

JAPANESE COOKBOOK

*(100 Favorite Japanese Recipes
for Western Cooks)*

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N. B. All the recipes, excepting a few which specify the number to be served, are given as for 6 persons.



Sukiyaki, most familiar of all Japanese dishes, is sometimes called the "friendship dish," because it is cooked and served in the presence of the guests. (See p. 43 & 126.)



An array of delicious food for the New Year arranged in four lacquer boxes.
Continued on next page. (See p. 53.)





A colorful dish of *chirashi-zushi* (vinegared boiled rice mixed with flavored vegetables, fish, etc.) served with a clear soup and sweet boiled beans. (See p. 49.)

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GENERAL REMARKS

The Why of Japanese Food

The beautiful land of Japan, with its four distinct seasons and its charming natural scenery, has given the Japanese people a unique personality that in turn has produced a distinct type of cooking and food. Its long history makes its foods and their preparation different from that of other nations. The discerning visitor will note that the food of the Japanese is influenced by their love of simplicity and delicate plainness.

The basic materials required in Japanese cooking are white rice, tender fish, beautiful vegetables of varied hues, *miso*-soup with its fragrance, and green tea. The real esthetic value of cooking in this country is to bring out the various special flavors of the above materials. For example, if you have some fresh fish, you may prepare it without changing its natural and peculiar flavor, as in *suimono* (clear soups), *yakimono* (broiled foods), *nimono* (boiled foods), *mushimono* (steamed foods), *agemono* (fried foods), as *sashimi* (sliced raw fish), or as *namasu* (raw fish mixed with vegetables and flavored with vinegar). Vegetables may be treated in the same fashion, as they are available all the year round, and they may be prepared as *hitashimono* (boiled greens), *nimono* (boiled foods), in *miso-soup*, *tsukemono* (pickles), and so on, in such a way as to preserve their original, special flavor. Sometimes they are used together with other foods for flavor or fragrance.

Soy beans are used very frequently in Japanese cooking especially in the hilly regions where fish is scarce, or in vegetarian menus (prescribed by some Buddhist sects). Beans are boiled and eaten in various ways. They are made into *tofu* (bean curds), *aburaage* (fried *tofu*), *natto* (steamed and fermented beans), *shoyu*, *miso*, bean-paste used in cakes, etc. Beef, pork, chicken, eggs (though relatively dearer than fish and vegetables) are often used to raise the nutritive value and improve the taste of Japanese food.

Of the various seasonings used, *miso*, *shoyu*, sugar and vinegar are the most important. *Sake* (Japanese wine), *mirin* (a kind of sweet *sake*) and *dashi* (soup stock) are also used to give flavor to many dishes. The best *dashi* is made by boiling shavings of *katsuobushi* (dried bonito) or pieces of *kombu* (a kind of kelp) in water, but monosodium glutamate and *shoyu* added to the water may be used as a substitute. Usually, the housewife does not use *dashi*. Instead she boils *niboshi* (small dried fish) with the food to give it flavor. Ground walnuts, sesame, 'peanuts, etc., are used to dress vegetables; these dressings are, I believe, peculiar to the Japanese. In addition to the above, mustard, red pepper, horse-radish, the leaves and berries of the *shiso* (a highly flavored leaf), the leaves and berries of the *sansho* (Japanese pepper), Japanese leeks, *nyoga* (*m.yoga* ginger), all of which are found growing in most kitchen gardens, are frequently used as condiments.

Last of all, the arrangement of the food to be served and the choice of the various dishes used are an important part of Japanese cuisine. A table with a delicious meal served on it reminds one of the beauty of the scenery of Japan, with its many seasonal changes. The dishes have the hues and texture

suggestive of the entree. Supplemented by the various accompanying foods, and all form for the eye a picture which stimulates the palate. Thus we enjoy two pleasures at the same time.

The Nutritive Value of Japanese Food

Rice, the basic food of the Japanese, is a protein and is very digestible. Its nutritive value is high. In the process of polishing a great deal of the Vitamin r^{\wedge} is lost, but if the rice germ is not removed, there is some Vitamin B_1 left. This polished rice is called *haigamai*.

The Japanese use small fish frequently in their cooking, and since they eat both the meat and the bones, this gives them plenty of calcium and vitamins. Many kinds of beans are also used in the Japanese menu. They are often called "the fish of the field" and in places where fish is scarce, they provide protein, Vitamins B_{15} B_2 , etc.

The Japanese cultivate potatoes of all kinds, especially sweet potatoes, which provide the people with sufficient calories, and Vitamins B and C. Various vegetables are cultivated all the year round. Most of these, being boiled for only a short time, add Vitamins A and C to the diet.

Seaweeds are usually eaten dry. *Nori* (seasoned laver), *kombu* (kelp), *wakame* (lobe-leafed undaria), *hijiki* (spindle-shaped bladder-leaf) and other varieties are rich in iodine, so there is no lack of this in the Japanese diet.

Fruit also is plentiful and oranges, apples, persimmons, grapes, pears, peaches, etc. are to be found on the table in

every season, giving the people plenty of Vitamin C and mineral salts.

Besides the simply-flavored Japanese food, there are other dishes such as *sukiyaki* (beef, vegetables and *tofu*, eaten as it is being cooked in the saucepan), *prawn-tempura* (prawns fried in deep oil), eels split and broiled in *shoyu* and *mirin* (a kind of sweet *sake*), etc., which add proteins and fat to the diet.

Many young people prefer foreign or Chinese food, which contains more meat and oil, to the simple flavors of Japanese food. The nutritive value of Japanese food is changing with the development of farms and fields and the import of foreign foods.

Japanese Table Utensils

We read of the artistic custom in ancient Japan of placing the food on oak-leaves, and breaking off twigs from the forest trees to use as chopsticks. The same spirit is expressed at the present time in dishes, both earthenware and lacquer, which are made in the shapes of things of nature. These are chosen to harmonize with the shape and color of the food put in them. Though there is great variety in the colors and shapes of the ceramic wares in use, they can be divided into two main types, a hard white porcelain, and a soft, dull china. Ceramic ware can also be classified according to the amount of glaze used, and the firing-method. The small lacquered tables, bowls, etc., used in serving formal meals for guests or in restaurants, with their red, black, gold and silver lacquer, are very beautiful, too. These vary according to the place where they were manu-

factured. All these things are chosen to harmonize with the food, and often are the object of admiration and pleasure.

The ordinary Japanese household uses the following kinds of tableware:—

1. **RICE BOWLS:**—These are of various sizes and patterns, usually differing according to whether used by men, women or children. The upturned lid may be used for pickles.
2. **SOUP BOWLS:**—These are usually made of lacquer, but recently china bowls are also used. Most soup bowls have lids, but lidless ones are sometimes used for ordinary meals.
3. **LARGE AND MEDIUM-SIZED DISHES:**—These are used for *yakimono* (broiled foods), *agemono* (fried foods), and *nimono* (boiled foods).
4. **SMALL DISHES:**—*Aemono* (dressed foods), *hitashimono* (boiled greens with soy), *tsukemono* (pickles), *tsukudani* (preserved foods boiled dry in soy) are put in these.
5. **DOMBURI**—The larger *domburi* is a porcelain bowl in which pickles, etc. are served. The smaller one is for *sunomono* (vinegared foods), *tsukemono* (pickles), *aemono* (dressed foods), *tsukudani* (preserved foods boiled dry in soy), etc.
6. **MESHI-DOMBURI** (with lid):—In these broiled eels and *tempura* are placed on hot rice or *chirashi-zushi* (vinegar-flavored rice topped with various ingredients) is served individually.
7. **JAPANESE TEA-CUPS:**—Before and after meals

Japanese tea is drunk in these, each member of the family having one of his own, different from the others. For visitors and guests there is a small teapot and special tea-cups of a smaller size (Five or ten cups make a set).

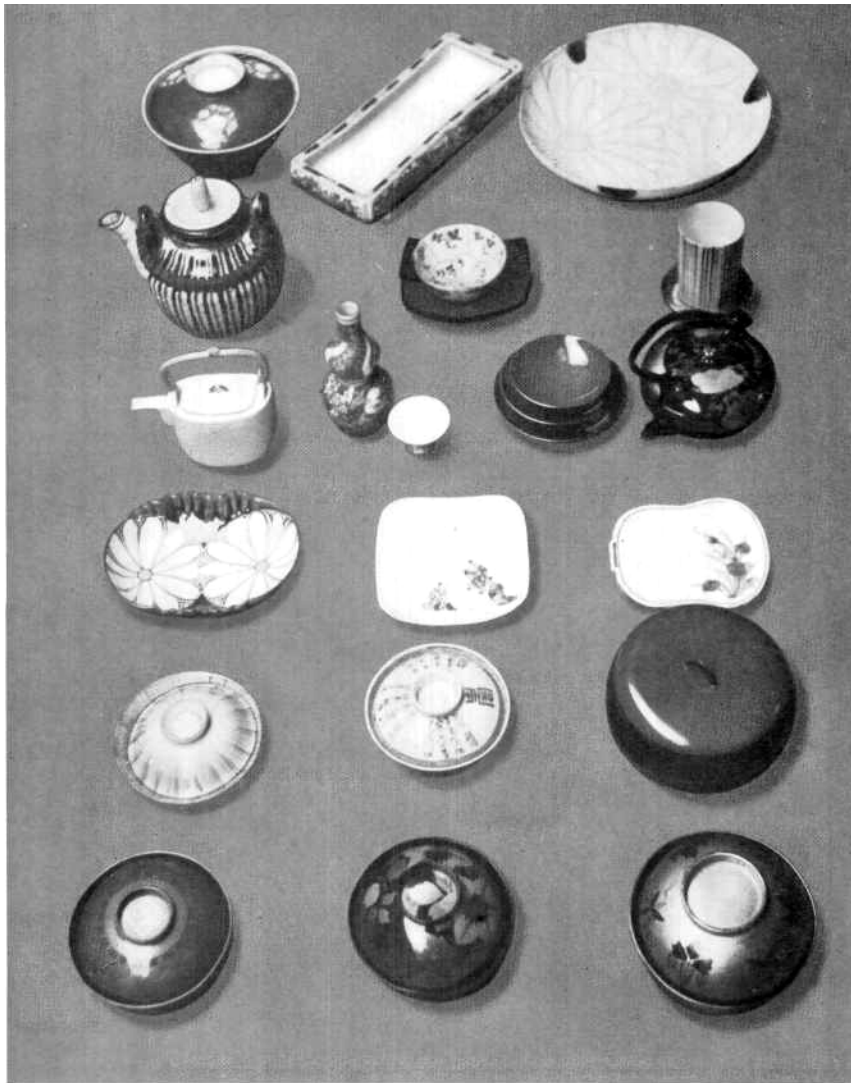
8. **CHOPSTICKS:**—These differ in size according to their use, and to the persons using them. *Waribashi*, or splittable chopsticks, are used in public eating places and by visitors to one's home. They are usually made of cedar-wood, and are unpainted. Although thrown away after each meal, the guest puts them back in the paper holder after he has used them. Chopsticks for everyday household use are made of bone, ivory, bamboo or wood usually lacquered, and each person has his own.
9. **CHOPSTICK-RESTS:**—These are small earthenware objects, of about the size of a pea pod, and are of an infinite variety of shapes. The small ends of the chop sticks are laid on these.

