



Nigiri Sushi

Ingredients

Sushi rice	1piece	11~15g
Sashimi	1piece	8~15g

Check Point

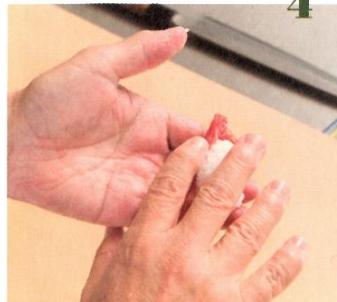
Rice would stick on your hands if you are not used to cook sushi. So put gloves on.



How to Make



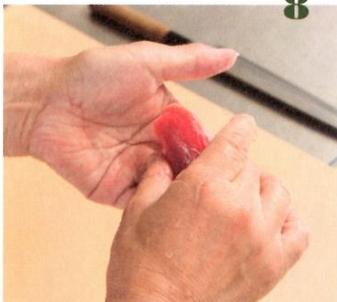
Bend the fingers of your left hand, hold the rice. Gently press the sashimi with your right index and middle fingers.



With your right hand, rotate the sushi to the fingertips of your left hand.



Put Tezu on your hands. Take a piece of sashimi on your left hand and wasabi on your right finger. Put the wasabi on the sashimi on your left hand. Take sushi rice on your right hand and shape it into sushi shape (bale shape).



Grab the side of the sushi with your thumb and middle finger of your right hand, and rotate 180 degrees on your left hand.



Once the sashimi is facing up, pinch the sushi rice between thumb and index finger of your right hand.

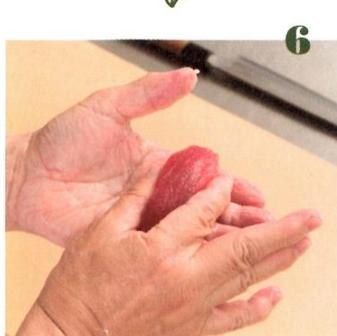


Place the sushi rice in the center of the sashimi. Arrange the front and back of the sushi rice with the tip of your right thumb and right index finger.

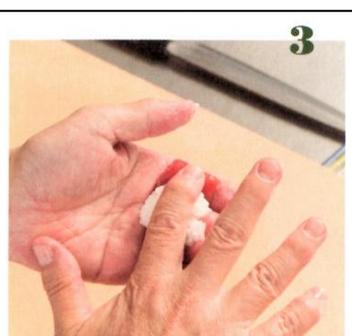


完成!

Bend your fingers of your left hand, and gently press the sushi itself.



Move it to the place where it was started.



Bend the fingers of your left hand and place them on the sushi rice. Place the right index finger on the sushi rice. Press it gently from the top.

About 40 sushi

How to
make

After the rice is cooked, steam it for 25mins. Remove the rice to a large bowl, add the sushi vinegar while it is still hot. Mix it quickly with a rice spoon. Once the sushi vinegar is all over the rice, let it cool naturally to about body temperature. If you are in a hurry, use a paper fan to cool it down.

Ingr
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ients

About 640g Freshly made rice

【Sushi vinegar】

※Mix it well to dissolve the sugar

50ml Vinegar

(Rice vinegar would be the best)

35g Sugar

8g Salt

Use 30ml Sushi vinegar to 300-320 g of rice

Check Point

(Important) Sushi rice tastes best when its temperature is about 36 degrees Celsius. It gets harden if it is too cold.

- Mix quickly so that it does not become sticky.
- Put a damp cloth or something on top of the rice, so that it does not dry out.

What is washoku ?

Washoku is Japanese dishes that include individual Japanese food and a set of Japanese dishes.

Washoku was listed as a UNESCO Intangible Cultural Heritage in 2013.

Waghoku is characterized by the use of various Fresh foods in every season.



“Basic manners for eating washoku”

• We say “Itadaki-masu” before we eat, and say “Gochisou-sama” after we have finished eating. Itadaki-masu expresses gratitude for the nature that provides us this food and Gochisou-sama shows gratitude not only to the person who prepared the meal but also to people who made the rice, vegetables, fish and etc., in front of you.

- Use chopsticks correctly
- Hold the bowl when you eat
- Don't make too much sounds when you eat.
(You can make noise when you eat noodles)

How to cook delicious rice

Ingredients

- 360ml (300 g) Rice
- 360ml Water (For sushi rice)
- 430ml Water (For rice)

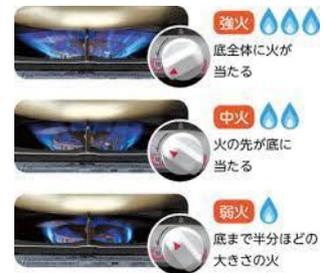
Check Point

Water and rice are best measured in grams

How to make

The quality of the sushi rice is an important factor that determines the taste of sushi. The deliciousness of sushi is said to be 60% vinegar rice and 40% fish.

- 1 Fill a bowl with plenty of clean water, put the rice in a strainer and soak it in water. Make a fist and mix rice and water gently. Use your fingers. Mix them about 4 times, and throw the water out.
- 2 Soak the rice in water in the same way as before, mix about 8 times and throw the water out. Repeat it about 2-3 times to rinse off the bran on the rice. Then drain the water well, and transfer it to a pot with a lid. Measure 1-1.2 times as much water as rice. Put water in the pot and wait about 40 mins so that the rice is well soaked in the water.
- 3 Boil it over medium heat (About 5-10mins). Boil it over medium heat. Once it's boiled, you can hear simmering sound, and you can see steam is coming out from the pot.
- 4 Reduce heat once it's boiled (About 10 mins). Reduce heat once it's boiled. Steam is still coming out but leave it as it is.
- 5 When the rice is cooked, turn off the heat and let it steam for about 25 mins with a lid on.



