, and the leaves should be dense and voluminous, especially near the base.

How to store spinach

To refrigerate fresh spinach, make a crisscross cut at the base of the roots and soak in water for 1 hour (this helps remove mud). Then wash, drain, wrap in newspaper or paper towels, place in a storage bag, and store upright in the refrigerator for up to one week.

If you freeze spinach to use later on, prepare it as above for refrigerated storage, and boil for about 1 minute. Soak in cold water, squeeze out the excess water, cut into bite-size pieces, and wrap in plastic wrap. Place in a storage bag in the freezer for up to one month. Use it completely frozen for soups and half-thawed for stir-fries.

To remove the scum from spinach, pre-cook it

Spinach must usually be pre-boiled to remove the scum (oxalic acid). Boil 2 liters of water in a pot, add 1 tablespoon of salt, and boil the spinach that has been treated and washed well as described in the preservation section. First, submerge the stems for 15 seconds. Next, place all of the spinach in hot water and cook for an additional 45 seconds (1 minute total), then place in cold water to cool and squeeze out the water. Use only moderate force to squeeze out the water, so you can retain the umami and subtle flavor.

* Spinach for raw consumption has less scum and does not need to be pre-boiled.

Tuna and Spinach Spaghetti with Lemon

Reduce preparation time by boiling the spaghetti and spinach at the same time!

Cooking time: 25 minutes

*Excluding preparation time to soak spinach

[Ingredients] 2 servings

200g spaghetti (dried)
2 liters of water for boiling spaghetti
1 tablespoon salt
1 large can tuna (discard oil, 100-120g net)
150g spinach
1 garlic clove (sliced)
1 tablespoon olive oil
2 quarters of a lemon



[Preliminary arrangements]

Cut a crosswise slit in the base of the spinach, soak in water for 1 hour, wash thoroughly and cut in half (or into thirds if the spinach is long).



[How to cook]

1. Put 2 liters of water in a pot over high heat and when it comes to a boil, add salt to the water and cook the spaghetti.
2. Put olive oil and garlic in a frying pan and heat slowly over low heat, and once browned all over, remove it before it burns. Add the tuna, break it up gently, add about 50 ml of the spaghetti cooking water, turn the heat to medium, and mix them all together. * Oil, moisture, and air will thicken when well mixed.
3. When there is 1 minute left until the spaghetti is cooked, add the spinach roots in the pot (1) and when there are 15 seconds left, add the leaves.
4. Move the cooked spaghetti and spinach from the pot to the pan (2). Add another 50 ml of the cooking water and mix spaghetti with sauce over medium heat so that the spaghetti absorbs the sauce.
5. Place the spaghetti in a bowl, drizzle with a little olive oil (not included in the ingredients above), and top with the garlic cloves. Garnish with lemon and serve with lemon juice.



Tips

- Thick noodles are recommended. The photo shows 1.9 mm thick spaghetti boiled for 12 minutes.
- When you remove the garlic from the pan (2), place it on paper towels to absorb the oil before using it. It improves the texture.

Spinach and Egg Cream au Gratin

Just put the ingredients in a dish and bake!

Cooking time: 35 minutes

*Excluding preparation time to soak spinach

[Ingredients] 2 small gratin baking dishes
(Each with a capacity of about 250 ml)

150g spinach
2 large mushrooms
2 slices (50g) bacon
2 eggs
90 g fresh cream
40 g shredded cheese
10g butter
Black pepper to taste
Baguette or other bread of your choice (if available)

[Preliminary arrangements]

- Cut a crosswise slit in the base of the spinach, soak in water for 1 hour, wash thoroughly.
- Preheat oven to 220°C.