An Ordinary Meal

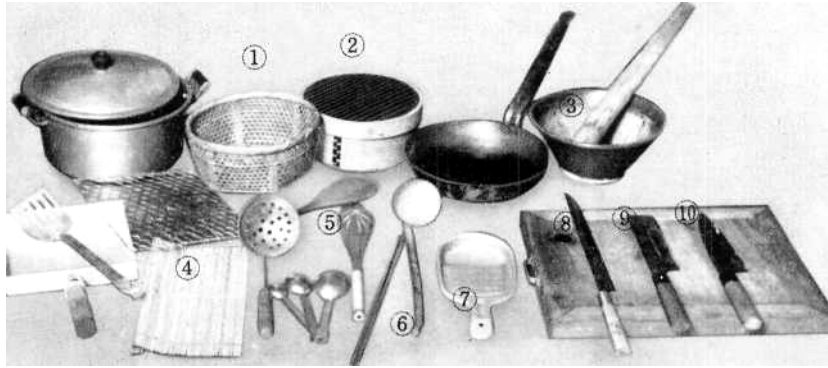
The every-day food served by the average household differs somewhat according to the season, but generally speaking, the following menus are served. (Recently, bread and noodles are often served instead of rice.)

BREAKFAST:

Rice, miso-soup (with vegetables and fried *tofu*), eggs, *tsukudani* (preserved foods boiled dry in soy), coarse Japanese tea.



Dishes: 1st row from top—dishes for boiled foods, fish, etc.; 2nd row—a teapot and tea cups; 3rd row—sake holders and cups; 4th row—dishes for broiled foods, etc.; 5th row—rice bowls and a rice container; 6th row—lacquer soup bowls.

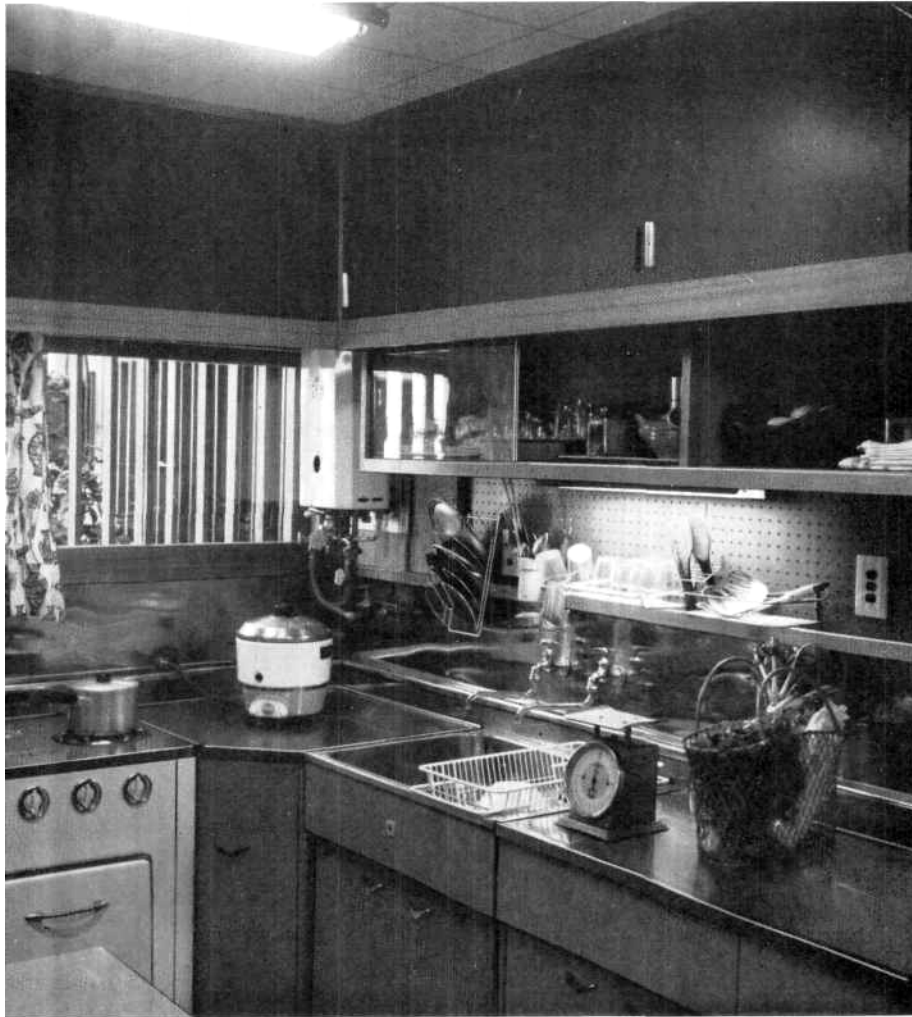


An Assortment of Kitchen Utensils:

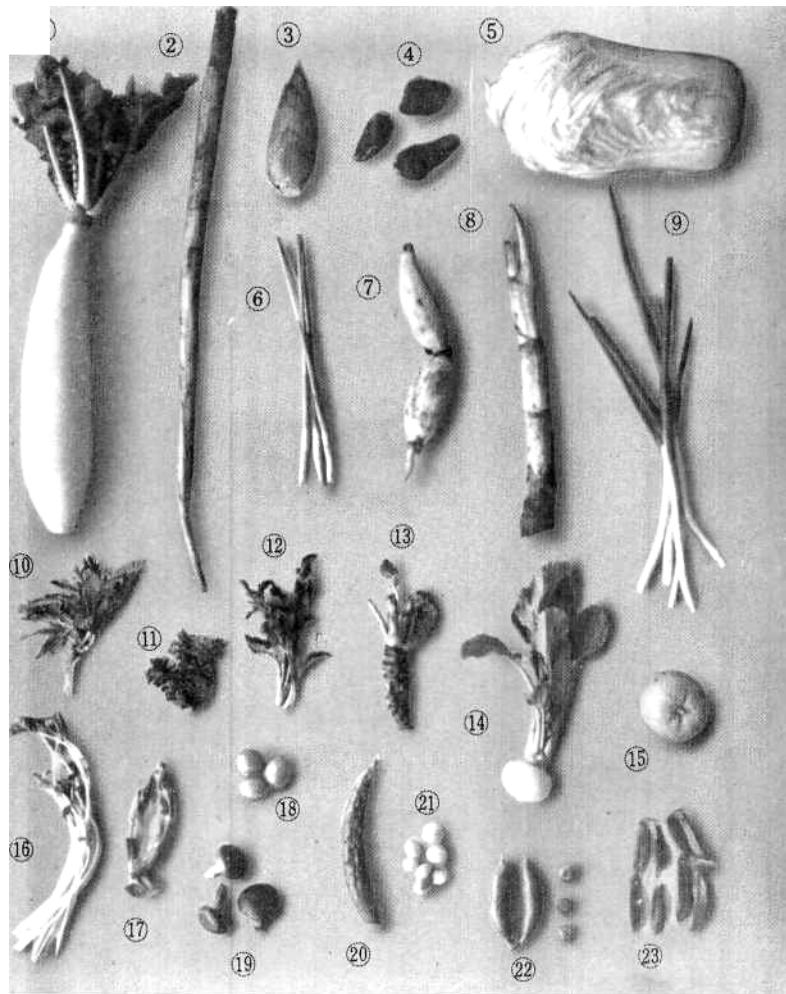
(1) A bamboo basket used to hold and drain vegetables and other ingredients for cooking. (2) A Japanese strainer made of wood and horse hair. (3) An earthenware mortar with a wooden pestle. (4) A small mat made of fine bamboo strips used to roll sushi. (5) A wooden spatula for dishing up boiled rice and for stirring soups or liquids. (6) A pair of long chopsticks for use in deep frying, etc. (7) A vegetable grater. (8), (9), (10) Kitchen knives—one for slicing sashimi, another for cutting vegetables and a third for cutting fish.

A kitchen cupboard for dishes.

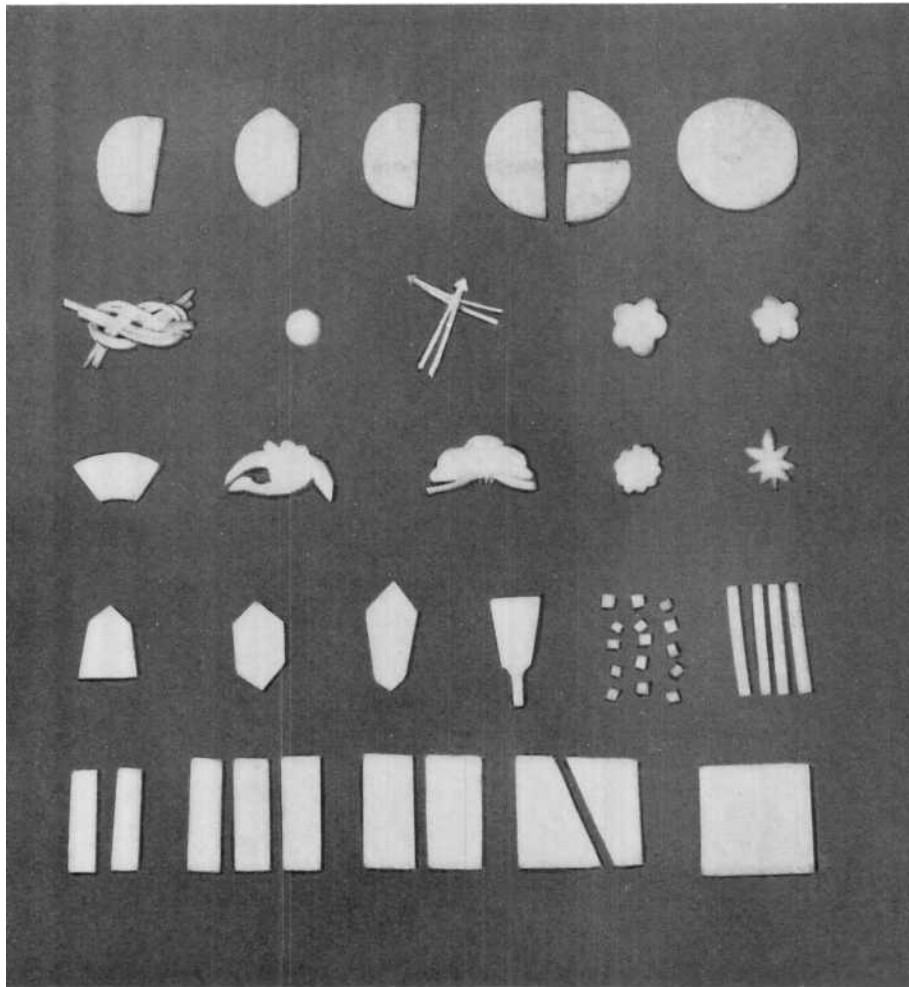




A kitchen equipped with modern conveniences.

