



## Michelin-Style Dashi Broth

Soft water 1 liter  
Kelp / Kombu 10 g  
Bonito flakes 20 g

### Easy Home Version

Water 600 ml  
Hondashi  
(granulated dashi powder)  
1 teaspoon



1. Soak kombu overnight in soft water in the refrigerator.
2. Heat over medium heat, keeping the temperature around 60°C for about 10 minutes to gently extract umami. Then remove the kombu.
3. Bring the liquid to a boil, then turn off the heat and immediately add all the bonito flakes.
5. Let it sit undisturbed for 60–90 seconds to extract flavor. Do not stir.
6. Strain gently through a fine-mesh sieve or cloth. Do not press or squeeze.



## Japanese omelette (Dashi-maki Tamago)

2 eggs

- A**
- Dashi 90 ml
  - 1 teaspoon potato starch (or cornstarch)
  - 1/2 tablespoon light soy sauce
  - 1/2 tablespoon mirin /sweet sake

1. Crack eggs into a bowl and beat fairly well.

Add **A** and mix lightly.

2. Heat oil in a tamagoyaki pan over medium heat. Pour in 1/4 of the egg mixture.

When 80% cooked, roll from the far side toward you. Oil the pan again and move the roll to the back.

3. Repeat 3 more times. After the last roll, shape with a bamboo mat and let it cool slightly.



## Boiled Spinach with Dashi Soy Sauce

200g spinach or leafy greens

1 tsp soy sauce

- B**
- Dashi 100 ml
  - 1 tablespoon light soy sauce
  - 1 tablespoon mirin /sweet sake

Garnish with bonito flakes or yuzu peel, if desired.

1. Boil well-washed spinach in plenty of salted water, starting from the stem end, for about 40 seconds.

2. Cool immediately in ice water, then squeeze out the water thoroughly.

3. Toss with 1 tsp soy sauce, squeeze again, and cut into 3–4 cm pieces.

4. Mix ingredients in **B**, add spinach, and soak in the fridge for 20 minutes.

5. Serve in a bowl, topped with bonito flakes or yuzu peel if desired.



## miso soup

600 ml Dashi

Tofu, vegetables, seaweed, meat, or fish of your choice

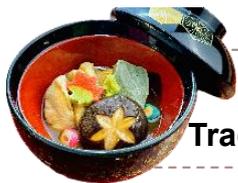
40–50 g miso paste

1. Put soup stock in a pot and heat.

2. Add ingredients of your choice (vegetables, tofu, seaweed, etc.) and simmer until cooked.

3. Turn off the heat, add miso paste (40–50g), and dissolve thoroughly.

4. Do not boil after adding miso, as it reduces the flavor.



## Jibuni Traditional cuisine from Kanazawa

- C**
- Dashi 350ml
  - 2 tablespoons sugar (12g)
  - 50 ml soy sauce
  - 50 ml Mirin /sweet sake
  - 50 ml Sake

4 shiitake mushrooms

3 slices of chicken per person

**Namafu**

※ **Namafu is a traditional food made from wheat gluten.**

1. Bring the **C** seasonings to a boil. Add shiitake mushrooms and namafu; simmer for 2–3 minutes.

2. Slice chicken diagonally (sogigiri), dust with flour, and add to the broth. Simmer on low for 5 minutes.

3. When cooked, remove the chicken, mushrooms, and namafu, and place in bowls.

4. Mix 2 tbsp flour with 4 tbsp water. Stir into the broth off heat, then boil for 10 seconds to thicken.

5. Pour the thickened sauce over the ingredients and garnish with wasabi.

This dish is very flexible — duck, fish, vegetables, or even oysters can be used instead of chicken.

## Nigiri Sushi

Ingredients

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

### Check Point

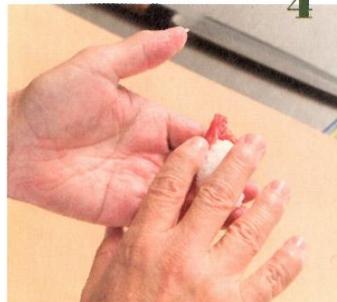
Rice would stick on your hands if you are not used to cook sushi. So put gloves on.



How to Make



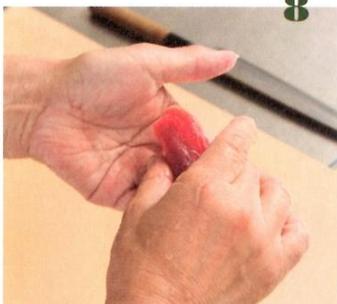
Bend the fingers of your left hand, hold the rice. Gently press the sashimi with your right index and middle fingers.



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.

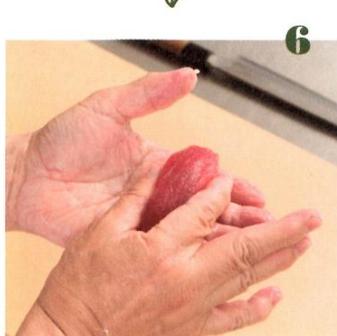


Place the sushi rice in the center of the sashimi. Arrange the front and back of the sushi rice with the tip of your right thumb and right index finger.