[How to cook]

1. Add 1 tablespoon of salt (not included in the ingredients above) to 2 liters of hot water. Put in the spinach stalks standing up, and after 15 seconds, add all of the spinach. Boil for about 1 minute. Soak the spinach in cold water, squeeze out the water, and cut it into bite-size pieces. Cut bacon into 1 cm pieces and mushrooms into 5 mm pieces.
2. Spread 5g of butter on the inside of each baking dish, layer spinach, mushrooms, and bacon in that order, and make a hollow in the center. Crack an egg into the hollow and sprinkle the dish with cheese. Pour the cream from the edge of the dish.
3. Bake in a preheated oven at 220°C for about 10 minutes until browned.
This is delicious with creamy sauce on bread.

2-1



2-2



Tips

- Be careful not to put the cream too close to the rim of the dish or it will spill during cooking.

Profile

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Vegetable Main Dish Recipes Vol. 17

Okra : Promoting Body Balance and Digestive Health

Rich in vitamins and minerals, okra is so nourishing that some regions treat it as a medicinal plant. Its “sticky” character helps regulate the intestinal environment.

By Makiko Hei

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Nutritional value of Okra

Okra contains many nutrients such as β -carotene, folic acid, potassium, calcium, and magnesium (Refer to the table below). The characteristic stickiness comes from pectin, a soluble dietary fiber that helps regulate the intestinal environment, slowing the absorption of carbohydrates to reduce blood sugar spikes, and lowering serum cholesterol levels.

How to identify good okra

- Color: Bright, shiny green pods are best. Avoid those with brownish discoloration around the calyx (the hard part between the stem and the seed pod) or at the cut end.
- Fuzz: A surface well covered with fuzz is a sign of freshness.
- Size: Smaller ones are tastier and more tender.

Preparation of okra

(1) Cut off a few millimeters from the top of the cap and remove the fuzz by *itazuri* (placing the okra on a cutting board, sprinkling with some salt, and

rolling it with the palm of your hand).

(2) Rinse off the fuzz along with the salt.

(3) Wipe with a paper towel and bevel the surface of the calyx.

How to store okra

Refrigerated storage : Wrap okra in paper towels, place it in an airtight bag, and store it in the vegetable compartment of the refrigerator. The standard storage period is 4-5 days (Can be stored the same way after the preparation). For longer storage, it should be frozen .

Freezer storage : After the preparation as mentioned above, wrap 3-4 pieces in plastic wrap, place them in an airtight bag, and freeze. When cooking, they can be cut and cooked while frozen. Use it up in about one month. Or, after the preparation, they can be cut into convenient sizes and frozen for later use.



Nutrients found in okra and their benefits

Nutrient	Effect
β -carotene	Converts to vitamin A in the body, and effective in maintaining immunity, and promotes the health of eyes, mucous membranes, skin, and hair
Folic acid	Helps prevent anemia
Potassium	Helps expel excess salt from the body
Calcium	Builds bones and teeth
Magnesium	Activates various enzymes in the body and is involved in muscle contraction

Pork *Shabu Shabu* and Shredded Okra with Sesame *Miso*

Pork is another fatigue-relieving food like okra. Their double effect will leave you feeling energized and full of vitality!

Cooking time: 25 minutes

[Ingredients] 2 servings

200g pork (very thinly sliced)

10 pieces of okra (90-100g)

2 teaspoons salt

1 tablespoon *sake*

(A)

1 tablespoon ground white sesame seeds

1 tablespoon *miso*

1/2 teaspoon soy sauce

2 teaspoons rice vinegar

2 teaspoons sugar

1 tablespoon sesame oil



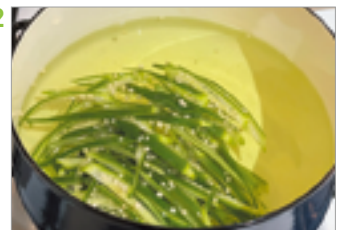
[How to cook]

1. Measure and mix ingredients in (A) in a bowl. Wash okra and wipe dry with a paper towel. Cut off a few millimeters from the top of the cap and bevel the surface of the calyx. Remove the fuzz from the outside of the pods using a method called *itazuri* (Refer to page 22).
2. Cut (1) okra in half lengthwise, then julienne into thin strips. Boil 1 liter water in a pot, add 2 teaspoon salt, and boil okra for 30 seconds. Drain it in a colander and cool it quickly by fanning it. ※ Do not discard the water.
3. Add 1 tablespoon *sake* to (2) hot water, add the pork, and when the color changes, drain in a colander and wipe dry with a paper towel.
4. Add (2) okra and (3) pork in a bowl containing (A) sauce and mix together. Place in a serving bowl and sprinkle with whole white sesame seeds (not included in the above ingredient list).