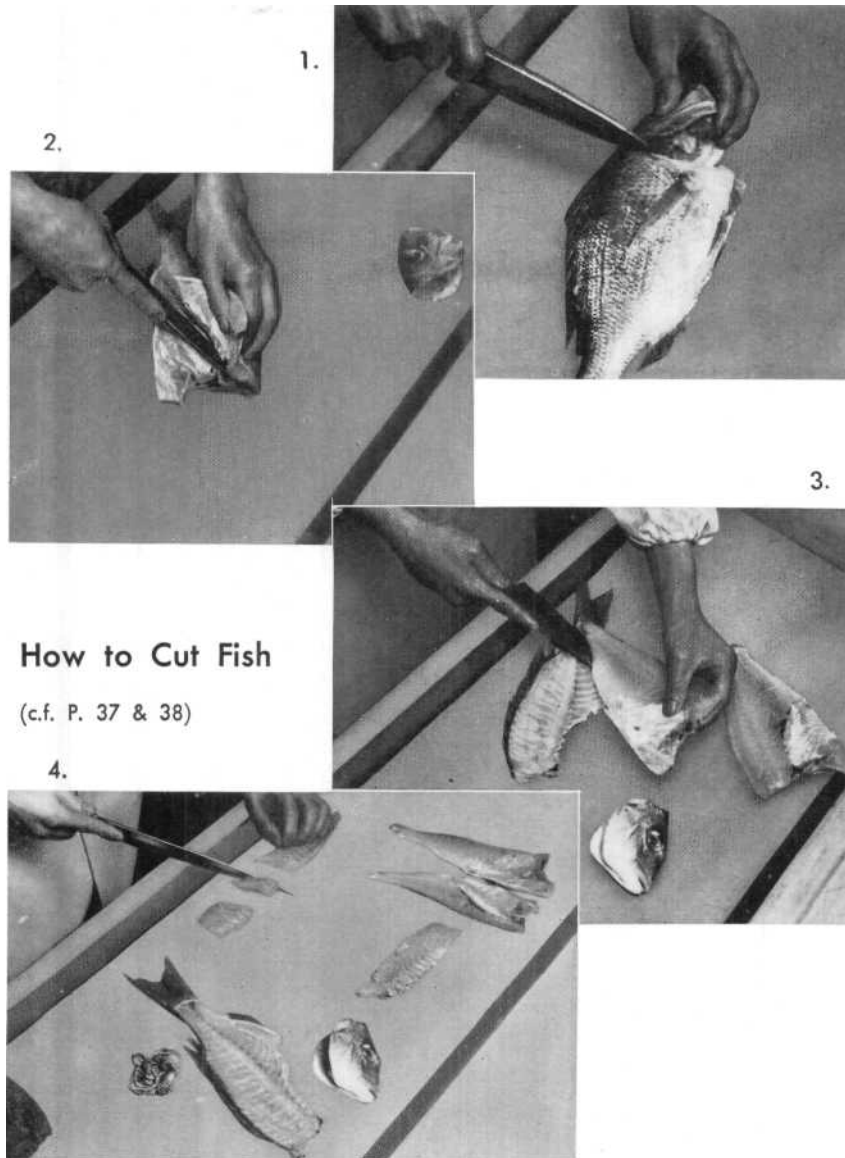


Vegetables: 0) *daikon* (Japanese radish), (2) *gobo* (burdock root), (3) *takenoko* (bamboo shoot), (4) *saroimo* (taro), (5) *hakusai* (Chinese lettuce), (6) *shoga* (ginger), (7) *hasu* (lotus root), (8) *udo* (a kind of Japanese celery), (9) *negi* (Japanese leek), (10) *shungiku* (*chrysanthemum coronarium*), (11) *shiso* (beefsteak plant), (12) *horenso* (spinach), (13) *wasabi* (horse-radish), (14) *kahu* (turnip), (15) *yuzu* (citron), (16) *mitsuba* (trefoil), (17) *Na-no-hana* (rape blossom), (18) *kinkan* (kumquat), (19) *shiitake* (mushroom), (20) *kyuri* (cucumber), (21) *ginnan* (gingko nut), (22) *soramame* (broad bean), (23) *soyaendo* (peas in the pod).





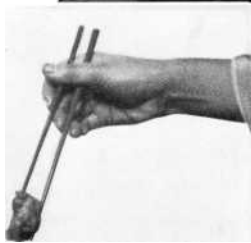
Harvest from the sea—in Japan fresh fish is available everywhere.

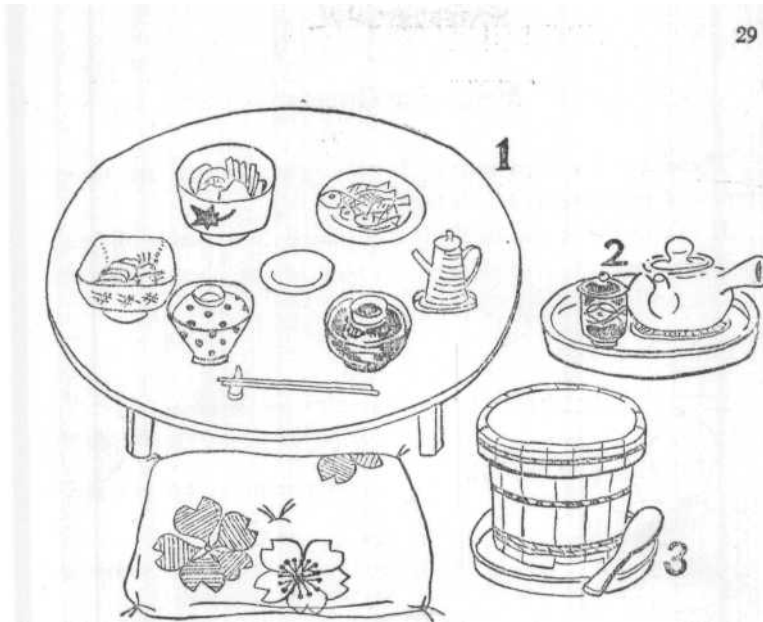


(1) Remove the head. (2), (3) Make two slices—cutting on each side of the bones and leaving the bones, tail and the fins. (4) Cut the two slices into half, making four pieces. For *sashimi*, cut these into slices of the proper size.



The cover shown here is that served at informal dinners. Note the arrangement of the dishes, planned carefully by the hostess with an eye to their color and appearance, as well as the food in them. The smaller pictures show how to hold and manipulate chopsticks.





Tableware for Everyday Use

- (1) A table set for an ordinary meal.
- (2) The tea service.
- (3) The wooden container that holds the cooked rice.

LUNCH:

Rice, broiled or roasted fish, boiled or dressed vegetables, coarse Japanese tea.

DINNER:

Rice, clear soup (with *tofu* and Japanese leeks), fried fish or meat, grated *daikon* (Japanese radish), boiled vegetables, pickles, green tea.

Meals for Guests

There are no fixed menus, but in general there are three types of meals served to guests.

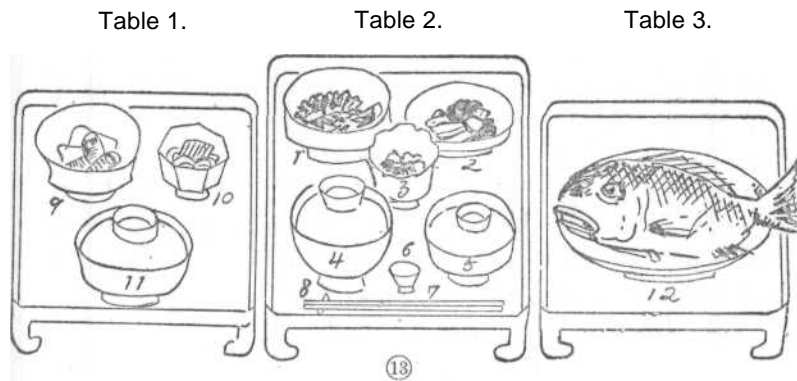
I. Different kinds of food are placed in separate dishes, and arranged on a small tray (as seen in the illustration) or on an ordinary table.



1. Boiled fish or vegetables.
2. Broiled eggs or fish, or *sashimi* (sliced raw fish).
3. Vinegared or dressed fish, or vegetables.
4. Rice.
5. Miso-soup or clear soup containing fish with some vegetables.
When this has all been eaten, the dishes are taken away, and *chawan-mushi* (a custard of egg and fish or meat steamed in a small bowl) is served.
6. Pickles.
7. *Sakazuki* (winecup).
8. Chopstick-rest.
9. Chopsticks.
10. (Diner's position).

II. From olden times it has been the custom to serve a meal to special guests on a set of 2 or 3 little low tables.

This menu is commonly served at weddings and other ceremonies, but Menu I is the one that is served to ordinary



- | | |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 1. <i>Nimono</i> (Boiled fish or meat with vegetables.) | 6. Winecup. |
| 2. <i>Sashimi</i> or vinegared fish or vegetables. | 7. Chopsticks. |
| 3. Pickles. | 8. Chopstick-rest. |
| 4. Rice. | 9. Steamed foods. |
| 5. Clear soup with fish and vegetables. | 1. Vegetables boiled or dressed. |
| After this, <i>chawan-mushi</i> (a custard of egg and fish or meat) and later <i>miso-soup</i> are served. | 1. Clear soup with fish and vegetables (having a different flavor from 5.) |
| | 1. Broiled fish. |
| | 13. (Diner's position.) |

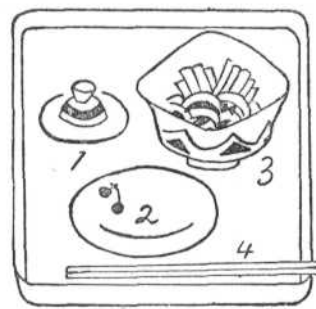
guests. However, in restaurants Menu II is usually served even to ordinary guests.

In the illustration in the above in what order should the dishes be eaten? While drinking the wine, eat 2 and then

drink 5, then eat the food on the second table, and finally that on table 3. Then, when the wine has been drunk, *miso*-soup and the remaining food are eaten with the rice: After this, tea and fruit make their appearance.

III. When a regular dinner is provided at the Tea Ceremony, it is quite different from Menu II described above. The foods are eaten in the following order:—

(A) First, the following are put on the tray:—



1. Winecup (upside down on a stand).
2. Small dish (empty).
3. *Mukozuke* with vinegared or dressed vegetables and fish in it. (The name "mukozuke" means what is "put far away" from the eater.)
4. Chopsticks; chopstick-rests are not used in tea ceremony dinners, the upper ends of the chopsticks being laid over the edge of the table.
5. (Diner's position.)

(B) Then from a big dish, *zensai* (vegetables, fish and meat to eat with the wine) is served on to the small dish, 2.

- (C) Wine is served in the winecup. After the wine is drunk, the cup is replaced right side up.
- (D) Clear soup with fish and vegetables.
- (E) Next a boiled food consisting chiefly of vegetables, with chicken, meat or fish, is served from a large dish onto the small dish, 2.
- (F) Broiled fish, meat and eggs are served in the same way from a large dish onto the small one.
- (G) A dish of boiled greens flavored with shoyu or vegetables prepared with sesame is served similarly.
- (H) When sufficient wine has been sipped, the things on the tray as in illustration (A), are removed, and rice is served in a bowl with a lid, miso-soup in a bowl with a lid, and pickles are brought in and placed on the table as in the accompanying illustration.



- 1. Pickles.
- 2. Rice bowl.
- 3. *Miso-soup* bowl.
- 4. Chopsticks.
- 5. (Diner's position)

- (I) After these are eaten, the tray is removed and fruit is served.
- (J) Finally, green tea and cakes are served.

Table Etiquette for a Japanese Meal

In a general sense rules of etiquette observed at Japanese meals are the same as those at foreign meals, but the following points should be noted:—

(1) When various dishes appear together, for example miso-soup, clear soup, *chawan-mushi* (a custard of egg and fish or meat), the hot things should be eaten first.

(2) The lid of lacquer bowls containing hot food is somewhat difficult to remove owing to the steam inside, so the bowl must be held firmly with one hand and squeezed, while the lid is taken off with the other and put upside down on the table.

(3) Japanese food is usually cut up conveniently for eating, so a knife is not necessary.

(4) Chopsticks are held as in the photos on page 28; that is to say, the chopstick held between the first and second fingers is the one that is moved, the other one being held steady between the thumb and third finger.

(5) Some of the dishes are taken up in the right hand, placed in the palm of the left, and the food is picked up with the chopsticks held in the right hand.

(6) When the meal is over, all lids must be replaced.

(7) When chopsticks are taken from an envelope, they should be put back in it after use.

(8) When no more wine is desired, the cup should be placed on the stand upside down.

Kitchen Utensils

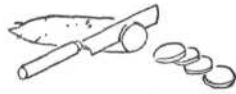
Various types of the most common cooking utensils used in the Japanese kitchen are shown on page 22. The kitchen knives, saucepans, baskets and ladles differ in size and shape according to their use. A useful utensil is the *suribachi*, an earthenware mortar with a wooden pestle, but a meat mincer may be used instead. The bamboo-mat is used to roll *norimaki-zushi* (vinegar rice rolled in a sheet of seasoned laver) or other rolled dainties, but a dishcloth may be used instead. Instead of an omelette saucepan, an iron plate can be utilized. A Japanese radish grater should have smaller holes than those in an apple-grater, and a horse-radish grater should be still finer.

