

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

**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)	
2 tbsp	Dashi	} Combine and bring to a boil for dipping sauce
1&½tsp	Dark soy sauce	
1&½tsp	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
12.5cc 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 レンコンのごまみそ和え
Lotus root salad with miso and sesame sauce



Ingredients(1 person):

40g	Lotus root
10g	Carrot
1 tbsp	Toasted sesame
½ tsp	Miso
¼ tsp	Dark soy sauce
½ tsp	Mirin
1 tsp	Rice vinegar

Directions:

1. Grind toasted sesame and mix it with seasonings(miso, dark soy sauce, mirin and rice vinegar) in a bowl.
2. Slice lotus roots and carrots thinly and cook in the boiling water until tender but still crisp.
3. Strain the vegetables and dress with the sauce.

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 finely 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 50 to 60ml water and cook about 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 肉じゃが

Nikujaga - Braised beef and potato

**Ingredients(1 person):**

50g	Sliced beef
50-60 g	Potato
30-40g	Onion
20g	Carrot
Some	Green beans
½ tsp	Vegetable oil
100ml	Dashi
½ tbsp	Sake
½ tbsp	Sugar
½ tbsp	Mirin
1 tbsp	Dark soy sauce

Directions:

1. Peel potato and carrot and cut into bite-sized pieces. Cut onion into wedges.
2. Heat the oil in a sauce pan and stir the vegetables.
3. Add dashi into it. When it starts to boil, add beef. Unfold the sliced beef, moving around. Skim off the foam.
4. Add sake, sugar, mirin and soy sauce.
5. Place a small lid directly on the surface (Otoshibuta - drop lid) and lower the heat. Simmer until the potatoes are tender, about 10 minutes.
6. Uncover the pan and put green beans. Simmer for a few minutes until the liquid is almost gone.

Afternoon Class #4 えのきのかきたま汁

Dashi based soup with mushroom and egg

**Ingredients (1 person):**

150ml	Dashi
Some	Beaten egg
Some	Mushroom
1 tsp	Sake
½ tsp	Light soy sauce
One pinch	Salt
½ tsp	Potato starch *Mix with 1 tsp of water

Directions:

1. Cut mushrooms into bite-sized pieces. Cook it in dashi.
2. Add seasonings. Bring it to a simmer and thicken the broth with potato starch and water mixture.
3. Beat an egg in a bowl and pour evenly on the surface. Gently stir and remove from the heat.

Afternoon Class #5 おにぎり

Rice ball with fillings

**Ingredients (1 person):**

½ cup Rice (Short grain Japanese rice)
½ cup Water
One pinch Salt

Some Pickled plum (Umeboshi)
Some Binito flakes
Some Kombu kelp
Anything you like!

Directions:

1. Cook the rice. *
2. Cool down the steamed rice a little. Wet both of your hands with water. Put a pinch of salt in your hands and rub to spread all around.
3. Scoop some warm rice on one hand. Press the middle of rice with your finger and put your favorite filling inside. Then mold and press the rice around the filling gently to form the rice into a triangle.

Afternoon Class #6 きゅうりの塩麴和え

Pickled cucumber

**Ingredients (1 person):**

¼ Cucumber
A little Ginger
½ tsp Shio koji (Salted rice malt)

Direction:

1. Cut cucumber into bite-sized pieces and ginger into thin strips.
2. Coat it with shio koji (salted rice malt) in a bowl.

Afternoon Class #7 抹茶ソルベ

Matcha (Green tea) Sorbet

**Ingredients (1 person):**

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

Direction:

1. Mix matcha powder, sugar and corn starch very well in a saucepan.
2. Add soy milk. Heat gently, stirring and bring to a gentle 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.