2-1



2-2



4



Tips

- The amount of salt for *itazuri* is about 1/4 teaspoon of salt for 5 pieces of okra.
- Be careful not to overcook thinly sliced okra, as it softens quickly.
- The absorption rate of B-carotene increases when okra is consumed with oil.

Korean Okra Pancakes

The potato gives them a delightful chunky texture

Cooking time: 25 minutes

[Ingredients] 21 cm x 1 sheet

10 pieces of okra

2 teaspoons + 1 teaspoon sesame oil

[Batter]

1 egg

110g potato, peeled and grated

2 tablespoons flour

3g dried bonito shavings

1/4 teaspoon salt

[Sauce] *Easy-to-prepare portions

1/2 tablespoon soy sauce

1 tablespoon rice vinegar

1/2 teaspoon sugar

1/2 teaspoon white sesame seeds

A few red pepper rings (or Chili oil) to taste



[How to cook]

1. Remove the fuzz on the outside of the okra pods with a method called *itazuri* (Refer to page 22), rinse well, and drain. Cut off the calyx and cut into small pieces 5 mm thick. Combine the ingredients for the sauce.
2. Beat an egg in a bowl, then add the remaining batter ingredients and mix well. Add (1) okra, and mix lightly.
3. Put 2 teaspoons of sesame oil in a frying pan over medium heat, pour in (2), and spread it around. After 1 minute of cooking, shake the pan and if the batter starts to firm up a bit, drizzle an additional 1 teaspoon of sesame oil on the side of the pan and brown it. Turn the pancake over and cook for 3 minutes on the other side, pressing down with a spatula.
4. Move the pancake to a cutting board, cut into bite-size pieces, place on a plate, and garnish with sauce.



Tips

- Using fresh green chilies instead of red ones is also recommended.
- It tastes better if you add sesame oil and crisp it up during cooking.

Profile

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Vegetable Main Dish
Recipes Vol. 18

Zucchini is Best Enjoyed During the Hot Summer

Although it looks like a cucumber, zucchini is part of the pumpkin family. It has a light, neutral flavor, so it can be used in a variety of dishes in both Japanese and Western cuisines.

By Makiko Hei



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Nutritional value

Zucchini has relatively high levels of potassium, which plays an important role in eliminating excess sodium, regulating blood pressure, and retaining cellular water. Potassium is one of the nutrients that is important to obtain from food, especially during the summer months, because it is eliminated through sweat.

Zucchini also has considerable amounts of folic acid, a B vitamin. Folic acid helps build blood and aids in cell renewal. A deficiency of folic acid can cause anemia.

Zucchini is 95% water. In addition, it is low in carbohydrates and high in fiber. Dietary fiber absorbs and cuts excess fat, sugar, and sodium, which can help prevent and improve lifestyle-related diseases such as obesity and high blood pressure.

How to select a good zucchini

- The cut end of the stem is thick and uniform in overall thickness.
- The skin should be shiny with no blemishes on the surface. If the skin is not shiny, the water content is low, and the zucchini will have less flavor.
- Look at the "butt" of the zucchini, and if it has

many striations, it means it is not shriveled. The flesh will be tasty.

How to store zucchini

- At room temperature: Can be stored at room temperature between 15°C and 25°C. Wrap each zucchini in newspaper and place in a cool, dark place. Storage time is about one week.
- Refrigerated: Wrap whole zucchini in a paper towel, place in an airtight bag, and store in the vegetable compartment of the refrigerator. The standard storage period is four to five days. If you want to keep it longer, freeze it.
- Frozen: Cut into convenient sizes, place in airtight bags with cut ends not overlapping, and freeze. Use frozen cut pieces in stews, etc. The standard storage period is one month.