How to Cut Fish and Vegetables

As has been stated before, Japanese food is prepared with an eye to a harmony between the color and shape of the ingredients used, and this calls for special ways of cutting and slicing the ingredients used according to the type of dish to be prepared. Fish, being a very popular food in Japan, is very often prepared at home. The good cook should learn some common ways of (A) cutting vegetables, and (B) cutting fish.

(A) CUTTING VEGETABLES

Carrots, Japanese radishes, turnips, potatoes, cucumbers and eggplants, etc.



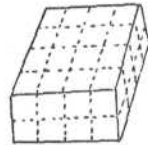
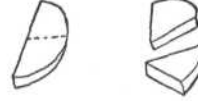
(1) To make circles chop thin slices from end to end.



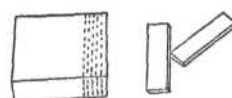
(2) Half-moons: cut the circles into halves.



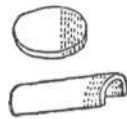
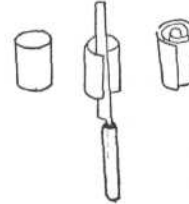
(3) Quarter circles: cut the half-moons into quarters.



(4) Dice-shapes: slice and then cut into cubes.



(5) Rectangle-shapes.
(6) Bark-shapes: cut long root-vegetables into pieces about 2 inches long and cutting off a continuous layer while working toward the center.



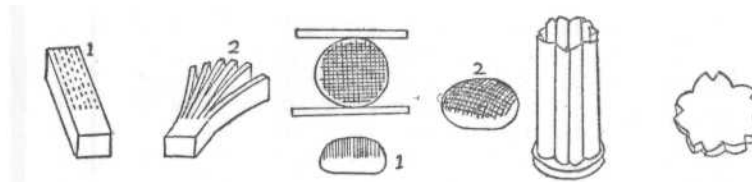
(7) Thread-shapes: cut from (1) or (6).



(8) Mixed-shapes: triangular.



(9) Bamboo-leaf-shapes: cut as if sharpening a pencil.



(10) Fan shapes: cut cucumbers lengthwise in 2 pieces, then cut these into rectangular pieces. Soften these by putting them in salt water, and then cut as in No. 1 and 2.

(11) Chrysanthemum-shapes; cut small turnips half through as in No. 1, and put a piece of chopped red pepper in the center. (The best way to cut half through is to clamp the turnip at the sides between 2 chopsticks and cut down as far as the sticks permit.

(12) Cherry-blossom or plum-blossom shapes: cut root-vegetables in thin slices and stamp with cutters.

(B) CUTTING FISH

Fish are served whole or cut in pieces, depending on the variety or the method of cooking. (*Knives used for fish differ from those used for vegetables; see page 22.*)

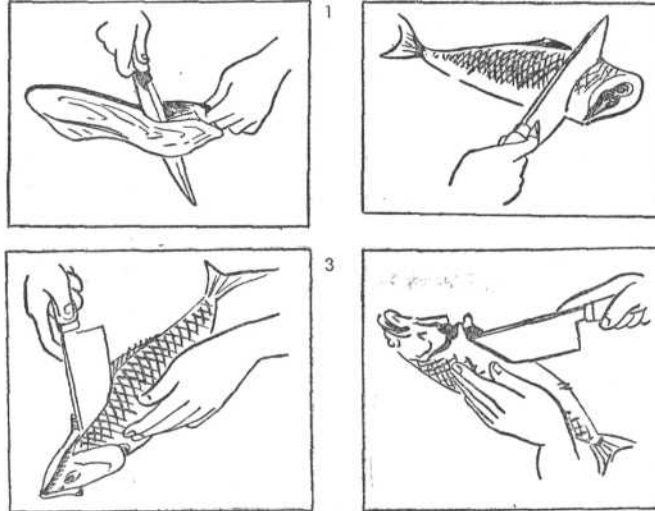
1. How to remove the fish scales: Hold the knife perpendicularly and scrape the fish from tail to head.
2. To remove the gills: This is done when the fish is to be served whole. Do not spoil the shape of the head when removing them.
3. To clean the insides: Make a slit in the belly and take out carefully without injuring the body.
4. To remove the head: Chop it off with a striking blow of the knife. (See photo No. .) on p. 27.)
5. To cut the body of the fish (See photos on P. 27.)
 - (a) To slice into 2 pieces:

Remove the scales, cut off the head and clean out. Cut a slice from each side of the bones, leaving the tail and the fins, (b) 4 pieces.

After slicing into 2 pieces cut both slices lengthwise into half. 6.

To cut sashimi: (See the illustrations on p. 27 and p. 103.)

Slice the fish into 2, or 4 pieces, and cut these into thin slices, dices, or rectangular pieces, as required.



7. To remove the skin: Insert the knife at one spot between the skin and the flesh and pull away from the tail, cutting at the same time. If the skin is thick, scrape it off with the knife. (Fig. 1)
8. Cylindrical cutting: Scrape off the scales; cut off the fins; remove the head, and cut the fish in pieces of the required size, leaving the bones intact. (Fig. 2)
9. To cut the fish opening along the back: Remove the head of fish, eels and prawns if you wish, and slit open the back, being careful not to cut down to the belly. (Fig. 3)
10. To cut the fish opening along the belly: Put the knife in the belly and slit open without cutting down to the back. (Fig. 4)

GLOSSARY (*alphabetical order*)

The romanized Japanese words frequently appearing in this book are listed below:

- Aburaage:*** Oblong thin pieces of *tofu* fried in deep fat.
- Aemono:*** Fresh fish or shellfish mixed with vegetables and served raw or boiled, mixed with sesame, *miso*, or *tofu*, and vinegar, *shoyu*, salt or sugar.
- Agemono:*** Fried fish, shellfish or vegetables.
- (a) Dipped in batter and deep fried (*tempura*).
 - (b) Fried with a little oil and no flour.
- Prawns are the most common fish used.
- Chawan-mushi:*** Hot custard of egg and fish or meat steamed in a small bowl.
- Dashi:*** Stock made by boiling *kombu* and *katsuobushi* in water, and pouring off the clear liquid above. This is used as soup stock, or the foundation for other foods.
- Hitashimono:*** Usually leafy vegetables boiled and flavored with *dashi* and *shoyu*.
- Kamaboko:*** The flesh of white fish mashed, mixed with salt, *mirin*, sugar, and cornstarch, packed tightly on a small board in the shape of a half cylinder, and then steamed.
- Kanlen:*** *Tengusa* seaweed (*Gelidium Amansi Lamouroux*) or agar-agar boiled, and jelled in a mould. Somewhat like gelatine, it is used in the same way. It is the chief ingredient used in many Japanese confections.
- Katsuobushi:*** Dried bonito. After the bones of a bonito are removed, it is cut into 4 pieces, boiled and then dried in drying ovens; the green mildew which forms in the drying

process improves the taste. The finished product is shaven and used for making stock, flavoring soups, etc.

Manju: Little steamed buns with sweet bean-paste in the center.

Meshimono: (a) Fish, meat or vegetables boiled with rice,
(b) Fish, meat or vegetables poured over boiled rice.

This is eaten in a *domburi* (large deep bowl).

Mirin: A sweet wine used to flavor boiled food; it is made from steamed glutinous rice in which a malt-mould is cultured, and then mixed with strong *sake*. (Sherry may be used instead).

Miso: A mixture of malt, salt and mashed soy beans with its liquor, fermented in large tubs. Used for *miso-soup* and for flavoring.

Mochi: Glutinous rice steamed, mashed in a mortar and made into various shapes, usually flat round cakes *4 in. thick, 1 1/2 by 2 in. Used in the New Year *zoni* (*miso*- or clear soup with *mochi*).

Mushimono: Fish, shellfish, meat or vegetables cooked in a steamer and served hot. *Chaivan-mushi*, a custard with fish or meat steamed in a small bowl, is the most popular of these *mushimono*.

Mushiyaki: Eggs, fish or vegetables seared in a lightly-greased saucepan and allowed to simmer.

Nabemono: Meat poultry or fish, various vegetables, *tofu* and dried foods, flavored with *dashi*, *shoyu*, sugar and *mirin*, and cooked in a saucepan at the table. It is served piping hot from the pot. *Sukiyaki* is the best known of these

nabemono.

Nimono: Vegetables, fish, meat, or dried fish, boiled with *dashi*, *shoyu*, salt, sugar, and *mirin*. Fresh materials are used and boiled quickly so that they will not lose their flavor.

Sahei Japanese wine made from white rice, malt-mould and water. It is also used to flavor soups or boiled foods.

Sashimi: Fish or shellfish raw or sometimes dipped in hot water and eaten with *shoyu* or vinegar and *shoyu*, flavored with horse-radish or ginger.

Shirataki: Fine vermicelli-like threads of a gelatinous starch made from a root plant.

Shoyu: A liquid made from roasted wheat and steamed soy beans mixed with malt-mould and salted water, and fermented.

Soha: Buckwheat and wheat-flour noodles, boiled and eaten with *dashi*, etc. or boiled with vegetables, fish or meat.

Sotnen: A kind of vermicelli made of wheat flour.

Suimono: A clear soup flavored with *dashi*, salt and *shoyu*, and containing fish, meat or vegetables.

Sukiyaki: The most popular of the saucepan dishes. Slices of meat, various vegetables, dried foods and *tofu*, etc. are put in a saucepan over a hot fire, and flavored with *dashi*, *shoyu*, sugar, *mirin*, etc. The bubbling food is picked out of the pan by the diners and eaten hot.

Sunomono: Vegetables, fish or shellfish used either raw or boiled slightly, and flavored with vinegar.

Suribachi: An earthenware mortar with a wooden pestle used for crushing or grinding sesame seeds and *miso*, etc. into a paste.

Sushi: Rice flavored with vinegar, salt and sugar and used in the following forms:—

- (a) In little oval shapes covered with a slice of raw or cooked fish, shellfish or eggs (*nigiri-zushi*).
- (b) Mixed loosely with the same ingredients as in (a), (*chirashi-zushi*).
- (c) Rolled in *nori* or seasoned seaweed (*norimaki-zushi*).

Tempura: Fish, shellfish, or vegetables dipped in batter and fried in deep fat.

Tofu: A curd made of the liquid from soy beans, softened in water and crushed, boiled, and curdled with magnesium chloride.

Tsuhemono: Japanese radishes, turnips or greens, pickled in rice bran and salt, or salt only.

Tsuhudani: Small fish, shellfish or seaweed boiled down in *shoyu*, salt and sugar, and made into preserves.

Udom A kind of vermicelli-like *soba*, but made of wheat flour.

Yakimono: Fish, meat or vegetables broiled over a charcoal fire, often spitted on bamboo sticks to preserve the shape.

Yokan: Confectionery made of bean-paste and agar-agar and moulded in oblong slabs.

JAPANESE COOKERY

TABLE OF MEASURES

In this book we have used the following table of measures and abbreviations:

| <i>ABBREVIATIONS</i> | <i>EQUIVALENTS</i> |
|----------------------|--------------------|
| tsp. = teaspoonful | 3 tsp. = 1 T. |
| T. = tablespoonful | 16 T. = 1 C. |
| C. = cup. | 1 lb. = 16 oz. |
| oz. = ounce | |
| lb. = pound. | |

It should also be noted that all the recipes, excepting a few which definitely specify other numbers, are planned to serve six persons.

PART I

Party Dishes

1. BEEF SUKIYAKI

Sukiyaki, sometimes called the "friendship dish," is well known and enjoyed by our foreign friends. It is the most popular form of *nabemono*, a saucepan food (ref. page 126). The attraction of this dish is that the partakers eat it piping hot, watch it cook, and enjoy the intimacy of sitting around saucepan as they eat.

