

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	Dark 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

**Ingredients (1 person):**

1	Shrimp	
A few slices	Pumpkin	
A few pieces	Green vegetable	
50ml	Water	
25g	Wheat flour (even better if you mix a bit of egg and baking powder)	
40ml	Dashi	} Combine and bring to a boil for dipping sauce
10ml	Dark soy sauce	
10ml	Mirin	

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
150ml 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
12.5ml Vinegar
5g Sugar
2g Salt
85ml Water
1 slice Nori seaweed
1/4 Cucumber
1 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 白和え

Spinach Salad with Tofu Dressing - Shiraae

**Ingredients(1 person):**

30g	Spinach	
10g	Carrot	
10g	Shimeji mushroom	
20g	Firm tofu (Momen)	
100ml	Dashi	} (A)
1 tsp	Mirin	
½ tsp	Light soy sauce	
1 tsp	Toasted sesame seeds	} (B)
½ tsp	Light soy sauce	
½ tsp	Miso	
2 tsp	Mirin	

Instructions:

1. Wrap the tofu with paper towel and put on a tray. Let the tofu sit with weights for a while to remove water.
2. Boil spinach in salted water until soft but crisp. Shock in icy water and squeeze out excess water. Then wash the spinach with soy sauce(Mura-arai) and squeeze out any remaining water. Cut into bite sized pieces.
3. Cut carrots into strips. Separate shimeji mushrooms.
4. Combine (A) (dashi, mirin and light soy sauce) in a saucepan and place carrots and shimeji mushrooms. Cook over medium to medium low heat for about 5 minutes.
5. Grind sesame seeds very well. Add the drained tofu and keep grinding in the same bowl. Mix it with (B) (light soy sauce, miso and mirin) to make dressing.
6. Dress with spinach, drained carrots and mushrooms.

Afternoon Class #2 餃子

Gyoza - Dumplings

**Ingredients(1 person):**

25g	Minced chicken	
15g	Cabbage	
Some	Japanese leek	
3g	Ginger	
5pieces	Dumpling wrapper	
½ tsp	Sake	
½ tsp	Sesame oil	
¼ tsp	Dark soy sauce	
One pinch	Sugar and salt	
A little	Sesame oil *after cooking	
1 tsp	Rice vinegar	} Combine for dipping sauce
1 tsp	Dark soy sauce	

Instructions:

1. Chop cabbage and Japanese leek finely and sprinkle a pinch of salt. Grate ginger.
2. Put minced chicken in a bowl and add 1. and 2.
Add sake, soy sauce, sesame oil, sugar and salt, and mix altogether.
3. 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.
4. Heat oil in a pan and put in gyoza. When it turns brown, pour in about 50 to 60ml water and cook about 5 minutes with a lid on at medium high heat.
5. Evaporate excess moisture and sprinkle sesame oil*. Remove from the heat.
6. Serve dumplings brown side up with dipping sauce.

Afternoon Class #3 酢の物

Vinegared Cabbage Salad - Sunomono

**Ingredients (1 person):**

50g	Cabbage
1	Crab stick(Imitation crab)
1 TBsp	Toasted sesame seeds
2 tsp	Vinegar
2 tsp	Mirin
½ tsp	Dark soy sauce
One pinch	Salt

Instructions:

1. Grind sesame seeds and add vinegar, mirin, dark soy sauce and salt to make the dressing.
2. Tear cabbage into bite-sized pieces and shred crab stick roughly.
3. Boil cabbage until soft but crisp for about 30 to 60 seconds. Drain water and pat dry with a paper towel.
4. Mix cabbage and crab stick, pouring the dressing over the vegetables and toss.

Afternoon Class #4 牛丼

Beef Bowl - Gyu don

Ingredients (1 person):

50g	Slice Beef
50g	Onion
A little	Ginger
½ cup	Hot cooked rice

70ml	Dashi
1 TBsp	Dark soy sauce
1 TBsp	Sake
2 ½ TBsp	Mirin

Instructions:

1. Slice onion and cut ginger into long thin strips.
2. Combine dashi, dark soy sauce, sake and mirin in a pan. Place onion and ginger and bring it to a simmer over medium heat.
3. Add beef and move around. Skim off the foam and lower the heat. Cook for 10 to 15 minutes.
4. Arrange the rice in a bowl and ladle the cooked beef over top. Garnish with chopped scallions.



Afternoon Class #5 お吸い物

Dashi based Clear Soup - Osumono

Ingredients (1 person):

150ml	Dashi
Some	Tofu
1 tsp	Sake
½ tsp	Light soy sauce
One pinch	Salt

Instructions:

1. Heat up dashi and add tofu.
2. Season with sake, light soy sauce and salt.



Afternoon Class #6 抹茶プリン

Matcha Flavored Pudding

Ingredients (1 person):

50ml	Soy milk	
1/8tsp	Powdered Agar	
¼ tsp	Corn starch	
1 tsp	Honey	
½ tsp	Water	
½ tsp	Matcha(Green tea powder)	
5g	Koshian(Sweet mushed red bean)	} Combine for sauce
5ml	Water	

**Instructions:**

1. Mix matcha, honey and water very well.
2. Combine soy milk, powdered agar and corn starch in a saucepan. Bring it to a simmer.
3. When powdered agar and corn starch melt, add matcha and honey mixture(from instrucion1) and keep stirring over low heat.
4. Pour into a tray with straining through a sieve. Then cool it down and keep in a refrigerator.
5. Put koshian and water mixture sauce on top before serving.