Cooking tips

Zucchini skin is soft, so it is best to cook it with the skin. Prepare it by sprinkling lightly with salt, and it can be enjoyed deliciously as *namul* (Korean vegetable dish) or in salad.

Deep-fried Zucchini and Chicken Breast in Broth

Deep-fried Zucchini and Fried Chicken Breast in a Refreshing Japanese *Dashi* Broth.

Cooking time: 20 minutes

*Excluding time for making soup stock and marinating the chicken in seasoning.

[Ingredients] 2 servings

1 chicken breast, skinless (about 350 g)
1 zucchini 4 *shiso* leaves
3 tablespoons *katakuriko* (potato starch)
Frying oil as needed



(A)

1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon grated ginger

[B : Dipping Sauce]

Dried bonito and kelp broth 240ml (*see the bottom of this page)
2 tablespoons *mirin* (sweet cooking rice wine)
2 tablespoons light soy sauce

[How to cook]

1. Place B in a saucepan over medium heat, bring to a boil, remove from heat, and set aside to cool.
2. Pierce the chicken breast with a fork all over the underside, cut in half lengthwise, chop into bite-sized pieces, place in a bowl, rub with A, and let stand at room temperature for 30 minutes. Cut off both ends of zucchini and slice into 1 cm wide rounds. Cut *shiso* leaves into thin strips, soak in water, and drain well.
3. Heat deep-frying oil to 170-180C° and deep-fry zucchini for 1.5 minutes, then drain off the oil and add to the dipping sauce in (1) above.
4. Coat the seasoned chicken with potato starch and deep-fry at 170C° for 2 minutes. Just before removing the chicken from the oil, increase the heat for 30 seconds or so to make it fragrant. Drain off the oil and add to the dipping sauce.
5. Serve in a bowl and garnish with the *shiso* leaves from (2) above. Can be stored in the refrigerator for up to 3 days.

*You can eat it right away, but it tastes even better if you let it sit in the refrigerator for an hour or two to let the flavors meld.



[How to make soup stock for dipping sauce]

Ingredients: 1 liter or more water, 10g kelp for soup stock, 25g dried bonito

Preparation: Put water and kelp in a pot over very low heat for 20 to 30 minutes to slowly draw out the kelp extract*1, add dried bonito just before it comes to a boil, and turn off the heat. Cover and steam, once it's cooled, strain through a fine-meshed colander. Leftover soup stock can be frozen for up to one month.

*1. You can also use a liter of water with kelp in it, which was kept in the refrigerator for 6-12 hours.



Dried bonito(left) and kelp in water(right)

Zucchini and Tuna *Namul* (Korean Vegetable Dish)

Raw Zucchini is Fresh and Delicious! With its Spicy Flavor, Can Be Served as a Side Dish or a Snack.

Cooking time: 25 minutes

[Ingredients] 2 servings

1 zucchini (about 200g)
70 g (small can) tuna
1/4 teaspoon salt
1 tablespoon white roasted sesame seeds
A few threads of red chili pepper (or a small piece of red chili pepper), as needed

1 tablespoon sesame oil
1-2 teaspoons chili bean paste (to taste)



[How to cook]

1. Cut off the stem the zucchini, slice into thin rounds with a slicer, and place in a bowl. Sprinkle with salt and let stand for 10 minutes, then squeeze out the water and put into the bowl with a mixture of sesame oil and chili bean paste.
2. Add tuna and sesame seeds. Arrange in a bowl and top with sliced red chili pepper.



Tips

- Can be refrigerated for up to three days.
- Adjust the amount of chili bean paste and chili pepper to taste.

Profile

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Vegetable Main Dish Recipes Vol. 19 Bok Choy

Enjoy This Nutritious Green and Yellow Vegetable Boiled or Fried

Bok choy has almost no acidity or peculiar taste, and is easy to prepare as it does not require pre-boiling. Although often used in Chinese cuisine, this vegetable can easily be incorporated into Japanese cuisine as well.