Ingredients:

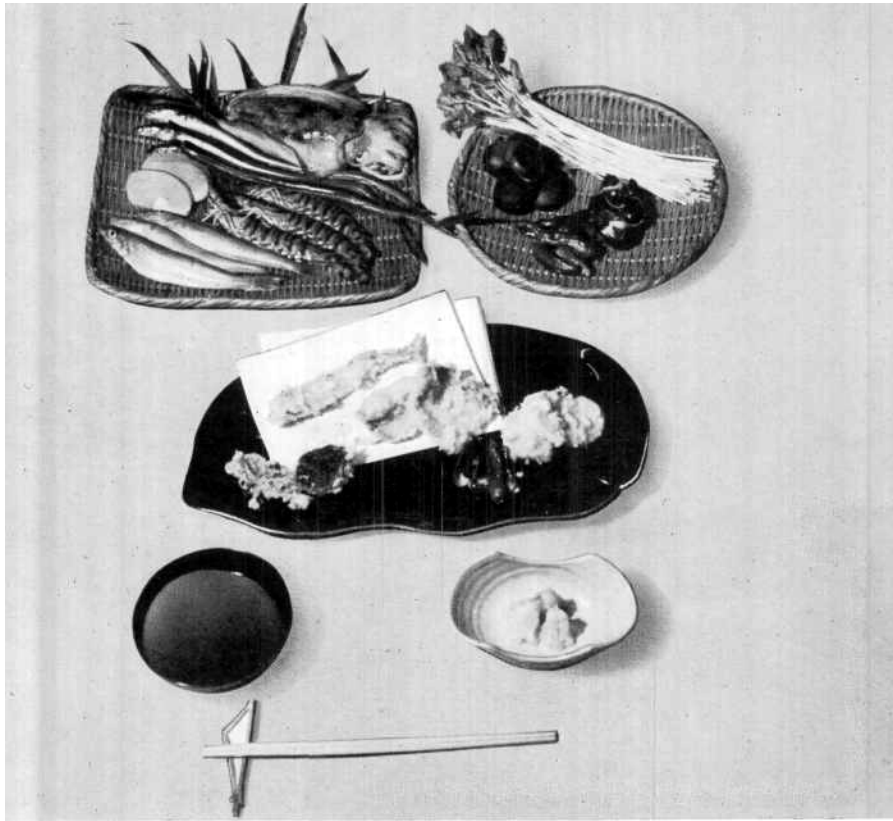
| | |
|-------------------------------------------|----------------------------------------|
| BEEF (lean and fat) | <i>HAKUSAI</i> (Chinese lettuce) |
|2.5—3.5 oz. | 9 oz. |
| KELP SOUP or <i>DASHI</i> .2 C. | <i>TOFU</i> ... 3 pieces (1 lb. 8 oz.) |
| <i>SHOYU</i> 18 T. | MUSHROOMS 18 |
| SUGAR 12 T. | <i>SHIRATAKI</i> (fine vermicelli-like |
| <i>SAKE</i> (or <i>mirin</i> , or sherry, | threads of gelatinous starch) |
| or whisky)6 tsp. | (or thin macaroni) |
| SPINACH 9 oz. | 2 bundles |
| JAPANESE LEEKS (or onions) | EGGS6 |
| 9 oz. | |

Method:

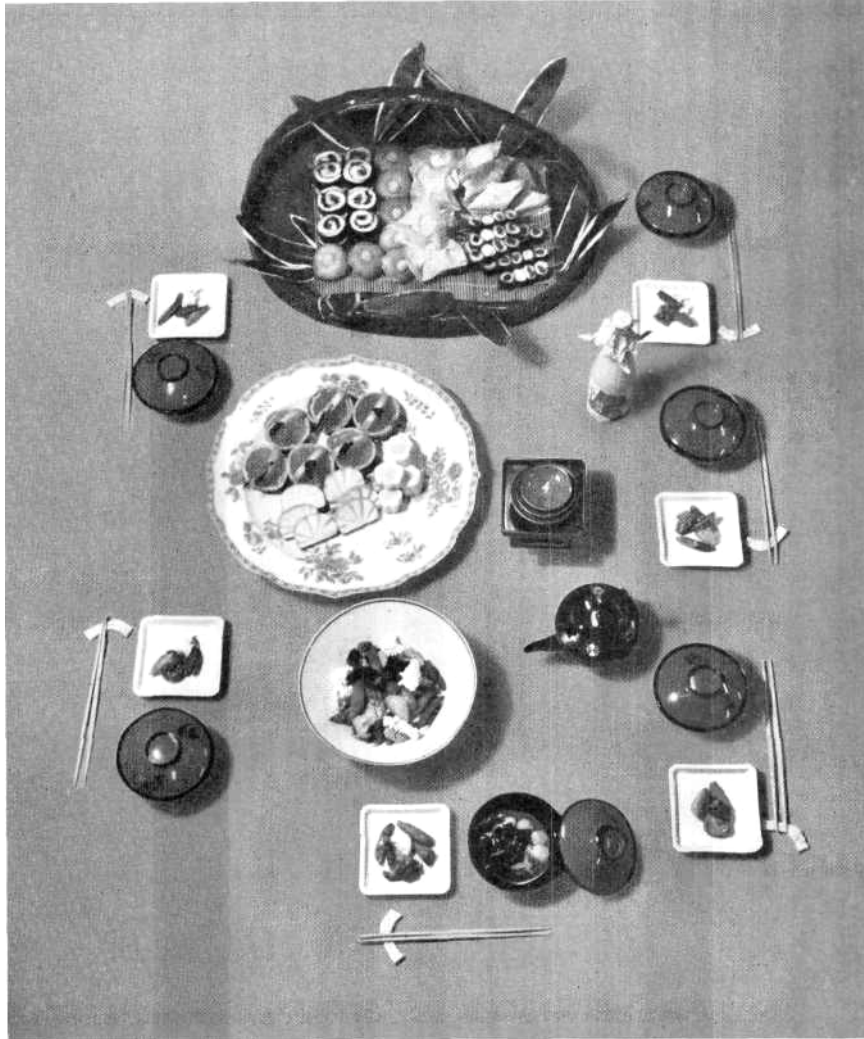
1. Place a thick shallow saucepan on the fire, and when it is hot put a piece of fat in it.
2. Spread the slices of the beef over the bottom of the sauce pan; turn them over when they are cooked.
3. Add the kelp soup mixed with the sugar, *shoyu*, *sake*. Gather the beef in one corner and then add the green vegetables and *tofu*.
4. When these are boiling, the *sukiyaki* is ready. Each person helps himself picking out what he wishes on a small dish. *Sukiyaki* may be eaten, dipped in raw egg beaten up. (It is nice to sip hot *sake* while eating *sukiyaki*.)

2. *TEMPURA* (Shellfish, Fish or Vegetables Fried in Deep Fat)

This is a food dipped in a batter (a mixture of egg, water and flour) and fried in plenty of vegetable oil. It is eaten hot



Tempura—shellfish, fish and vegetables fried in deep fat. (See P. 44 & 123)



Girls' Festival dishes for 6 guests. (See P. 65.)

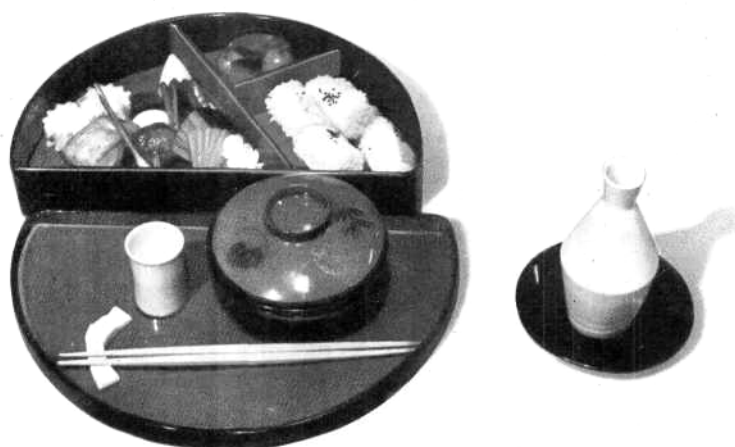


A *horoku-yaki* dinner (roasted fish and vegetable). (See P. 80.)



Cold somen (vermicelli). (See P. 78.)

Makunouchi (rice-ball lunch). (See P. 73.)



dipped in a sauce made by mixing *dashi*, *shoyu* and *mirin* with grated ginger (1/2 tsp.) and Japanese radish (1 T.) It is delicious when care is taken with the four chief components—fresh ingredients, a light coating, nice-smelling oil and a good sauce (ref. page 123).

Ingredients:

| | | |
|----------------------|----------------------|------------|
| PRAWNS or LOBSTERS | FLOUR..... | 2 C. |
| (medium) | EGGS | 2 |
| SHELLFISH | WATER | 11/2 C. |
| CUTTLEFISH | VEGETABLE OIL | |
| SILLAGO | | about 5 C. |
| SNIPE-FISH | DASHI | 11/2 C. |
| TREFOIL | SHOYU | 6 T. |
| MUSHROOMS | MIRIN | 4 T. |
| EGGPLANTS (small) .. | GINGER | 1 |
| SALMON ROE | JAPANESE RADISH | 6 oz. |

Method:

Prawns—Remove the head, skin and insides (leaving the tails as they are). Make cuts lengthways in the prawns in several places to prevent shrinking.

Shellfish—Remove the bones and insides. Wash and cut the flesh in mouth-sized pieces.

Sillago and snipe-fish—Slice these into 2 (ref. page 27).

Trefoil—Cut into 1.5 in. lengths.

Mushrooms—Remove the ends of the stems and wash well.

Eggplants—Remove the stems and wash.

Wipe all the ingredients thoroughly so that the oil will not spatter during the frying.

3. **CHIRASHI-ZUSHI (Vinegared Boiled Rice Mixed with Flavored Vegetables, Fish, etc.)**

This is a food made of rice flavored with vinegar, salt and sugar, and mixed with cooked or raw fish, shellfish, eggs, vegetables, etc.

This is a food made of rice flavored with vinegar, salt and sugar, and mixed with cooked or raw fish, shellfish, eggs, vegetables, etc.

