

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

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### 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

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### 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 たきき胡瓜梅和え Smashed cucumber salad with Ume dressing



### **Ingredients(1 person):**

½	Cucumber
½	Pickled plum (Umeboshi)
½ tsp	Dark soy sauce
¼ tsp	Mirin
Some	Bonito flakes

### **Directions:**

1. Place the washed cucumber on a cutting board and smash it lightly with a pestle, rotating sometimes until it cracks open. Cut it into bite-sized pieces and cool in a refrigerator.
2. To prepare the dressing, chop the pickled plum and mix it with soy sauce and mirin in a bowl.
3. Dress the cucumber with the sauce just before serving. Garnish with bonito flakes.

## 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	

### **Directions:**

1. Chop cabbage and sprinkle a pinch of salt.
2. Chop Japanese leek 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 high heat.
6. Evaporate excess moisture and sprinkle sesame oil\*. Remove from the heat.
7. Serve dumplings brown side up with dipping sauce.

## Afternoon Class #3 茄子田楽

## Nasu Dengaku - Grilled Eggplant with Miso sauce

**Ingredients(1 person):**

½	Eggplant
½ tsp	Potato starch
1 tbsp	Salad oil
½ tbsp	Red miso
½ tbsp	Sugar
1 tsp	Sake
1 tsp	Mirin
Some	Poppy seeds

**Directions:**

1. Mix red miso, sake, sugar and mirin in a small saucepan, breaking up the miso until there is no lumps. Bring the sauce to a boil over medium heat, stirring constantly so it does not burn. Remove from the heat when the sauce is glazed.
2. Cut off the tip of eggplant and peel the skin partly to make stripe patterns. Cut it into thick slices(about 2cm) crosswise.
3. Cover each piece with potato starch.
4. Add oil in a pan over medium high heat and put the eggplant. Cook for a few minutes until brown. Turn over and cover with a lid. Cook until eggplant is cooked through.
5. Arrange on a plate, top with the miso sauce. Sprinkle with some poppy seeds.

Afternoon Class #4 牛肉の冷しゃぶごまだれソース  
Cold Shabu Shabu with Sesame sauce

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**Ingredients (1 person):**

50g	Sliced Beef
¼	Japanese ginger
Some	Radish(Daikon) sprouts
1 tbsp	Sake

**Sesame sauce:**

1½ tsp	Toasted sesame seeds
4 tsp	Dashi
½ tbsp	Soy sauce
½ tbsp	Vinegar
1 tsp	Mirin
1 tsp	Sugar
One pinch	Salt

**Directions:**

1. Thinly cut Japanese ginger. Rinse it and drain water well. Cut radish shoots into half.
2. To prepare the sesame sauce, grind the sesame seeds. Add dashi, soy sauce, vinegar, mirin, sugar and salt to it and mix very well.
3. Add sake into hot water and put beef (slices should be spread out). Once the color changes, take it out and cool down in cold water. Drain water well.
4. Arrange the beef on a plate with the sauce and serve Japanese ginger and radish shoots on the side.



## Afternoon Class #5 とうもろこしご飯

## Steamed Rice with Corn

**Ingredients (1 person):**

½ cup	Rice
¼	Corn
90ml	Water
1 tsp	Sake
¼ tsp	Salt
Optional	Red perilla flavored rice seasoning

**Directions:**

1. Wash rice and pour water into rice.
2. Cut the kernels off the cob. Add them and seasoning to the rice. (Steaming with the cob make the rice more flavorful.) Steam in rice cooker.
3. When serving, sprinkle with some red perilla flavored rice seasoning on top.

## Afternoon Class #6 お吸い物

## Osuimono - Dashi based soup

**Ingredients (1 person):**

150ml	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.

## Afternoon Class #6 抹茶ソルベ

Matcha(Green tea) Sorbet

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**Ingredients (1 person):**

50ml	Soy Milk
1 tbsp	Sugar
½ tsp	Corn starch
½ tsp	Matcha(Green tea powder)

**Direction:**

1. Mix sugar and matcha powder very well in a saucepan.
2. Add soy milk and corn starch. Heat gently, stirring and bring to a simmer.
3. After removing from the heat, strain the mixture through a sieve into a bowl, and cool it to room temperature.
4. Freeze it for about 30 to 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a fork or spatula. Return to the freezer. Continue to check the mixture every 30 to 40 minutes, stirring vigorously as it is freezing. Repeat this process for 2 to 3 hours.