

## Morning Class #1 トマトの八方ダシ漬け Japanese Soupstock Marinated Tomato

*Tomato contains a lot of 'Umami'. By finding a good way to cook this versatile vegetable, embrace the magic of umami taste!*



### **Ingredients (1 person):**

1	Tomato
4 tbsp	Dashi
1/2 tbsp	Dark soy cause
1/2 tbsp	Mirin
1 tbsp	Vinegar
Optional	Edamame, bonito flake

### **Directions:**

1. Put tomato into boiling water for 10 seconds and peel off the skin
2. Mix dashi, soy sauce, mirin and vinegar in a plastic bag
3. Soak tomato in dashi bag and leave it in fridge for about 30 minutes
4. Cut into 4 pieces if it is easy for you to eat.

## Morning Class #2 ニンジンとアスパラの牛肉巻き Beef Rolled Carrot and Asparagus

*A very popular dish. Frequently appears in various types of bento. Enjoy the simple but beautiful combination of beef and vegetables.*



### **Ingredients (1 person):**

50g	Sliced beef
1/4	Carrot
6	Asparagus
2 tsp	Mirin
2 tsp	Dark soy sauce
2 tsp	Sake
1/2 tsp	Sugar
Small portion	Ginger, wheat flour

### **Directions:**

1. Shred carrot in thin strip. Cut the edge and peel off the skin of asparagus.
2. Add salt in water and boil them for a few minutes
3. Line carrot and asparagus on beef, put salt and pepper, and roll it up
4. Powder wheat flour and stir-fry in middle heat. Add sake when beef starts to change color
5. Once the beef rolls are cooked, add seasonings, cover and simmer about 10 minutes

### Morning Class #3 ほうれん草の出し巻き卵 Spinach Rolled Egg

*Learn the technique of rolled egg and feel Japanese mums' love to their family*



#### **Ingredients (1 person):**

1	Egg
Some	Spinach
1 tbsp.	Dashi
½ tsp	Light soy sauce

#### **Directions:**

1. Boil spinach, take it out quickly and cut into pieces
2. Whisk the egg well, then add dashi, light soy sauce and spinach to it
3. Pour enough egg mixture into the oiled heated pan to cover its surface then roll up the half cooked egg from the back to the front
4. Repeat this until you have used all the egg mixture

### Morning Class #4 天ぷら Tempura

*Learn the secret of tempura batter and master the way to deep-fry shrimp straight.*



#### **Ingredients (1 person):**

1	Shrimp
1/6	Sweet potato
1-2 twig	Maitake (dancing mushroom)
50cc	Water
25g	Wheat flour (even better if you mix a bit of egg and baking powder)

#### **Directions:**

1. Make the tempura batter by stirring the flour into the water. (Just mix it lightly about 10 times without beating.)
2. Powder shrimp, sweet potato and mushroom with flour
3. Dip the powdered ingredients into tempura batter and deep-fry them in heated oil (180°C / 350°F) until cooked throughout
4. Remove from the oil

## Morning Class #5 みそ汁

### Miso Soup

*Must have dish of Japanese meal. Avoid boiling the soup in order to keep the nice aroma of miso.*



#### **Ingredients (1 person):**

1 tsp Miso  
150cc Dashi  
Optional Wakame seaweed and your favorite vegetables

#### **Directions:**

1. Warm up dashi in middle heat and dissolve miso well by using chopsticks
2. Add the ingredients and stop before the soup starts to boil

## Morning Class #6 巻き寿司

### Sushi Roll

*Ingredients can be almost anything! Here, let's use cucumber, rolled egg, crab stick etc. to nicely decorate your sushi roll!*



#### **Ingredients (1 person):**

½ cup Rice  
12.5cc Vinegar  
5g Sugar  
2g Salt  
85cc Water  
1 slice Nori seaweed

#### **Directions:**

1. Place a sheet of nori on makisu (bamboo rolling mat) and thinly spread rice. Leave one edge (about 2-3cm) without rice
2. Place your favorite ingredients onto nori of one third of your side horizontally
3. Grab the bottom edge of makisu and roll it into a tight cylinder
4. Remove makisu
5. Cut into 6-8 pieces. Wet knife helps cutting easy