Ingredients:

| | |
|---------------------------------|----------------------------|
| POLISHED RICE 5 C. | VINEGAR 3 T. |
| WATER 5 1/2 C | SALT 1/2 tsp. |
| VINEGAR 1/3 C. | SUGAR 2 T. |
| SALT 1 T. | SHIRASU-BOSHI (dried |
| SUGAR 3 T. | baby sardines) 2 oz. |
| EGGS 2 | CARROTS 4 oz. |
| SALT 1/8 tsp. | SALT 1/2 tsp. |
| SUGAR 1 tsp. | SUGAR 2 tsp. |
| DASHI 2 tsp. | DASHI 4 T. |
| STRING BEANS 2 oz. | LOTUS ROOTS 5 oz. |
| SALT 2/3 tsp. | VINEGAR 3 T. |
| DASHI 2 T. | SUGAR 1 1/2 T. |
| SALT 1/8 tsp. | SALT 2/3 tsp. |
| FLATFISH FLESH (or other | DRIED GOURD STRIPS |
| white-fleshed fish) 3 oz. | 1 oz. |
| SALT 1/2 tsp. | SHOYU 2 T. |
| VINEGAR 2 T. | SUGAR 2 T. |
| FLATFISH FLESH (or other | SALT 1 tsp. |
| white-fleshed fish) 3 oz. | DRIED MUSHROOMS |
| SALT 1/4 tsp. | 1 1/2 oz. |
| SUGAR 1 1/5 T. | SHOYU 1 T. & 1 tsp. |
| COLORING 1 drop | SUGAR 1 T. & 1 tsp. |
| SALT 1/4 tsp. | SEASONED LAVER |
| SHRIMPS 2 oz. | 2 sheets |

Method:

- 1) Boil the rice (ref. page 157) and stir in the mixture of vinegar, salt, sugar and *shirasu-boshi* (dried baby sardines) (see No. 7).
- 2) Beat the eggs; flavor with *dashi*, salt and sugar; fry in thin sheets in a frying-pan.
- 3) Wash the string beans, string them and sprinkle with salt;

- boil for 2 minutes. Take them out of the water and put them in the cold *dashi* flavored with a pinch of salt.
- 4) Sprinkle 1/2 tsp. salt over the flesh of the flatfish and let stand for 1 hour. Then sprinkle vinegar over the flesh and let stand again for 20 or 30 minutes. Then slice.
 - 5) Boil the flesh of the fish in water, rub it in a *suribachi* (earthenware mortar) adding sugar and salt. Mix until fluffy in a frying-pan over a low fire, being careful not to burn. Add a little coloring.
 - 6) Remove head, shell and insides of shrimps. Boil in the salted water. When cool, slice in halves lengthwise and soak in the vinegar flavored with salt and sugar.
 - 7) After washing the *shirasu-boshi* (dried baby sardines) lightly in hot water, take them out and put them in the flavored vinegar (prepared for mixing in the boiled rice). Mix the vinegar and fish in the rice.
 - 8) Cut the carrots very fine and boil them with the *dashi*. When soft add salt and sugar and cook until the *dashi* boils up briskly.
 - 9) Peel the lotus root and slice it thin. Soak the sliced pieces for a little while in water and then take out. Boil them for 2 or 3 min. over a strong fire in *dashi* flavored with vinegar, salt and sugar until they are white and crisp. Arrange the slices on a plate and pour the cooled broth over them.
 - 10) Wash the gourd strips in water, then rub in the salt. Wash off the salt and cook with *shoyu* and sugar until they are tender.
 - 11) Soften mushrooms in water and remove the stems. Slice in strips and cook in the *shoyu* and sugar.
 - 12) Parch the seasoned laver over a very low fire and crumble.

Mix the vinegared rice (1) (already mixed with the *shirasu-boshi* (7)) with the vinegared fish (4), the carrots (8), dried gourd shavings (10), and dried mushrooms (11). Serve on medium-sized plates, heaped high; arrange the eggs (2), the string beans (3), the fish *soboro* (5), the shrimps (6) and the lotus root like a 5 petaled flower in 5 sections.

CLEAR SOUP WITH *TOFU* (Bean Curd), *NAMEKO* (a Kind of Mushroom) AND RAPE BLOSSOMS

Ingredients:

| | | |
|---------------------------------------------------|--------------------|--------|
| TOFU (bean curd).... 1 (8 oz.) | <i>DASHI</i> | 5 C. |
| <i>NAMEKO</i> (canned champignons or mushrooms).6 | SALT | 2 tsp. |
| RAPE BLOSSOM STALKS | SHOYU | 2 tsp. |
| 6 | | |

Method:

Cut the *tofu* in twelve diamond shaped pieces. Boil the *dashi*, flavored with salt and *shoyu* and put the *tofu* and *nameho* in the soup. Cut the rape blossom stalks in 2 in. pieces and boil a little in salted hot water. Serve the boiled soup in individual bowls and add 1 rape blossom stalk to each. Serve while hot.

SWEETENED WHITE KIDNEY BEANS

Ingredients:

| | |
|--------------------------|--------|
| WHITE KIDNEY BEANS | 1 C. |
| SALT..... | 3 tsp. |
| SUGAR | ½ C. |

Method:

Wash the raw beans and boil soft in plenty of water. When soft pour off some of the boiled water leaving just enough to cover the beans. Add half the sugar and boil down. Repeat, adding the rest of the sugar, and before taking off the fire, add the salt. Serve a plate of *chirashi-zushi*, a bowl of soup and a small dish of sweetened beans to each guest.

4. NEW YEAR'S DISHES

The Japanese celebrate New Year much more ceremoniously than do the people of many other countries, observing many time-honored customs and serving meals with menus that have remained unchanged for centuries. Many of the foods served at the New Year have a symbolic meaning, implying celebration or congratulation. These dishes are served to any guest who comes to make a New Year call.

Juzume is one of the most popular of the seasonal dishes. Before serving this we usually serve *loso-sake* and *zoni* soup or clear soup.

A. JUZUME

Juzume is a collection of delicious food arranged beautifully in a *jubako* or nest of 4 lacquered boxes.

- (1) The first box (on the top)
Kuchitori (hors d'oeuvres or appetizers)
- (2) The second box
Yakimono (broiled foods)
- (3) The third box
Nimono (boiled foods)

- (4) The fourth box
Sunomono (Vinegared foods)
Juzume are served in small plates.

(1) THE FIRST BOX (on the top)

KUCHITORI (Hors d'oeuvres or Appetizers)

1. MASHED SWEET POTATOES, WITH CHESTNUTS

Ingredients:

SHELLED CHESTNUTS.. .8 oz.
 SWEET POTATOES 8 oz.
 SUGAR 8 oz.
 SALT 1/3 tsp
 1 WATER 1 C.
 (MIRIN (or sherry) ...1/4 C.

Method: Shell the chestnuts

and put in water for a while so they will not become discolored; then boil them for 20 minutes over a low fire. Change the boiling water 2 or 3 times in order to keep the color light. Cut the sweet potatoes into slices 1/3 in. thick, peel thickly and put in water for a while, then boil in 4 cups of hot water until soft and put through a ricer while still hot. Add the salt, the sugar and mirin to 1 cup of hot water and boil the chestnuts in the mixture over a low fire until they are transparent. Add the riced sweet potatoes and stir well. Remove from the fire, spread on a dish immediately and cool with a fan so as to give it a glossy look.

2. COATED DRIED SARDINES

Ingredients:

DRIED SARDINES 8 oz.
 SUGAR.....5 T.
 SHOYU.....5 T.
 WATER 2 T..

Method: Parch dried sardines in a horoku (earthen-heating pan) or frying pan until they are brown. Boil the water with the sugar and shoyu until it becomes syrupy. Then put the parched sardines in it and mix quickly.

KUROMAME (Sweet Boiled Black Soybeans)

Ingredients:

BLACK SOYBEANS....1 C
 SUGAR 1/2 C
 WATER 1/2 C
 SALT.....1/2 tsp
 SHOYU 1 tsp.

Method: Soak the black soybeans overnight in 3 cups of water and then boil them until they become quite soft. Put 1/2 cup of water, the sugar and salt in a saucepan and boil until the sugar is

dissolved. Put the beans in and boil for about 10 minutes over a low fire, and then remove. Leave them in the saucepan for another night to let the sweet water soak into the beans. The next day, add 1 T. of *shoyu* and boil them down until all the water is boiled away.

4. SLICED HERRING ROE

Ingredients:

FRESH HERRING ROE..14 oz.
 SAKE 2 1/2 T.
 MIRIN.....2 1/2 T.
 SHOYU 2 1/2 T.
 KATSUOBUSHI
 SHAVINGS
 (or monosodium
 glutamate..... a pinch

Method: Wash the fresh herring roe well and slice into thin pieces; sprinkle with *sake*. Boil the *mirin* and *shoyu*, add the *katsuo-bushi* shavings or monosodium glutamate; cool and soak the herring roe in it for about 1 or 2 days.

5. WHITE AND RED KAMABOKO (Fish Steamed Cake)

Ingredients:

WHITE KAMABOKO .. 1
 RED KAMABOKO 1

Method: Slice them in 1/3 in. thick.

(2) THE SECOND BOX

Yahimono (Broiled Foods)

1. NISHIKI EGG

Ingredients:

EGGS 5
 SUGAR..... 5 T.
 SALT ½ tsp.

Method:

Boil the eggs for 12 minutes; press the yolks and whites separately through a sieve. Add sugar to the yolks and a pinch of salt to

the whites.

Spread the yolks over the bottom of a flat rectangular pan covered with a piece of cellophane making a layer about 1/8 in. thick; then spread the whites over this smoothly; press and cover with another piece of cellophane. Put the pan into a steamer and steam for 10 minutes over a moderate fire. After cooling cut into oblong pieces.

2. GINGKO NUTS ON SKEWERS

Ingredients:

GINGKO NUTS..... 1 C.
 SALT $\frac{2}{3}$ tsp.
 SAKE 2 tsp.

Method:

Shell the ginkgo nuts by striking lightly. Put the nuts in their thin inner skins into hot water and rub with a ladle to skin. Put

nuts in the salt and *sake* and parch over heat until dry. Cool and skewer 2 ginkgo nuts on a pine needle.

3. VINEGARED GINGER ROOTS SHAPED LIKE JAPANESE WRITING BRUSHES

Ingredients:

GINGER ROOTS WITH
STALKS 10
SALT..... 1/2 tsp.
VINEGAR 1/2 C.
SUGAR..... 1/2 tsp.
SALT..... 1/2 tsp.
MONOSODIUM GLUTA-
MATEa pinch

Method: Wash ginger roots,

leaving stalks 3 in. long, peel into writing brush shapes. Cut off each ginger root at a point 3 in. above the root. Dip the ginger brushes in boiling water for 30 seconds. Then sprinkle with salt at once. Mix the vinegar, sugar, salt and monosodium glutamate and

let the roots stand in the mixture. They will become a beautiful reddish color.

4. BROILED SEA-BREAM SOAKED IN VINEGAR**Ingredients:**

SEA-BREAM (small) (or other
white-fleshed fish) 6

VEGETABLE OIL..... 3 T.

DASHI (or *sake*) 1 C.
VINEGAR 1 C.
SUGAR 1/2 C.
SALT 2 T.
SHOYU 1 tsp.
RED PEPPER 1 piece

Method: Take out the insides of the sea-brems, broil, and then fry with a little oil without coating. Boil the vinegar mixed with *dashi*, sugar, salt, *shoyu* and a piece of red pepper (its seeds taken out). When the mixture becomes cool, soak the fried sea-brems into it.

5. BROILED CLAMS

Ingredients:

SHELLED CLAMS 20—30
 SHOYU..... 6 T.
 MIRIN.....4 T.

Method: Fasten 2 or 3
 clams on each bamboo
 skewer. Boil the *shoyu* and
mirin until syrupy. Broil
 the clams lightly, and paint

with the syrup mixture {shoyu and mirin). When dry, paint
 again, repeat 3 times.

6. BROILED PRAWN SPRINKLED WITH JAPANESE PEPPER

Ingredients:

PRAWNS..... 6
 MIRIN..... 6 T.
 SHOYU 6 T.
 JAPANESE PEPPER POWDER
 a pinch

Method: Take out the in-
 sides of the prawns. Spit the
 belly side of the prawns with
 bamboo skewers in order to
 avoid shrinking. Soak them
 in hot water for a while and
 remove their heads and

shells. Boil down a mixture of shoyu and mirin until it is rather
 thick. Skewer the prawns and broil over a strong fire taking
 care not to burn them. Sprinkle with Japanese pepper powder
 immediately. Remove the skewers and cut off the end of the
 head and tail a little.

7. FRIED CHICKEN

Ingredients:

YOUNG CHICKEN (with
 bones)..... $\frac{1}{2}$ (12 oz.)
 SHOYU 3 T.
 SAKE 3 tsp.
 GINGER JUICE..... 1 tsp.

CORNSTARCH..... 3 tsp.
 SESAME OIL... about 4 C.

Method: Cut the chicken in about 1 1/2 in. squares and pour *shoyu*, *sake* and ginger juice over them and leave them for an hour. Then, sprinkle the cornstarch over them and fry well.

