

Morning Class #1 キャベツの梅サラダ Salad of Cabbage and Pickled Plum



Ingredients:

20g	Cabbage
1/8	Cucumber
A pinch	Salt
1/3	Pickled plum
	Sweet vinegar (vinegar 15g/ sugar ½ tsp/ salt 1/3 tsp)
A little	Bonito flake
A little	Sesame

Directions:

1. Cut cabbage and cucumber. Mix well with salt.
2. Get rid of water in the plastic bag and put vegetables into bowl.
3. Mix vegetables with pickled plum, sweet vinegar and bonito flake.
4. Put it onto a plate and sprinkle sesame a little.

Morning Class #2 鮭の煮物 Simmered Salmon



Ingredients:

1 slice	Salmon
10g	Konjack
10g	Burdock
20g	Carrot
1 ball	Satoimo (taro)
1/2	Shiitake mushroom
A little	Salt
35cc	Dashi
½ tbsp.	Sake and soy sauce
½ tsp.	Mirin

Directions:

1. Wash burdock and peel off taro.
2. Cut salmon, konjack, burdock, carrot, taro and shiitake into one mouth size.
3. Soak shiitake mushroom into water till it gets soft.
4. Pan-fry burdock, carrot, taro and salmon for a few minutes and add dashi and seasonings.
5. Remove salmon and boil all the vegetables for 15-20 minutes. Put back salmon to warm it up.

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
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. Repeat this until you use 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
A few slices Pumpkin
A few pieces 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, pumpkin and burdock 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 (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
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 ちりめんじゃこのリンゴ酢和え Salad of Dried Young Sardines with Apple Vinegar



Ingredients:

10g	Chirimenjako (dried young sardine)
1/2	Cucumber
A little	Salt
1/8	Apple
1 tsp.	Sweet vinegar
1 tsp.	Dashi

Directions:

1. Round slice cucumber and mix with salt. Squeeze water.
2. Peel off apple. Grate apple and mix with sweet vinegar and dashi into a bowl.
3. Add cucumber and chirimenjako into bowl and mix well.

Afternoon Class #2 筑前煮 Chicken Stew with Seasonal Vegetables



Ingredients:

1	Satoimo (taro)
1/4	Carrot
Small amount	Burdock
	Vinegar (a little)
1/8	Konjack
2 pieces	Snow peas
40g	Chicken
	Sesame oil (1 tsp), mirin (1 tsp), soy sauce (1 tbsp)
	Dashi (100cc), sugar (1 tsp), sake (1 tsp)

Directions:

1. Peel off taro and wash burdock.
2. Cut taro, carrot, burdock, konjack and chicken into one mouth size.
3. Stir-fry burdock and chicken first with sesame. Add taro and carrot and stir-fry more. Add konjack next and pour seasonings (except for mirin) and dashi.
4. Boil for another 3-4 minutes and lastly add mirin to make it look shiny.

Afternoon Class #3 豆腐の味噌田楽 Miso-dengaku Tofu



Ingredients:

80g	Tofu
A little	Sesame oil
1 tsp.	Miso
1 tsp.	Mirin
1 tsp.	Sake

Directions:

1. Remove water from tofu by putting weight (ex. chopping board) on it.
2. Mix miso, mirin and sake well to make sauce.
3. Pan-fry both sides of tofu with sesame oil.
4. Paste sauce to tofu.

Afternoon Class #4 キャベツ巻き 梅肉ソース Chicken's Cabbage Roll with Pickled Plum



Ingredients:

150g	Cabbage
2 leaves	Aojiso (green perilla)
1/4	Cucumber
1 piece	Myoga (Japanese ginger)
50g	Chicken tender
	Sake (1 tsp), salt and pepper (a little)
½ tbsp.	Ume (pickled plum)
¼ tsp.	Soy sauce, sugar and sesame oil
½ tbsp.	Water
optional	Sugar

Directions:

1. Boil cabbage for 2-3 minutes till it gets soft. (please do not cut cabbage.)
2. Sprinkle sake, salt and pepper to chicken and boil it. When cooked, tear off chicken into pieces.
3. Cut cucumber and Japanese ginger into thin strips.
4. Roll 2 and 3 by cabbage and cut into half.
5. Make sauce by mixing pickled plum, soy sauce, sugar, sesame oil and water.

Afternoon Class #5 そぼろ丼 (絹さや)
Soboro Don (rice with pan-fried minced beef)



Ingredients:

1/3 cup	Rice
30g	Minced chicken
1 tsp.	Mirin, soy sauce, sake
1/2	Egg
½ tsp.	Mirin and sake
a little	Salt
2 slices	Snow pea

Directions:

1. Stir-fry chicken with seasonings.
2. Beat egg well and stir-fry it with seasonings.
3. Boil snow pea and cut into thin slices.
4. Put 1, 2 and 3 onto rice.