By Makiko Hei

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Nutritional Value of Bok Choy

Bok choy is a very nutritious vegetable. It is rich in β -carotene, vitamin C, potassium, iron, and calcium. (Refer to the table below). In particular, it contains twice as much calcium as spinach. Iron is a nutrient that isn't readily absorbed in the body, but when combined with animal protein such as eggs, meat, and fish, it can be efficiently ingested.

In addition, the absorption rate of β -carotene, a fat-soluble vitamin, is enhanced with the addition of oil. It is recommended to stir-fry bok choy in oil or combine it with fatty meats and eggs.

How to Recognize a Good Bunch of Bok Choy

- The leaves are dark green, with shorter stems and densely clustered leaves.
- The leaves should be thick and plump at the base.

How to Preserve Bok Choy

Refrigerated storage: Wrap in lightly wet paper towel and place in a storage bag, or wrap in newspaper. Store upright in the vegetable compartment. Use up within three or four days.

Freezer storage: Cut into bite-size pieces, place in freezer bags, remove air, seal, and freeze. If you want to retain the green color, cut, quickly boil it in salted water*, soak in ice water, squeeze out the water, and freeze. You don't need to thaw frozen bok choy to use it in stir-fries, soups, and other heated dishes. The estimated shelf life is 1 month.

*Boil in 1 liter of boiling water with 2 teaspoons of salt. It is best to blanch the stems for 30 seconds and the leaves for 15 seconds.

Cooking tips

- There may be soil clinging to the base of the stems, so soak bok choy in water for 15 minutes after cutting it and then rinse it off.
- The stems take longer to cook than the leaves, so start cooking the stems first and add the leaves later.

Nutrients found in bok choy and benefits

Nutrient	Effect
β -carotene	Strong antioxidant properties
Vitamin C	Essential for beautiful skin
Potassium	Effective for high blood pressure and swelling
Iron	Prevention of anaemia
Calcium	Builds bones and teeth

Stir-fried *Udon* Noodles with Bok Choy and Pork

The Savory Aroma of Soy Sauce Whets the Appetite

Cooking time: 20 minutes

Excluding time for soaking bok choy in water

[Ingredients] 2 servings

Frozen *udon* noodles for 2 servings

※It can be substituted with Chinese noodles.

200 g bok choy

80 g *shimeji* mushroom

150 g thinly sliced pork belly

2 pinches salt

Pepper to taste

1/2 tablespoon soy sauce

1 tablespoon sesame oil

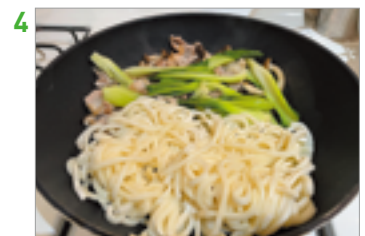
4 g bonito shavings

Sweet pickled ginger or red pickled ginger to taste



[How to cook]

1. Cut off 2 mm from the base of the bok choy and cut the stalks in half lengthwise, then chop the stems into 6 to 8 equal pieces crosswise and the leaves into 3 to 4 cm pieces. Soak in water for 15 minutes, then rinse and drain in a colander. Cut off the base of the *shimeji* mushrooms and break them into pieces.
2. Cut pork into 4 cm pieces. Boil water in a frying pan, add the sliced pork, and turn off the heat immediately, then put it in a colander when the color changes.
3. Thaw frozen *udon* noodles (90% thawed is OK).
4. Put sesame oil in a frying pan over medium-high heat, add the boiled pork, bok choy stems, and *shimeji* mushrooms, and sauté. After about 2 minutes, when browned, sprinkle with salt and pepper. Move the ingredients to the edge of the pan and add the *udon* noodles to loosen and combine with the ingredients. Add soy sauce and bok choy leaves, mix, spread and brown them, and when the soy sauce smells burnt, toss all together. Taste and adjust with salt or soy sauce (not included in the above ingredient list) if necessary.
5. Place in a bowl, sprinkle with bonito shavings, and garnish with sweet pickled ginger.