(3) THE THIRD BOX

Nimono (Boiled Foods)

1. *KOBU-MAKI* (Kelp Roll)

Ingredients:

| | |
|-------------------------|----------------------------|
| COOKING KELP 6 oz. | SMALL BROILED GOBIES |
| VINEGAR 2 T. |12 (small ones) |
| WATER 1 C. | DRIED GOURD STRIPS |
| |about 1 ft. in length |
| | DASHI 2 C. |
| | SUGAR 6 |
| | SHOYU10 T. |

Method: Wash the kelp thoroughly; boil it in vinegared hot water for about 2 hours until tender; cut into 3 in. pieces. Roll 2 gobies in a piece of kelp and tie with dried gourd strips in 2 places. Boil these rolls with *dashi*, sugar and *shoyu* over a low fire. When cool, cut each roll into half.

2. BOILED YOUNG PEAS IN THE POD

Ingredients:

YOUNG PEAS (in the pod)
..... 7 oz.
SALT 1/2 tsp.
SUGAR..... 1 tsp.
DASHI 4 tsp.
SHOYU 3 T.
MONOSODIUMpeas on a dish.
GLUTAMATE 1/4 tsp.

Method: Remove the fiber from the peas, wash and sprinkle with salt. Boil the *dashi* with sugar and salt and

put the peas in it After 1 to 1 1/2 minutes spread the peas on a dish. Boil the remaining liquid with *shoyu* and monosodium glutamate, cool and pour over the peas.

3. BOILED VEGETABLES AND CHICKEN BALLS

Ingredients:

| | | | |
|------------------|----------|-----------------------|----------|
| TAROS..... | 7 oz. | MINCED CHICKEN .. | 7 oz. |
| CARROTS | 2.5 oz. | SALT..... | ½ tsp. |
| LOTUS ROOTS | 3.5 oz. | SHOYU | 1 tsp. |
| BAMBOO SHOOTS.. | 5.5 oz. | SUGAR | 2.5 tsp. |
| DRIED MUSHROOMS | | MIRIN | 1 T. |
| | 3.5 oz. | DASHI | ½ T. |
| GINGKO NUTS | 1.5 oz. | EGG (white only) ____ | 1 |
| DASHI | 3 C. | CORNSTARCH | ½ T. |
| SALT | 2.5 tsp. | BREAD | 1.5 oz. |
| SHOYU | 2 tsp. | SEASAME OIL | 3 C. |
| MONOSODIUM | | | |
| GLUTAMATE..... | ¼ tsp. | | |
| SAKE | 1 T. | | |
| SUGAR | 4.5 T. | | |

Method:

- (1) TAROS—Peel the taros making into egg shapes.
Boil these in salted water for few minutes.
- (2) CARROTS—Cut the carrots into circles 1/5 in. thick
and cut them into flower shapes with a cutter or a
knife (see p. 37).
- (3) LOTUS ROOTS—Cut the lotus roots into slices 1/5
in. thick. Boil them 2 or 3 minutes in the
vinegared water and take out and wash them.
- (4) BAMBOO SHOOTS—Cut 1 shoot lengthwise into 4.
- (5) DRIED MUSHROOMS—Soften the mushrooms in water.
Cut larger ones into 2 or 4.
- (6) GINGKO NUTS—After removing the hard shell, boil
them in the salted water and take off the thin skin stirring
with a ladle.

- (7) **MINCED CHICKEN**—Mix the minced chicken with the seasoning, *dashi*, egg white, cornstarch and watered bread and make little balls (about 1/2 T. each) and fry them.

Put salt, monosodium glutamate, *sake*, sugar into *dashi*. First boil the taros for 10 minutes; add carrots and boil for 5 minutes; but bamboo shoots and *shoyu* and boil for 10 minutes; add lotus roots and ginkgo nuts and boil for 5 minutes and stop boiling. Take out the boiled vegetables. Boil the liquid and put the mushrooms and boil down for 5 minutes; and add chicken ball and again boil for 5 minutes.

4. BOILED KOYA BEAN CURD*

*Koya bean curd is made by freezing and drying bean curd.

Ingredients:

KOYA BEAN CURDS

.....3 pieces

DASHI 1.5—2 C.

SUGAR.....4.5 T.

SALT 3/4 tsp.

SHOYU 2 tsp'

MONOSODIUM GLUTA-

MATE..... 1/4 tsp.

Method: Pour hot water over the pieces of curds and let them soak for 15 minutes;

then put them in water, wash

and squeeze lightly. Add

sugar and salt to the *dashi*

and boil the curds in it for

15 minutes; then add the *shoyu* and boil for 20 minutes more.

Cut each piece of curd into 6.

(4) THE FOURTH BOX

Sunomono (Vinegared Foods)

1. VINEGARED VEGETABLES

Ingredients:

JAPANESE RADISH .. 14 oz.

CARROTS 7 oz.

SALT 2 1/4, tsp.

THREAD-LIKE KELP 7 oz.

LEAVES OF JAPANESE

PEPPER a little

VINEGAR 2 T.

SALT 1 tsp.

SHOYU..... 1/2tsp.

SUGAR 2 1/2 T.

MONOSODIUM GLUTA

MATE 1/4 tsp.

Method: Peel the Japanese radish and carrots and cut them into thin narrow pieces. Sprinkle salt over them. Wash the kelp well and boil for 10 minutes. Cut it in about 1 1/2 in. lengths. Add salt, *shoyu*, sugar and monosodium glutamate into vinegar. Mix the Japanese radish, the carrots and the kelp and the flavored vinegar. Sprinkle few leaves of Japanese pepper over the mixture.

2. SLICED VINEGARED TURNIPS WITH DRIED PERSIMMON

Ingredients:

| | | | |
|---------------|--------|-------------------|-------|
| TURNIPS | 6 | VINEGAR | 1/2 C |
| SALT | 1 tsp. | SUGAR | 1 T. |
| | | DRIED PERSIMMON | |
| | | (or citron) | 1 |

Method: Slice the turnips thin horizontally and sprinkle salt and make them rather soft. Put them in sweetened vinegar. Slice the dried persimmon (or the skin of a bitter orange). Roll up the pieces of persimmon in the slices of turnips and cut the both ends a bit.

3. VINEGARED KOHADA (Small Silver Fish)

Ingredients:

| | | |
|--------------------|-------------------|---|
| | RED PEPPERS | 2 |
| SMALL FRESH KOHADA | | |
| | 10 | |
| SALT | 1 tsp. | |
| VINEGAR | 1/2 2 C. | |
| GERMAN MILLET .. | 1/2 C. | |

Method: Slice each *kohada* into 2 pieces. Sprinkle with salt

and after about 15 minutes pour the vinegar over them and let stand until the flesh turns white. Soak the german millet in water, drain and steam on a wet cloth. Put this in a bowl and mix with the red pepper which has been chopped into small pieces. Sprinkle the mixture over the vinegared *kahada*.

4. CHRYSANTHEMUM TURNIPS

Ingredients:

| | |
|--------------------------------|-------------------------------|
| SMALL TURNIPS .. 6 (5 oz.) | VINEGAR 1 T. |
| SALT $2\frac{1}{2}$ tsp. | SUGAR 1 T. |
| WATER 1 C. | SALT $\frac{1}{4}$ tsp. |
| RED PEPPER..... 1 | |

Method: Cut the leaves off the turnips and peel. Standing the turnips upright, cut in them slices but not quite through to the bottom. Then cut similarly at right angles. Put the turnips in salted water for half an hour. When they are soft, take out and squeeze out the water; put them in the mixture of sugar and vinegar until the flavor is soaked into the turnips and leave.

Cut off the ends of the red pepper, remove the seeds and cut into thin circles. Put 1 slice of pepper on the top of each turnips.

5. BURDOCK DRESSED WITH SESAME

Ingredients:

BURDOCK..... 1
 WHITE SESAME SEEDS..3 T
 VINEGAR6 T
 SHOYU 6 T.

Method: Take off the outer skin of the burdock, cut in 4 lengthwise and in $1\frac{1}{2}$ in' length. Boil them and press the water out. Parch the sesame seeds and add

vinegar and *shoyu*. Mix the pieces of burdock with the dressing.

6. VINEGARED SILLAGO

Ingredients:

| | | | |
|-------------------------------------|-------|-----------------------------------------|----------|
| SILLAGO (or other small fish) | 6 | VINEGAR..... | 1/2 C |
| SALT | 1 T. | DASHI | 1/4 C |
| KELP | 3 oz. | SUGAR..... | 2 T |
| VINEGAR..... | 2 T | SALT..... | 1 tsp |
| | | SHOYU..... | 1 T |
| | | MONOSODIUMGLUTAMATE | 1/4 tsp. |
| | | POPPY SEEDS (or white sesame seeds) ... | 2 T. |

Method: Slice the sillago into 2 (*see page 27*), sprinkle some salt over them and keep in cold place for a day laying a light board over them for pressing. Then wash them in vinegar and remove the skin. Wash the kelp with vinegar and spread the fish meat over it covering another pieces of kelp over it. Mix vinegar with *dashi*, sugar, salt, *shoyu* and monosodium glutamate. Add parched poppy seeds or white sesame seeds and soak the fresh for 2 or 3 hours and take out.

B. TOSO

This is *sake* mixed with small quantities of 4 kinds of medical herb powders. *Toso* was been used at the New Year season since the Heian period (794-1186) as it was believed to prevent evil and prolong life.

The medical herb powders are put in a triangular silk bag (sold at all drug stores) and the bag is left to soak in the *sake*. The *sake* is served in a lacquer or silver pitcher or vessel with a spout.

C. CLEAR SOUP OR *ZONI* SOUP

Varieties of clear soup

1. *TARA-KOBU* SOUP (Clear Soup Made from CodRsh and Shaved Kelp)

Ingredients:

| | | |
|-----------------------------|--------------------|------------|
| LIGHTLY SALTED CODFISH | <i>DASHI</i> | 4 C. |
| 6 slices (10 oz.) | SALT | 1 1/2 tsp. |
| SHAVED KELP | SHOYU | 2 tsp. |
| PEEL OF CITRON (or Japanese | MONOSODIUM GLUTA- | |
| pepper) | MATE | a pinch |
| 6 pieces | | |

Method: Remove the bones from the codfish; cut into 5 pieces, dip in hot water. Put the codfish in the *dashi* and boil up once. Flavor the soup with salt and *shoyu*. Put a little shaved kelp and codfish in a bowl and pour the soup over it. Float a piece of citron peel or a bud of Japanese pepper on the soup.

2. CLEAR CLAM SOUP (Ref. page 87 & 97.)
3. *ZONI* SOUP (Ref. page 89 & 97.)

Sometimes *chirashi-zushi* (ref. page 170) is served instead of *zoni* soup.

5. GIRLS' FESTIVAL DISHES

The Girls' Festival falls on the 3rd of March and all Japanese girls celebrate the day. They display their dolls on a tiered

stand and invite their friends to tea, serving them beautiful food made specially for children.

Menu: A. DISHES OF FANCY *SUSHI* IN DIFFERENT SHAPES

(Flower-shaped *Sushi*, Money-bag-shaped *Sushi*, Diamond-shaped *Sushi*, Thick *Sushi* Rolls and Skewered *Sushi* Rolls)

B. SOUP

(With Dumplings, Spinach and Shrimps Cut in Flower-shapes)

C. SIDE-DISHES

(Tangerine Basket, Egg Apricot Flowers, Red Fan-shaped *Kamaboko* (steamed fish cake))

D. BOILED CHICKEN

E. *SHIROZAKE* (white wine)

A. DISHES OF FANCY *SUSHI* IN DIFFERENT SHAPES

(For *sushi* rice refer to p. 163.)

1. FLOWER-SHAPED *SUSHI*

Ingredients:

SUSHI-RICE 1½ C.
THIN PIECES OF TUNNY
.....6

GRATED HORSE-RADISH
..... a little pile

Method: Slice the fresh raw
tunny into thin 1 in. and

1.1/3 in. squares. Squeeze
hard in a piece of clean cloth.

