

Morning Class #1 Gomaae (Salad Dressed with Sesame Sauce) 胡麻和え



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 vegetables (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 water 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

Morning Class #2 Teriyaki Chicken 照り焼きチキン



Ingredients:

60-70g Chicken breast or thigh
 15cc Soy sauce
 15cc Mirin
 3g Sugar
teriyaki sauce => soy sauce: mirin : sugar = 5:5:1

Directions:

1. Make Teriyaki sauce by mixing soy sauce, mirin and sugar. (Sugar can be substituted with honey or jam.)
2. Pan-fry the chicken over a low medium heat.
3. Add the teriyaki sauce and cook until the chicken is fully glazed and shiny, then remove from the heat.

Morning Class #3 ダシ巻きタマゴ Rolled Egg

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

Ingredients (1 person):

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



Directions:

1. Whisk the egg well, then add dashi and light soy sauce to it
 - It's preferable to use light soy sauce so the egg does not get darker
2. 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
3. Pour the rest of egg mixture and repeat again
 - Make sure to lift up the cooked egg and tuck the second egg mixture underneath

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
A few slices Pumpkin
A few pieces Green vegetable
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.
 - Do not over mix otherwise gluten forms
 - Use cold water to avoid gluten
2. Powder shrimp, pumpkin and green vegetable with wheat flour
3. Dip the powdered ingredients into tempura batter and deep-fry them in heated oil (180°C / 350°F) until cooked throughout
 - When the bubble starts to be smaller (less water in the food), it's time to pick up
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 (5g) 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
 - Make sure not to boil miso soup so it does not lose its best aroma
2. Add the ingredients and stop before the soup starts to boil

Morning Class #6 巻き寿司

Sushi Roll

**Ingredients (1 person):**

½ cup Rice
12.5cc Vinegar
5g Sugar
2g Salt
85cc Water
1 slice Nori seaweed
1/4 Cucumber
2 slices Kanpyo (かんぴょう)
2-3 slices Egg roll

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 高野豆腐 Koya Tofu



Ingredients:

15-20g	Koya tofu (高野豆腐)
½ tbsp.	Potato starch
some	Cooking oil
some	Green vegetable
75cc	Dashi
1 tsp.	Sugar, soy sauce and Mirin

Directions:

1. Soak koya tofu into hot water and soften.
2. Squeeze water and powder by potato starch.
3. Pan-fry till it gets crispy.
4. Mix dashi and seasonings, and boil.
5. Add koya tofu and simmer for 10 minutes by small heat.
6. Boil green vegetable and squeeze water.
7. Serve koya tofu onto plate with sauce and place green vegetable on top.

Afternoon Class #2 きんぴら Spicy Sauteed vegetable



Ingredients:

Some	Burdock
Some	Carrot
½ tsp.	Mirin
½ tsp.	Soy sauce
1/3 tsp.	Sugar
Some	Salad oil
½ tsp.	Sesame
1/3 tsp.	Sesame oil

Directions:

1. Cut burdock and carrot into thin slices.
2. Pan-fry them with salad oil till they start to get soft.
3. Add mirin, soy sauce and sugar, and keep pan-frying till its liquid evaporate.
4. Add sesame and sesame oil, and pan-fry a little.
5. Stop heat.

Afternoon Class #3 野菜の肉巻
Beef roll with seasonal vegetables



Ingredients (1 person):

50g	One sliced beef
1/4	Carrot
1~2	Asparagus
2 tsp	Mirin
2 tsp	Dark soy sauce
2 tsp	Sake
Some	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

Afternoon Class #4 お吸い物
Osuimono – Dashi based soup



Ingredients:

150g	Dashi
One pinch	Salt
A little	Light soy sauce
A little	Sake
Optional	Seasonal green vegetables

Directions:

1. Heat up dashi and add seasonings.
2. Add vegetables.

Afternoon Class #5 炊き込み御飯
Takikomi Gohan – Dashi Steamed Rice



Ingredients (1 person):

½ cup	Rice
Some	Vegetable and mushroom
90cc	Dashi
1 tbsp.	Sake
½ tbsp.	Light soy sauce
¼ tsp	Mirin
one pinch	Salt

Directions:

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

Afternoon Class #6 コーヒー水羊羹
Coffee Sweet Bean Jelly



Ingredients (1 person):

1/8 tsp.	Powder agar
40ml	Water
1 tsp.	Sugar
1 tsp.	Coffee
40g	Koshian (sweet mashed red bean)
5ml	Fresh cream

Direction:

1. Pour water in a pan. Sprinkle powder agar and heat up. Stir and simmer for a few minutes.
2. When powder agar melts, add sugar and coffee, melt them and stop heat.
3. Add koshian and mix well by middle heat.
4. Cool down the pan by icy water. Stir well and move it to container. Cool down well in refrigerator for about one hour.
5. Put fresh cream on top.