Tips

- By boiling the pork in hot water, the finished product is tenderized, and both fat content and calorie content are reduced.
- If the dish is too bland, you can add vinegar for a hint of sourness or curry powder for a dash of spice to make it more satisfying.
- If the *udon* sticks to the pan while frying, add a little sesame oil.

Soy Milk Soup with Bok Choy and Egg

Soy Milk Based, No Need for Dashi Broth

Cooking time: 15 minutes

Excluding time for soaking bok choy in water

[Ingredients] 2 servings

1 stalk bok choy (100-120g)

2 eggs

400ml soy milk

2 teaspoons light soy sauce

※Dark soy sauce can be substituted. It is less salty than light soy sauce, so adjust the taste by adding salt.

1 teaspoon sesame oil



[How to cook]

1. Cut bok choy into stems and leaves, then cut each into 2 to 3cm pieces. Soak the bok choy in water for 15 minutes, rinse well, and drain in a colander. Beat the eggs.
2. Place soy milk in a saucepan over medium heat. Add the bok choy stems and cook, stirring the bottom of the pan with a spatula. When it comes to a boil, add light soy sauce, pour in the egg mixture, and add the bok choy leaves. Reduce heat to low and cook for 30 seconds, then turn off heat, cover and steam for 5 minutes. Taste and season with light soy sauce (not included in the above ingredient list) if necessary.
3. Serve in bowls and drizzle each with 1/2 teaspoon of sesame oil.



Tips

- Soy milk is a good plant protein, healthy, and rich in flavor, so you don't need dashi broth. It also makes a delicious soup with minimal seasoning.
- When heating soy milk, it tends to stick to the bottom of the pan, so use a nonstick pan or stir with a rubber spatula as it heats.

Profile

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Vegetable Main Dish Recipes Vol. 20 Chinese Cabbage

Many Beneficial Effects, from Cold Prevention to Stabilizing Your Intestinal Health

Chinese cabbage is a member of the *Brassicaceae* family and is native to northern China. It has a light and delicate flavor and is used in a variety of dishes such as salads and stir-fries. In Japan, it is an essential vegetable for winter hot pot dishes.

By Makiko Hei

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Nutritional Value of Chinese cabbage

Chinese cabbage is 95% water and has a very low calorie content—just 14 kcal per 100g. On top of that, it contains solid nutrients such as vitamin C, calcium, vitamin K, and dietary fiber. It also has isothiocyanates, a phytochemical found in cruciferous vegetables.

How to select a good Chinese cabbage

- The cut end of the stem should be white and fresh.
- The outer leaves should be a beautiful green color. The veins of the leaves should grow symmetrically.

Sometimes there are black spots on the leaves, but this is a symptom of overnutrition or low temperatures. It is still good to eat.

How to Preserve Chinese cabbage

Refrigerate: Chinese cabbage continues to grow and consume nutrients after harvest. Make an incision at the core with a knife to slow the growth. Wrap in newspaper and store upright in the vegetable crisper. (It will keep for about two weeks).

Freezing: Cut fresh Chinese cabbage into bite-size pieces, place flat in a storage bag, remove air, seal, and

freeze. When cooking with frozen Chinese cabbage, you don't need to thaw it first.

You can also boil it before freezing. Peel off the leaves one by one, place in water at a rolling boil, remove from heat, and cut into desired size. Drain, place flat in a storage bag, remove air from the bag, seal, and freeze. You don't need to thaw before cooking.

Whichever processing method is used, Chinese cabbage can be frozen for about a month. When frozen, the fibers break down and the texture changes. Frozen Chinese cabbage is best used in stewed dishes.