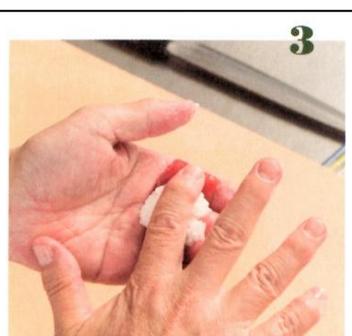


完成!

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.

Ingredients

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

#### How to Cook Perfect Sushi Rice

The quality of sushi rice plays a big role in the taste of sushi.

It's often said that **sushi is 60% rice and 40% fish.**

#### 1. First rinse

Fill a large bowl with clean water.

Place rice in a strainer and gently soak it in the water.

With your hand in a loose fist, gently swirl the rice around using your fingers.

Do this about **3 times**, then pour the water out.

#### 2. Second and third rinse

Repeat the rinsing process, mixing the rice gently **8 times** per rinse.

Do this **2 to 3 times** until the water is mostly clear.

This helps remove excess bran and results in better texture.

Drain the rice well and place it into a pot with a lid.

Add **1.0–1.2 times the amount of water** compared to rice.

Let the rice **soak in the water for about 40 minutes** before cooking.

#### 3. Start cooking

Cook over **medium heat for 5 to 10 minutes.**

You'll hear simmering sounds and see steam escaping from the pot when it begins to boil.

#### 4. Lower the heat

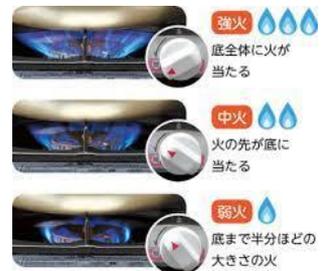
Once it boils, reduce the heat to low and continue cooking for **about 10 minutes.**

Let it simmer gently. Don't open the lid!

#### 5. Final steaming

After cooking, turn off the heat and let the rice **steam for 25 minutes with the lid on.**

Don't lift the lid during this time—it's important for the final texture!



## Sushi roll

### Ingredients

- 1 Toasted seaweed
- 200g Sushi rice
- Raw vegetables
- 2 Crab sticks
- 1/4 Cucumbers
- 1/4 Rolled omelet
- Use any ingredients you like.
- Mayonnaise

### How to Make

#### How to Roll Sushi – Step-by-Step Guide

##### 1. Spread the rice

Place the seaweed (nori) **shiny side down** on the bamboo mat, with the long edge in front of you.

Tip: For easier rolling, align the seaweed with the bottom edge of the mat.

Evenly spread the sushi rice over the seaweed, leaving a little space at the top edge.

##### 2. Add the fillings

Place your ingredients in the **center** of the rice.

Tip: Distribute the ingredients evenly from left to right.

Start with softer or loose ingredients—they'll help the roll hold its shape better.

##### 3. Start rolling

Use your **thumbs and index fingers** to gently lift the edge of the mat and seaweed closest to you.

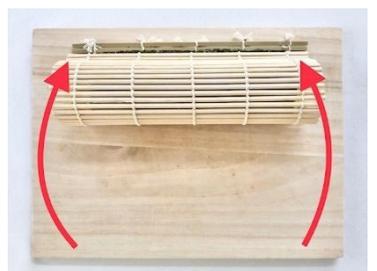
At the same time, use your **middle and ring fingers** to hold the fillings in place.

Roll the mat over the fillings and press lightly to seal the rice edge to the far side.

##### 4. Shape the roll

Keep the roll wrapped in the mat and gently shape it into a firm cylinder.

Tip: Place the seam side down to help the seaweed stick and hold its shape.



Feel free to try it with different ingredients. Enjoy your homemade sushi roll! 🍣

For one roll



## Japanese rolled omelet

Ingredients

2 Eggs

A [ Dashi 90cc

Potato Starch 1 Teaspoon

Light soy sauce 1/2 Tablespoon

Mirin / Sweet sake 1/2 Tablespoon

Vegetable oil as need

How to  
cook

1. Crack eggs into a bowl and beat fairly well.

Add A and mix lightly.

2. Heat oil in a tamagoyaki pan over medium heat. Pour in 1/4 of the egg mixture.

When 80% cooked, roll from the far side toward you. Oil the pan again and move the roll to the back.

3. Repeat 3 more times. After the last roll, shape with a bamboo mat and let it cool slightly.

### Check Point

It is actually a very difficult egg dish to cook.

It takes a lot of practice before you can make a good one. Though you can make one if you have the tools that helps you.



■How to make Japanese Dashi soup from bonito(Katsuo) and kelp(Konbu).

Put 700cc of water, 7g of kelp (Konbu) and 14g of bonito flakes (Katsuo bushi) in a pot and heat over medium heat. After it's boiled, keep boiling about 10 more mins, and strain it.