

## Morning Class #1 湯葉と水菜の煮浸し Dashi Marinated Dried Bean Curd and Mizuna

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### **Ingredients:**

5g	Yuba (Yuba = dried bean curd)
35g	Mizuna (Mizuna =potherb mustard)
90cc	Dashi
1 tsp	Light soy sauce (dried bean curd = yuba)
2 tsp	Light soy sauce (mizuna)
1 tbsp.	Mirin
½ tsp	Sesame

### **Directions:**

1. Cut yuba into 2cm pieces. Cut off the roots of mizuna and cut into 4-5cm pieces.
2. Warm up dashi, and add light soy sauce and mirin.
3. Put root parts of mizuna first in dashi. When they are boiled up, put the rest of mizuna and boil them up again.
4. Put yuba into dashi and warm up for one minute.
5. Combine 3 and 4.

## Morning Class #2 鶏肉の甘酢あん掛け Stir-fried Chicken with Sweet Vinegar Starchy Soup

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### **Ingredients:**

80g	Chicken
Small amount	Carrot and onion (*for chicken)
Small amount	Ginger (*for chicken)
½ tsp.	Sake and soy sauce (*for chicken)
1 tbsp.	Potato starch (*for chicken)
1 tsp.	Soy sauce (*for 'An' soup)
½ tsp	Sugar and potato starch (*for 'An' soup)
1 tsp.	Vinegar (*for 'An' soup)
20cc	Water (*for 'An' soup)

### **Directions:**

1. Make 'An' soup by mixing all the ingredients listed above.
2. Cut chicken into 1cm pieces. Mix it with ginger, sake and soy sauce, and leave it for 10 minutes.
3. Add potato starch to chicken and mix well. Stir-fry until it's cooked well.
4. Place chicken to another plate and stir-fry carrot and onion.
5. Return chicken back to pan and stir-fry chicken, carrot and onion as mixing 'An' soup.

## 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 Burdock  
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

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*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

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*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 ブロッコリーの胡麻味噌和え Boiled Broccoli with Sesame and White Miso

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### **Ingredients:**

75g	Broccoli
½ tbsp.	Sesame
½ tbsp.	White miso
1 tsp.	Soy sauce

### **Directions:**

1. Mix sesame, white miso and soy sauce.
2. Boil broccoli and drain water.
3. Mix 1 and 2 well.

## Afternoon Class #2 レンコンのはさみ揚げ Sandwich Fried Lotus Root

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### **Ingredients:**

60g	Lotus root
50g	Minced chicken
Small amount	Green onion
Small amount	Ginger
½ tsp.	Sake and soy sauce
One pinch	Salt
1 tsp.	Potato starch
Appropriate amount	Potato starch (*to powder lotus roots before deep-frying)

### **Directions:**

1. Cut lotus root into 5mm pieces and soak into water for 5-10 minutes.
2. Cut green onion and ginger into small pieces.
3. Mix minced chicken, 1, sake, soy sauce, salt and one tsp. of potato starch.
4. Dry lotus roots well, powder by potato starch and put 3 between 2 slices of lotus roots.
5. Powder the other sides of lotus roots by potato starch and deep-fry for total 5 minutes.

### Afternoon Class #3 カボチャの煮物 Simmered Pumpkin

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**Ingredients:**

50-60g	Pumpkin (about 3 slices)
100cc	Dashi
½ tsp.	Light soy sauce
1 tsp.	Mirin

**Directions:**

1. Cut pumpkin.
2. Simmer pumpkin with dashi, light soy sauce and mirin for about 10 minutes.

### Afternoon Class #4 旬の魚の野菜あんかけ Seasonal Fish with Vegetable and Starchy Sauce

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**Ingredients:**

A few slices	Fish (Cod or other seasonal fish)
Small amount	Carrot
Small amount	Shimeji mushroom
1 tsp.	Potato starch (for fish)
50cc	Dashi (*for 'An' soup)
½ tbsp.	Soy sauce (*for 'An' soup)
½ tsp.	Sake, mirin and sugar (*for 'An' soup)
	Potato starch (*for 'An' soup)

**Directions:**

1. Cut carrot and shimeji mushroom into thin slices.
2. Cut fish into small size and powder by potato starch.
3. Stir-fry fish until well cooked. Remove it to another plate.
4. Stir-fry 1 and pour soy sauce, sake, mirin and sugar when it is half cooked.
5. Dissolve potato starch by little amount of water, pour it onto 4, and stir-fry a few minutes.
6. Place 5 onto plate and put fish together.

## Afternoon Class #5 炊き込みご飯

Dashi Steamed Rice with Seasonal Vegetable

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**Ingredients:**

½ cup	Rice
90cc	Dashi
Small portion	Burdock, Carrot, Shiitake mushroom
1 tbsp.	Sake
½ tbsp.	Light soy sauce
¼ tsp.	Mirin

**Directions:**

1. Cut burdock, carrot and shiitake mushroom into thin slices.
2. Wash rice and drain water well.
3. Pour dashi into rice and place 1 on top of rice.
4. Add seasonings (sake, light soy sauce and mirin), mix them well and steam by rice-cooker.