

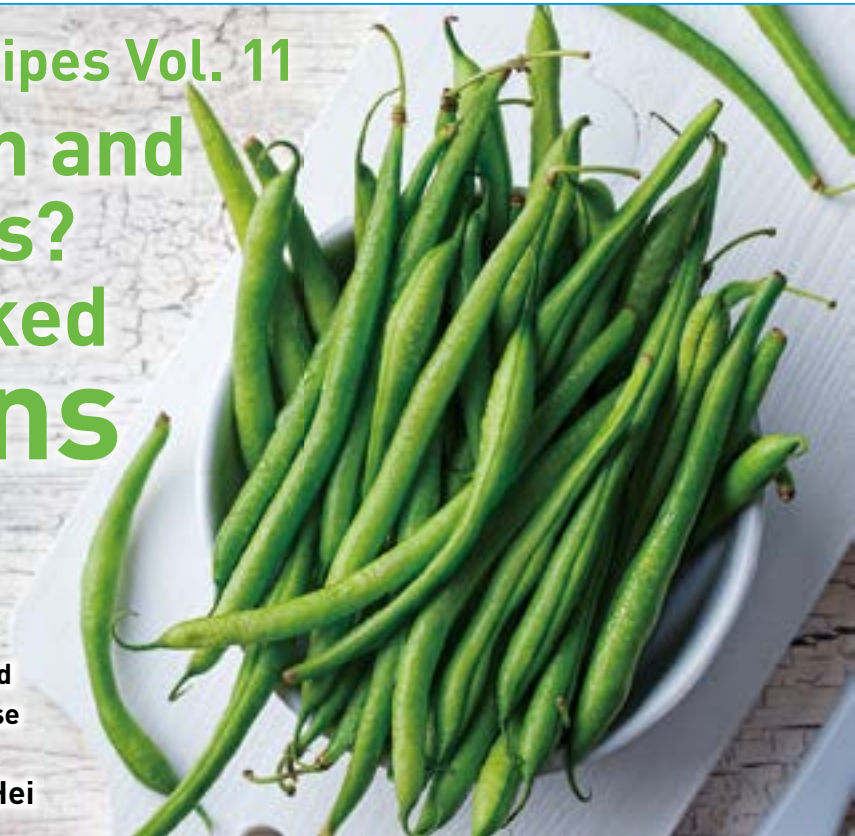
Vegetable Main Dish Recipes Vol. 11

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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I love vegetables. I try to handle them with care and cook them simply but luxuriously, with the motto "Let's make our daily meals delicious regardless of the genre of the dishes."

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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

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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.



Profile

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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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A photograph of several sweet potatoes in a woven bamboo basket, resting on a piece of burlap fabric. The sweet potatoes are a vibrant reddish-purple color. The background is a wooden surface.

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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