Nutrition and benefits of Chinese cabbage

Nutrient	Effect
Vitamin C	Prevents colds and improves immunity
Calcium	Strengthens bones and teeth
Vitamin K	Aids in calcium absorption
Potassium	Prevents swelling and high blood pressure
Dietary fiber	Stabilizes intestinal health and suppresses elevated blood sugar levels (relieves constipation)
Isothiocyanates	Anti-inflammatory and bactericidal effects

Chinese Cabbage Dumplings

Cut Calories by Adding Plenty of Salted Chinese Cabbage to Your Dumplings

Cooking time: 50 minutes

[Ingredients] 26 pieces

26 large dumpling skins
120g ground pork
300g Chinese cabbage, chopped into 5 mm cubes
1 teaspoon salt
30g garlic chives, chopped into 3 mm pieces
1 tablespoon rice oil
A dash of sesame oil

A 2 teaspoons *sake* 2 teaspoons soy sauce
1 teaspoon *miso* 2 teaspoons sesame oil
1 teaspoon grated ginger



★Dipping sauce

Vinegar, soy sauce, pepper, Chinese red chili oil, to taste, in any combination

[How to cook]

1. Put the chopped Chinese cabbage in a bowl, sprinkle with salt, let stand for 10 minutes, then wring it out with your hands to thoroughly squeeze out the water. Put ground meat and ingredients (A) in another bowl and knead to mix well.
2. Add the Chinese cabbage (1) and garlic chives to the kneaded ground meat and mix thoroughly.
3. Wrap the filling in the dumpling skin. * See [How to fold dumplings]below.
4. Put rice oil in a frying pan, place dumplings into the pan and cook over medium-high heat. When lightly browned, add 80 ml of water, increase the heat to high, cover and steam the dumplings for about three minutes.
5. When the water has evaporated, remove the lid, lower the heat, pour in a little sesame oil from the side of the pan, and cook until golden brown. When the dumplings move as you shake the pan, place them on a serving dish with the cooked side up. Serve with sauce of your choice.



[How to fold dumplings]

- Place the dumpling skin on the palm of your hand, place filling (about 15g) in the middle of the skin, and spread it out flat. Wet the edges of the skin with water and fold it in half, then close the skin in front of you, making folds from the edges to the center to release air. Close tightly and flatten the bottom by pressing it down on a table or counter.



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Stewed Chinese Cabbage and chicken

Delicious Chinese cabbage soaked with the flavor of dried *shiitake* mushrooms and chicken

Cooking time: 30 minutes

Excluding the time to rehydrate dried *shiitake* mushrooms

[Ingredients] 3 servings

2 chicken thighs
1 teaspoon salt
1 and 1/2 tablespoons potato starch
400g Chinese cabbage
20g green onion, cut into small pieces
1 tablespoon rice oil



A 15g dried *shiitake* mushroom Water, as needed (250 ml of water after soaking is used for cooking)

B 2 teaspoons cooking *sake* 2 teaspoons soy sauce
2 teaspoons *mirin* (sweet cooking rice wine)

[Before cooking]

Place the dried *shiitake* mushrooms in enough water to cover them and cover the surface with plastic wrap. Soak for 2 to 3 hours for small mushrooms and 4 to 5 hours for large ones. When they are tender, remove the hard stems and cut into bite-size pieces.

※You can soak them in water in the refrigerator the day before; do not discard the water as it will be used for cooking.

[How to cook]

1. Separate the Chinese cabbage into core and leaves, shave the core into thin pieces, and cut the leaves into bite-size pieces. Remove excess fat and sinew from the chicken, cut into bite-sized pieces, season with salt, and sprinkle with potato starch.
2. Heat rice oil in a frying pan, brown the chicken over medium heat (cook for three minutes on one side, turn over, and cook for one minute on the other side), add Chinese cabbage core and dried *shiitake* mushrooms (A) and sauté briefly, then add Chinese cabbage leaves and 250 ml of dried *shiitake* mushroom stock and turn the heat to high.
3. Add the ingredients (B), bring to a boil, reduce heat to medium, and simmer for three to five minutes. Serve in serving bowls and sprinkle with green onion.

2-1



2-2



Tips

- You can reduce calories by removing the skin from chicken.

Profile

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