

1. DASHI BROTH (出汁)

Ingredients (1 person):

Water	2 cups (1 cup = 200cc)
Dried kelp	3 cm
Dried bonito shavings	2 g

Directions:

1. Put the kelp into the water and leave about 1 hour.
2. Take them out before boiling.
3. Once the water gets boiled, stop the heat and put the Katsuobushi in the pan.
4. After simmering the bonito for two minutes, strain it but please squeeze only a little bit.



2. AJIGOHAN (味ご飯)

Ingredients (1 person):

Rice	3/4 cups (1 cup = 200cc)
Shimeiji mushroom	1/4 pack
Carrot	1/4
Age(deep fried tofu)	1/4
Burdock	1/4
Light soy sauce	15 cc
Dashi	1 cup (1 cup = 200cc)
Sake	A dash

Directions:

1. Wash rice and drain water well.
2. Cut all vegetables.
3. Put rice into rice cooker and add all vegetables, soy sauce, a bit sake, and dashi.



3. Matcha Jelly (抹茶ゼリー)

Ingredients (1 person):

Matcha	1g
Sugar	10g
Powdered gelatin	2.5g
Hot water	125cc
Whipped cream	Proper Quantity
Azuki(red bean)	Proper Quantity

Directions:

1. Mix well the matcha and sugar in a bowl.
2. Pour hot water.
3. Put gelatin little by little and mix all.
4. Keep mixing till become thick.
5. Chill in the refrigerator
6. Put cream on it.
7. Add azuki on it.



4. KOROIMO (ころいも)

Ingredients (1 person):

Potato	125g
Sugar	10g
Sake	1&1/3tbs
Dark soy sauce	1tbs
Mirin	1/2tbs
Oil	1/2tbs

Directions:

1. Wash potatoes then rub with salt
2. Simmer until tender.
3. Fry with oil into the pan 5 min.
4. Add sugar, sake, mirin, and soy sauce.
5. Cook them at low heat till become wrinkle which is about 15 min.



5. Spinach Dressed With Egoma (ほうれんそうの荳胡麻和え)

Ingredients (1 person):

Egoma	7.5g
Sugar	2/3tbs
Soy sauce	1/4tbs
Mirin	1/2ts
Spinach	50g

Directions:

- 1 Make Egoma sauce
- 2 Boil the spinach and dress with Egoma sauce.



6. MISO SOUP (味噌汁)

Ingredients (1 person):

Tofu	1/8
Age(deep fried tofu)	1/4
Spring onion	some
Miso	1/2 tbs
Dashi	1.25 cups (1 cup = 200cc)

Directions:

1. Put miso into hot dashi and add cut age.
2. Cut tofu in small cubic and add into miso soup with spring onion just before eat.



7. Fried Eggplant (揚げナス)

Ingredients (1 person):

Eggplant	1
Cabbage	1/8
Tomato	1
Egg	1/2
Flour	Proper quantity
Milk	Proper quantity
Bread crumbs	Proper quantity
Sauce (ketchup 1tbs and worcester sauce 3tbs)	

Directions:

1. Cut eggplants and dip them into the water for a while then drain water.
2. Put them in the order of flour, egg (pour a bit of milk) and bread crumbs.
3. Fry till become brown at high heat.
4. Put fried eggplants on sliced cabbage and tomato.

