

## Japan Recipes

### Miso Soup

**Ingredients:**

Bonito Flakes

Diced Tofu

Miso Paste

Thinly sliced spring onion

**Directions:**

In a small saucepan, bring water to boil. Amount of water depends on servings. Add the bonito flakes, turn off the heat, and allow the broth to stand for 3 to 4 minutes. Strain out the bonito flakes and put aside. Return the broth to the heat.

Add the miso paste to the saucepan and stir until dissolved, ensuring there are no lumps of miso paste. Add the tofu, bring the mixture to boil, and then remove from heat. Top with spring onions and serve hot or cold.

### Cucumber Sunomono

**Ingredients:**

2 large cucumbers, peeled

⅓ cup rice vinegar

4 teaspoons white sugar

1 teaspoon salt

1 ½ teaspoons minced ginger root

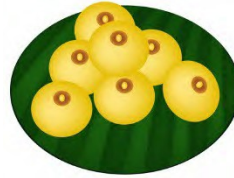
**Directions:**

Cut cucumbers in half lengthwise, scoop out the seeds, and thinly slice. In a small bowl combine vinegar, sugar, salt, and ginger. Mix well. Place cucumbers inside of the bowl and stir so that cucumbers are coated with the mixture. Refrigerate the bowl of cucumbers for at least 1 hour before serving.

# Mochi

## Ingredients:

1 pound box mochiko (sweet rice flour)  
2 ½ cups sugar  
1 teaspoon baking powder  
2 cups water  
1 can coconut milk  
1 teaspoon vanilla  
Butter



## Directions:

In a large glass bowl, add the contents of one box of mochiko powder. Next, add the sugar and baking powder and mix thoroughly. Add the water, coconut milk, and vanilla to the dry ingredients and combine.

Grease a 9"x 13" pan with butter. Pour the mixture into the pan and spread evenly. Bake at 350° F for about an hour. Remove tray from oven and allow to cool. Cut into equal cubes and serve.

## Oni-Giri (Japanese Rice Balls)

### Ingredients:

1 cup rice  
1 package nori (seaweed)  
1 cup seasoned rice vinegar  
1 piece smoked salmon  
1 tablespoon wasabi paste  
½ teaspoon salt  
1 teaspoon sugar



### Directions:

Cut the seaweed sheets into 2"-wide strips. Prepare steamed rice; allow it to sit in the pan, covered, after cooking for about 1 hour before lifting the cover. Dump the rice into a bamboo vegetable steamer or a wooden salad bowl—something that will absorb some of the moisture.

Cut the salmon into 2" strips and dab with wasabi. Mix vinegar with salt and sugar. Once the rice is cool enough to handle, you can begin. Wet your hands with the vinegar. Grab some rice in the palm of one hand. Push a strip of salmon into it. Form the rice ball by clasping your hands together GENTLY.

Once you've shaped the ball, wet one side of the Nori strip with the vinegar and wrap it around the rice ball.

## Grilled Japanese Chicken

### Ingredients:

4 chicken breasts  
½ cup packed brown sugar  
½ cup water  
½ cup soy sauce  
½ cup cooking sherry  
2 tablespoons cooking oil  
2 teaspoons vinegar  
1 teaspoon ground ginger  
1 clove garlic, minced  
1 can drained pineapple chunks



### Directions:

Cut chicken breasts into 12 pieces. Place on bottom of a flat dish. Mix sugar, water, soy sauce, cooking sherry, oil, vinegar, garlic, and ginger in a bowl for marinade. Pour marinade over chicken. Let sit at least one hour. Drain and reserve marinade.

String pineapple on sticks. Grill chicken on medium coals for 25 to 30 minutes, turning and basting often with reserved marinade, or bake chicken in oven on 400° F. Baste often until browned lightly, about 30 minutes or until tender. Grill pineapple the last 10 minutes, also basting with marinade.

# Yaki Udon

## Ingredients:

1 tablespoon soy sauce  
2 tablespoons mirin  
2 tablespoons yakisoba sauce  
2 cloves minced garlic  
½ teaspoon minced ginger  
8 ounces uncooked, cubed chicken breast  
Salt and pepper  
2 (8-ounce) bundles udon noodles  
2 tablespoons olive oil  
½ medium yellow onion, chopped  
½ red bell pepper, seeded and cubed  
2 cups partially cooked broccoli florets  
2 green onions, slivered



## Directions:

In a small bowl, whisk the soy sauce, mirin, yakisoba sauce, garlic, and ginger. In another bowl, season the chicken with salt and pepper. Add one tablespoon sauce to the chicken and quickly massage the chicken with your hand for one minute. Set the chicken aside.

In a medium pot, boil 10 cups of water. Add the noodles and cook for 2-3 minutes, just long enough for the noodles to soften but be al dente. Strain the noodles and set aside.

In a large frying pan or wok, add the oil and heat on medium-high heat. Add the chicken and onions and cook for 3 minutes, until the chicken is no longer pink on the outside and the onion is partially soft. Add the bell pepper and broccoli. Season the chicken and broccoli with additional salt and pepper.

Carefully add the cooked noodles to the pan and slowly add the sauce, stirring as you go. As the vegetables and chicken cook, continue to add more sauce until it is gone. Turn off the heat and add the scallions. Serve immediately.

# Japanese Cheesecake

## Ingredients:

¾ cup granulated sugar  
6 egg whites  
6 egg yolks  
¼ teaspoon cream of tartar  
¼ cup butter  
9 ounces cream cheese  
½ cup milk  
1 tablespoon lemon juice  
½ cup cake flour  
2 tablespoons cornstarch  
¼ teaspoon salt



## Directions:

Melt cream cheese, butter, and milk over a double boiler. Cool the mixture. Fold in the flour, cornstarch, egg yolks, lemon juice and mix well.

Whisk egg whites with cream of tartar until foamy. Add in the sugar and whisk until soft peaks form.

Add the cheese mixture to the egg white mixture and mix well. Pour into an 8" round cake pan that has been lightly greased, and the bottom and sides of the pan have been lined with parchment paper.

Bake cheesecake in a water bath at 325° F for 1 hour and 10 minutes or until set and golden brown.