

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



Ingredients (1 person):

2 bunches	Spinach
1 tbsp	Sesame
1 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
1 tbsp	Soy sauce
1 tbsp	Mirin
½ tsp	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 Rolled Egg

ダシ巻きタマゴ

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 Tempura

天ぷら

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 Miso Soup

みそ汁

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 Sushi Roll

巻き寿司

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 茶碗蒸し
Chawanmushi - Steamed Egg Custard



Ingredients(1 person):

20g	Chicken breast or thigh
½ tsp	Sake
One pinch	Salt
½	Egg
75cc	Dashi
½ tsp	Light soy sauce
One pinch	Salt
Some	Carrot, Mushroom, Fish paste
Some	Mitsuba herb

Directions:

1. Sprinkle sake and salt on chicken.
2. Slice carrot thinly and cut out the shape using blossom shaped cutters. Make a decorative cut with fish paste.
3. Crack the egg into a bowl and mix gently. Add dashi, light soy sauce and salt.
4. Strain through a sieve to make a smooth mixture.
5. Put chicken, fish paste and mushroom in a cup and pour the mixture.
6. Put the cup in a pan and add hot water to come about 1.5-2 cm up the side of the cup. Put a lid on and steam at high heat for 1 minute. Turn down the heat to low and steam for another 15 minute.
7. Put mitsuba on top and leave for a while with a lid on.

Afternoon Class #2 餃子
Gyoza Dumplings



Ingredients(1 person):

25g	Minced chicken
15g	Cabbage
Some	Scallion
3g	Ginger
5pieces	Dumpling wrapper
½ tsp	Sake
½ tsp	Sesame oil
¼ tsp	Soy sauce
One pinch	Sugar and salt
¼ tsp	Sesame oil *at the end

Directions:

1. Chop cabbage and sprinkle a pinch of salt.
2. Chop scallion and grate ginger.
3. Put minced chicken in a bowl and add 1. and 2.
Add sake, soy sauce, sesame oil, sugar and salt, and mix altogether.
4. Divide the filling into 5 and place each in the center of wrapper. Wet the edges with the water and flour mixture. Fold in half and pinch pleats into edges and wrap up.
5. Heat oil in a pan and put in gyoza. When it turns brown, pour in about 80cc water and cook 5 minutes with a lid on at medium heat.
6. Evaporate excess moisture and sprinkle sesame oil. Remove from the heat.

Afternoon Class #3 牛肉しぐれ煮

Shigureni - Simmered beef and vegetables

**Ingredients (1 person):**

50g	Beef
10g	Burdock
Some	White part of scallion
5g	Ginger
½ tsp	Salad oil
25cc	Dashi
1 tsp	Soy sauce
1 tsp	Sake
1 tsp	Mirin
1 tsp	Sugar

Directions:

1. Slice burdock and cut ginger into thin strips. Make a shallow cut lengthwise on scallion and remove the green core. Lightly press a white part to flatten it and cut into fine strips. Soak in water for a while and drain water well. Cut green part diagonally.
2. Pan-fry ginger with salad oil. Add beef, scallion and burdock and cook for a while.
3. Mix dashi and seasonings and pour it into a pan. Cook till the liquid evaporates and gets thicker.
4. Put white part of scallion on top after serving in a plate.

Afternoon Class #4 いんげんと人参の和え物

Green beans and carrot with sesame dressing

**Ingredients:**

25g	Green beans
10g	Carrot
1 tbsp	Sesame
½ tsp	Soy sauce
½ tsp	Mirin
One pinch	Salt

Directions:

1. Remove the stem ends of green beans. Cut each into 2 to 3 pieces diagonally. Cut carrot into thin strips.
2. Spread green beans and carrot in a pan. Sprinkle a pinch of salt, pour in 40 to 50ml of water and put a lid on.
3. Put the pan over medium heat. Once water boils, lower the heat and cook until tender but crisp. Cool down the pan in cold water and drain well.
4. Grind sesame and mix it with soy sauce and mirin in a bowl. Dress vegetables with it.

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 お吸い物
Osuimono - Dashi based soup



Ingredients (1 person):

30g	Dashi
One pinch	Salt
A little	Light soy sauce
A little	Sake
Optional	Seasonal vegetables

Direction:

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