



International Recipes – Japanese Cuisine

The following are a few recipes for some different staple Japanese foods. Feel free to use them as a way to expand your own meal choices, a home-style meal for your international student if you notice they are missing their traditional food, or even as a nice activity for everyone to do together in the kitchen. We are always happy to see pictures of how recipes turned out! It can help you gain knowledge for your next visit to a Japanese restaurant too!

Japanese Breakfast

Traditional Japanese-style breakfast consists of steamed rice, miso soup, and various side dishes.

Common side dishes are broiled or grilled fish, tamagoyaki (rolled omelet), tsukemono pickles, nori (dried seaweed), and natto (fermented soy beans).

Miso Soup: Serves 4

Ingredients:

5 cups dashi
2 tablespoons aka miso (red bean paste)
4 cubes tofu (bean curd)
2 spring onions (scallions), sliced
diagonally 2 sliced mushrooms

Optional add-ins:

Wakame seaweed
Aburaage (deep-fried tofu)



A staple of Japanese cuisine, miso soup is served with nearly every meal in Japan.

Directions:

Bring dashi to the boil,
then mix some of the hot liquid with the bean paste in a small bowl, stirring until smooth.
Pour mixture back into saucepan, stir well, add bean curd and spring onions and return to the boil.
Simmer for a few seconds only.
Ladle into bowls, garnish each with a slice or two of mushroom and serve hot.

Japanese Lunch and Dinner

Traditional Japanese lunches can be in the form of noodles (udon, soba, or somen) or a bento box of vegetables, rice, and meat.

Dinner can be any selection of noodles, teppan-yaki, yakitori or cooked fish with rice and vegetables. Below are 3 common favorites that can accompany lunch or dinner staples.

Beef Teriyaki

Ingredients:

- 1 1/2 cups uncooked glutinous white rice
- 1 2/3 cups water
- 1 pound of boneless beef sirloin steak (3/4 inch thick)
- 2 tablespoons Cornstarch
- 2 tablespoons soy sauce
- 1 tablespoon packed brown sugar
- 1/4 teaspoon garlic powder
- 4 cups fresh broccoli florets



In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, slice beef into very thin strips.

In a mixing bowl, combine the cornstarch, broth, soy sauce, sugar and garlic powder. Mix thoroughly.

In a large skillet, over medium/high heat, sauté the beef strips until browned and juices evaporate.

Stir broccoli and cornstarch mixture into meat. Cook until mixture boils and thickens, stirring frequently. Serve over the cooked rice.

Some Useful Links for More Japanese Recipes

**Recipe
Link #1**

**Recipe
Link #2**

**Recipe
Link #3**

Sushi Rice

This is the slightly sweet, slightly sour rice which Forms the basis of all sushi.

Ingredients:

500 g / 1 lb / 2 1/2 cups short grain white rice
600 ml / 20 fl oz / 2 1/2 cups water
5 cm / 2 in piece dried kelp (optional)

Seasoning:

4 tablespoons rice vinegar
3 tablespoons sugar
2 1/2 teaspoons salt
2 tablespoons mirin



Wash rice several times in cold water and drain well for 1 hour, then put into a saucepan with the measured water.

If using kelp, wipe over with a slightly damp cloth and add it to the pan.

Bring to the boil, turn heat very low, cover and steam for 15 minutes without lifting lid.

Remove pan from heat and leave it covered for 10 minutes longer.

Discard kelp and turn rice into a large bowl.

Mix seasoning ingredients together until sugar is completely dissolved, heating it slightly, but cool completely before adding to rice.

Spread rice on a large dish. Pour cooled dressing over the rice and mix gently but thoroughly through. Fan the rice to cool it quickly to room temperature.

To make mounds of rice for nigiri-zushi, moisten hands with cold water mixed with an equal amount of mild vinegar.

Take a rounded tablespoon of sushi rice and form into a neat oval shape a little smaller than the slices of fish used for topping.

Fish should completely cover top of the rice mound.

Lightly smear one side of fish with wasabi and place it, wasabi downwards, on the rice.

Garnish with a strip of nori or pickled ginger.

Moisten hands again before starting on next mound of rice to prevent rice sticking.

In a large bowl, beat together eggs, flour, baking powder, salt, and pepper. Mix in potatoes and onion.

Chicken Karaage (Japanese Fried Chicken)

Ingredients:

10 oz (300g) boneless chicken thighs
1 piece of fresh ginger - about the size of your thumb
3 Tbs. soy sauce
1 Tbs. sake (see substitution notes below)
About 1/2 cup Potato starch (katakuriko) or cornstarch
(enough to coat the chicken. Potato starch is better, but cornstarch will do)
Peanut oil or other vegetable oil - for deep frying
A few drops sesame oil is optional - to add to the frying oil for extra flavor



Directions:

Cut up the chicken thighs into bite-sized pieces.

You can take off the skin if you like, though it does make the chicken crispier.

Peel and grate the piece of ginger. A microplane grater works great for this task.

Put the chicken pieces in a bowl. Add the grated ginger, soy sauce and sake, and mix well.

Let marinate for a minimum of 10 minutes. Around 30 minutes is ideal.

If marinating for more than an hour (say, overnight), use 1 tablespoon soy sauce, then add the other 2 tablespoons just before you're ready to cook them.

This prevents the salt in the soy sauce from drawing out too much moisture from the chicken

Heat the oil; if using a temperature-controlled fryer or a thermometer, aim for 180°C / 355°F. If not, a test with a single piece of chicken or a small piece of skin.

Toss enough potato or cornstarch into the marinated chicken (drain off a bit of the marinade if it's too watery first) so that each piece is completely coated.

Fry the chicken pieces a few at a time until a deep golden brown.

Drain well - a wire rack is best for this, but paper towels work too.

Serve with lemon wedges.

Some people like to add a sprinkling of grated yuzu peel and / or sansho pepper.