Soup Stok -Dashi-

Ingredients

A. Chicken Dashi soup stok

2L Water

1 Kg Chicken Whole

B. Fish Dashi soup stock

1 L water

20 g dried bonito flakes

20g kombu

→(tastes better when added)

How to Make

A. Chicken Dashi soup stok -Tori Pitan- For Ramen

1. Place water and chicken in a pot and bring to a boil over high heat. Remove lye thoroughly. 2. Cover and cook over high heat for 6 to 8 hours.

Stir regularly and be careful not to burn.

2. Refill water when water level is low.

3. Evaporate water over high heat to reach the water level before heating for the last time.

*Please note that heating for more than 8 hours will result in poor quality.

B. Fish Dashi soup stock -Ichiban Dashi is the base of Japanese cuisine-

1. Add water, bonito flakes and kombu to a pot and bring to a boil over medium heat. Once boiling, heat over low heat for 20 minutes.

3. Strain into a bowl

Check Point

Remove the internal organs and blood from the whole chicken.

Chicken bones can be used to make broth in the same way.

If a pressure cooker is used, the cooking time is halved to 1/3 of the time.

Finally, adjust the water level to the initial level.

Soup-Tori (Chicken) Paitan-

Ingredients

250ml Chicken dashi

130ml Fish Dashi

【soy sauce flavored】

1+1/2Tbs Soy sauce

1+1/2Tbs Mirin(Sweet sake)

【salt flavored】

35ml Sirodashi→



■ 1 person



How to Make

1、Combine chicken dashi and fish dashi.

2、Add soy sauce, mirin. Bring it to a boil.

3, Serve it with ramen noodles.

Check Point

Tori paitan soup is popular in salt and soy sauce flavors



Ramen Noodle

■ 4 Person



Ingredients

180g	Bread flour/Strong flour
180g	Cake flour/Weak flour
4g	Salt
4g	Baking soda
162g	Water
Some	Potato starch for dusting

How to Make

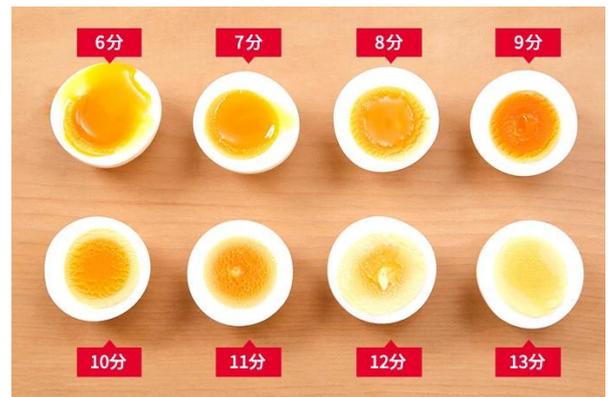
1. Add baking soda and salt to water and mix them until they dissolve completely.
2. Combine bread flour and cake flour and mix them.
Sift the mixed flour in a bowl.
3. Make a well in the center of the flour and pour 2/3 of The water mixture(1) in it.
4. Mix them until small clumps are formed evenly.
If it is too powdery, add more water mixture little by little.
5. Cover with plastic wrap and let rest for 5 minutes.
6. Gather the flour and shape into a ball. If it is too dry to form a ball, add the water mixture little by little but never add too much.
7. Put the dough in a plastic bag and repeat kneading, rolling and stepping on three or four times.
8. Roll the dough into a ball and let rest for 20 minutes in the bag.
9. Dust a flat work surface with potato starch. Take the dough out of the bag and flatten to a thickness of about 1 cm (2/3 in) on it.
10. Set the dough in the pasta machine. Thin down the dough and cut into thin noodles.
11. Boil for 1 minute and drain.
12. Transfer to a ramen bowl.

Ajitama Seasoned soft-boiled egg

Ingredients	6	Eggs boiled for 7-8 minutes
	5 cm	Green part of Leek
	150ml	Water
	5 Tbs	Soy sauce
	5 Tbs	Mirin(Sweet sake)
	2 Tbs	Sugar
	1 Tsp	Garlic, grated

How to Make

1. Poke a hole in the non-sharp end of an egg fresh out of the refrigerator with a push pin or similar object. Gently place in boiling water and boil for "7-8 minutes".
*After boiling the eggs, immediately remove them to ice water to prevent the yolks from being overcooked by the residual heat.
2. Add all the ingredients in A to a plastic bag or similar container, place the shelled eggs in the bag, and remove the air from the bag.
3. Allow the flavor to soak in for a day in the refrigerator.



Cya-shu roast pork

Ingredients	400 g	Pork Belly Block
	5 cm	Green part of Leek
	150ml	Water
	5 Tbs	Soy sauce
	5 Tbs	Mirin(Sweet sake)
	2 Tbs	Sugar
	1 Tsp	Garlic, grated

※It is the same seasoning as ajitama.

How to Make

1. Place water and pork in a pot and boil over low heat for 1 1/2 to 2 hours. Put the same sauce as for the ajitama in a plastic bag, and put the pork in the bag.
2. Let the pork soak up the flavor overnight in the refrigerator.
3. Sear the surface with a burner or brown the surface in a pan over high heat.