## Afternoon Class #1 ほうれん草の胡麻和え Spinach Dressed with Sesame Sauce

*Enjoy the combination of sesame and spinach.*



### **Ingredients (1 person):**

2 bunches	Spinach
1 tbsp.	Sesame
½ tsp	Dark soy sauce
½ tsp	Sugar
a few drops	Mirin
a few drops	Dark soy sauce for washing spinach (Mura-arai)

### **Directions:**

1. Grind sesame until about 70% are crushed. Mix sesame, soy sauce, mirin and sugar to make sesame dressing
2. Boil spinach in salted water for 1 minute and put it in ice water
3. Drain the spinach and squeeze out as much water as you can. Cut into bite size pieces. Squeeze out any remaining water
4. Wash the spinach with the soy sauce (Mura-arai), drain and squeeze out any remaining soy sauce
5. Dress the spinach with the sesame dressing

## Afternoon Class #2 かき揚げ Kakiage - tempura of Mixed Vegetables and Mushroom

*Master another popular tempura style 'Kakiage'.*



### **Ingredients (2 persons):**

½	Egg
25ml	Water
1 pinch	Salt
2 tbsp.	Wheat flour
½ tbsp.	Potato starch
Half	Sweet potato
¼	Onion
Small portion	Maitake mushroom, mitsuba (greenleaf)

### **Directions:**

1. Shred sweet potato and onion into thin strip. Cut mitsuba into 3cm pieces. Divide mushroom into one mouthful sizes
2. Put vegetables in a bowl and mix well with the other ingredients (egg, water, salt, wheat flour and potato starch)
3. Deep-fry 1/3 or 1/2 of the mixture at a time, using ladle

## Afternoon Class #3 ブリの照り焼き Teriyaki Fish (yellowtail)

*Learn the technique of teriyaki with popular fish 'buri' yellowtail.*



### **Ingredients (1 person):**

1 slice	Fish (yellowtail)
1 tbsp.	Dark soy sauce
1 tbsp.	Mirin
½ tsp	Sugar

### **Directions:**

1. Sprinkle salt to get rid of fishy smell from yellowtail
2. Mix soy sauce, mirin and sugar to make teriyaki sauce
3. Stir-fry the fish
4. Pour teriyaki sauce onto the fish in the last moment and caramelize it for 20-30 seconds

## Afternoon Class #4 けんちん汁 Japanese Vegetable Chowder

*Enjoy the healthy mix of various vegetables in dashi-based soup.*



### **Ingredients (1 person):**

Small portion	Konjac, radish, carrot, spring onion, burdock, fried-tofu, etc
150cc	Dashi
Small portion	Sesame oil
1 pinch	Salt
1 tbsp.	Sake
½ tbsp.	Light soy sauce

### **Directions:**

1. Cut vegetables (Burdock needs to be sliced and konjac needs to be boiled after been cut)
2. Add sesame oil in a pan and stir-fry all the vegetables for 2-3 minutes
3. Add salt, sake and soy sauce before pouring dashi. Simmer for 7-8 minutes
4. Pour sesame oil for flavor

Afternoon Class #5 キノコとひじきの炊き込み御飯  
Soy Sauce Seasoned Rice Cooked with Vegetables and  
Mushroom

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*Learn how to give taste to rice by using dashi and how to enjoy more  
by using mushroom and hijiki*



**Ingredients (1 person):**

½ cup	Rice
1 tsp	Hijiki
2-3 twigs	Shimeji mushroom
90cc	Dashi
1 tbsp.	Sake
½ tsp	Light soy sauce
¼ tsp	Mirin
one pinch	Salt
Optional	Green peas

**Directions:**

1. Wash rice and drain water well. Pour dashi into rice
2. Wash hijiki. Add hijiki and mushroom
3. Add seasonings (sake, soy sauce, mirin and salt), mix them well and steam by ricecooker