Place a piece of tunny in
the center of the cloth and

put ¼ C. of *sushi-rice* in a loose ball on it. Wrap the
tunny and rice in the cloth making a round shape and twist
lightly. With the cloth still in place, press a little hollow in the
center of the covered rice and then remove. Put a bit of horse-
radish on the hollow.

2. MONEY-BAG-SHAPED *SUSHI*

Ingredients:

| | | | |
|----------------------|----------|-------------------|---------|
| SUSHI-RICE | 2½ C. | EGGS..... | 5 |
| MUSHROOMS..... | 3 | SALT | ½ tsp. |
| DRIED GOURD STRIPS.. | 16 in. | SALADOIL | 2 tsp. |
| TREFOIL | 15 stems | 1 SUGAR | 1 T. |
| CRUMPLED LAVER .. | 1½ | MONOSODIUM GLUTA- | |
| SHRIMPS | 3 | MATE | a pinch |

Method:

1. How to fry eggs in thin sheets—Stir (not beat) eggs and mix well with salt, salad oil, sugar and the seasoning. Strain through fine sieve once or twice. Heat a square pan, pour in oil, heat and excess oil. Wipe off with oiled cloth. Remove the pan from fire, cool a little, then pour in the egg mixture. Spread evenly, pour back the excess egg. Fry over a medium fire, taking care to heat evenly. When fried, lightly turn over and when the surface is dry transfer it to a cutting board.
2. Boil the mushrooms and gourd strips for a few minutes. Boil the prawns in salted water and cut lengthwise. Mince them. Parch the laver and crumple. Add the minced mushrooms and gourd strips to 2½ C. of *sushi-rice* and mix well. Divide the rice into 6 portions, pick up 1 portion firmly and make a ball.

Put the ball of rice in the center of a egg sheet and tie the eggs together at the top like a bag with a trefoil stem. Spread open the corners of the egg sheet to show a little of the rice inside. Put a half slice of prawn on the open top.

3. DIAMOND-SHAPED *SUSHI*

Ingredients:

| | | | |
|-----------------------------|-------|------------------------|------------|
| SUSHI-RICE | 5 C. | SPINACH | 1/2 bundle |
| MAKI-EBI (a kind of shrimp) | | SOBORO (parched minced | |
| | 3 | fish) | 3 T. |
| FLATFISH | 4 oz. | VINEGAR | 3 T. |
| SEASOND LAVER | 1 1/2 | SALT | 1/2 fsp. |
| | | SUGAR | 1 tsp. |

Method: Remove the insides of the shrimps and insert bamboo skewers lengthwise through them from tail to head. Boil the shrimps in salted water for 3 minutes. When cool, shell them and remove the skewers. Open by making a cut lengthwise at the back and soak in seasoned vinegar.

Slice the flatfish into pieces the same width as the opened shrimps. Soak in seasoned vinegar, too. Boil the spinach slightly to keep the fresh green color, wash in *shoyu* and squeeze well.

Wash the *sushi-waku* (oblong wooden mould for *sushi*), place some large fresh green leaves on the bottom, spread 2 cups of *sushi-rice* evenly over them and press down with the lid. Then spread chopped spinach over the pressed rice, level off and put 2 more cups of rice over it. Press again, and then sprinkle *soboro* evenly over it and the rest of the rice. Scatter the laver over it and arrange the vinegared flat fish and shrimps alternately on top. Finally press down firmly and then remove the mould.

Cut a sheet of paper exactly like the shape of the *sushi* mould, draw 9 diamond shapes on it. Wet and cover the *sushi* with it. Cut the *sushi* following the lines on the paper and 9 *hishi-zushi* can be made.

4. THICK SUSHI ROLL

Ingredients:

| | | | |
|--------------------------|--------|-----------------------|----------------|
| SUSHI-RICE | 1½ C. | TREFOIL..... | 3 stalks |
| SEASONED LAYER SHEETS.. | 1.5 | DASHI | 4 T. |
| MUSHROOMS | 2½ | SHOYU | 1 tsp. |
| DASHI | 4 T. | DRIED GOURD STRIPS | |
| SUGAR | 1 tsp. | | 40 in. lengths |
| SHOYU | 1 tsp. | | |
| EGG FRIED IN THIN SHEETS | | PARCHED SHREDDED FISH | |
| | 3 | | 2 T. |
| | | (Bamboo-mat, 1) | |

Method: Boil the mushrooms and trefoil separately for a few minutes and flavor. Fry the eggs in thin sheets (ref. p. 67). Cut the mushrooms into 3 or 4 pieces lengthwise. Place the laver sheet on a bamboo-mat, and arrange the rice lightly over the laver from the left leaving uncovered a strip 2/3 in. wide on the right. Arrange the ingredients in rows on the rice in the following order from left to right, the cooked dried gourd strips, parched minced fish, fried egg sheets cut in strips, the mushrooms strips and trefoil.

Roll from the left side holding the mat tightly. After rolling, press lightly at both ends and remove the mat. Cut in 2/3 in. thick circles.

5. SKEWERED SUSHI ROLL**Ingredients:**

| | | | |
|----------------------|----------|----------------------|----------|
| SUSHI-RICE | 1/4 C. | TUNNY (raw, fresh) . | 4/5 oz. |
| SEASONED LAVER .. | ½ sheet | FRIED THIN EGG..... | 1 |
| BOILED DRIED GOURD | | | |
| STRIPS | 3/5 oz. | TREFOIL (boiled) .. | 4 stalks |
| MUSHROOMS (soaked).. | 4/5 oz | SALT | ¼ tsp. |
| | | SHOYU | 1 tsp. |
| DASHI | 1 T. | DASHI | 5 T. |
| SUGAR | 1 tsp | (Bamboo-mat, 1) | |
| SHOYU | 1/2 tsp. | | |
| MIRIN | 1/3 tsp. | | |

Method:

1. Place one half sheet of laver transversely on a bamboo-mat. Take $\frac{1}{4}$ C. of rice lightly in a light, put it on the left end of the mat, spread it out evenly toward the right $\frac{1}{2}$ leaving a $\frac{1}{2}$ in. strip of laver uncovered at the other end.
2. Make a long depression in the middle of the rice and arrange one of the ingredients along it. Roll the bamboo-mat with the rice and laver toward the center pressing the mat around the rice and laver firmly. Repeat this with each of the other ingredients, making 4 similar rolls.

Arrange the 4 *sushi* rolls side by side and cut them into 6 pieces at the same time, wiping the knife with a wet cloth after each cut. Fasten one of each kind of *sushi* on a skewer, arranging with an eye to their color.

B. SOUP WITH FISH DUMPLINGS, SPINACH AND SHRIMPS

Ingredients:

| | | | |
|---------------------------|-------|-------------|--------|
| SHRIMPS..... | 12 | DASHI | 5 C. |
| SPINACH | 1 oz. | SALT | 2 tsp. |
| TSUMIIRE (fish dumplings) | | SHOYU | 2 tsp. |
| | 3 oz. | | |

Method: Remove the heads and insides of the shrimps and peel off the shell, leaving the tail.

Boil the shrimps in salted water for about 3 minutes and take out. Remove the roots of the spinach, boil in salted hot water for a few minutes and squeeze out the water. Boil the *dashi*, flavor it with *shoyu* and salt. Put the 2 shrimps, *tsumiire*, and some of the spinach in each soup bowl and pour the flavored *dashi* over them.

Instead of the *tsumiire*, the shredded flesh of white fish can

be used in the following way: Add the whites of egg to 2 oz. of shredded white fish and mix well. Add 1/8 tsp. of salt. Dip the mixture in hot water a teaspoon little by little and boil for a few minutes.

C. SIDE DISHES

1. TANGERINE BASKET

Ingredients:

| | | | |
|------------------|------|-------------------|---------|
| TANGERINES | 6 | SUGAR | 1/3 C. |
| GELATINE | 1 T. | ORANGE JUICE | 0.8 C. |
| WATER | 2 T. | RED COLORING | a pinch |

Method: Cut the orange in a basket shape, leaving 1/2 in. of the skin at the top for a handle. Take the inside pulp out, and save the basket.

Melt the gelatine, add the sugar. Mix it with the orange juice and the coloring, put the mixture in the orange and cool.

2. EGG APRICOT-FLOWERS

Refer to the method of making egg plum-flowers on page 135.

3. RED FAN-SHAPED *KAMABOKO* (Steamed Fish Cake)

Ingredients:

RED *KAMABOKO* 4 oz.

Remove the board from the kamaboko. Cut, starting at one end of the board, making cuts like the rivets of the fan, using a pointed thin-bladed knife. Make pointed steps from one side to the other side like a Japanese fan about 1/4 in. thick.

D. BOILED CHICKEN

Ingredients:

| | | | |
|---------------------|---------|---------------------|----------|
| PEAS IN THE POD ... | 18 | MIRIN..... | 2½ T |
| MUSHROOMS | 12 | OIL | 2 T. |
| SMALL CANNED BAMBOO | | | |
| SHOOTS | 2 | SALT | 1¾ tsp. |
| CARROT | ½ | SHOYU | 1 T. |
| BURDOCK ROOT | ½ | SUGAR | 3 T. |
| CUTTLEFISH | 1 | DASHI..... | 0.8 C. |
| [CHICKEN | 5.3 oz. | SEASONING (mono- | |
| J SHOYU | 1 tsp. | sodium glutamate).. | 1/4 tsp. |

Method: Remove the strings (not the pods) of the peas in the pod, wash and boil in hot water for about 3 minutes. Cool in water and drain. Soak mushrooms in water overnight, and remove the stalks. Pour hot water over the bamboo shoots, cut into cubes ½ in. in diameter. Peel the carrot, cut into 1/2 in. length. Do the same with the burdock and soak in water. Remove the inside of the cuttlefish, open and remove both the outer and thin inner skin; cut it lengthwise and sideways at 1/4 in. intervals but not cut through; cut it into rectangles 1 × 1½ in.; dip into boiling water and drain. Cut the chicken into thin slices.

Heat the oil, fry the chicken in it over a strong flame for 1 minute; put it into a deep dish and pour over it 1 tsp. of *shoyu* and 2½ T. of *mirin*.

Fry the bamboo shoots and burdock in this pan for 3 minutes, add the carrots and mushrooms and fry a little; pour the mixture of *dashi*, salt, *shoyu*, sugar and seasoning in the pan and boil down.

Just before the liquid is dry, put in the chicken with the *shoyu* mixture and boil for 10 minutes. Before turning off the gas add the cuttlefish and peas in the pod and mix.

6. MAKUNOUCHI (Rice-ball Lunch)

Makunouchi rice-balls served with soup and an assortment of boiled or broiled vegetables, fish, chicken and eggs.

SOUP WITH SOMEN AND A SMALL SPRIGS OF PARSLEY FACED WITH FISH PASTE

| Ingredients: | | PARSLEY (small sprigs) |
|------------------|-------------|------------------------|
| SOMEN | 1~2 bundles | 6 |
| RAW FLESH OF ANY | | |
| WHITE FISH | 2 oz. | DASHI |
| EGG WHITE | 1 tsp | SALT |
| SALT | 1/8 tsp. | SHOYU |
| | | 1 tsp . |

Method: Put the *somen* loosely in boiling water and when the water boils up again pour cold water into it. Repeat this 2 or 3 times and then pour the boiled *somen* into cold water. When the *somen* is cold pour it into a sieve. Mix the egg white and salt with the mashed fish and make a paste. Spread this paste on the back of the parsley branch and then boil until the mash hardens.

Boil the *dashi* and flavor it with salt and *shoyu*. Put the *somen* and parsley sprigs in the flavored *dashi* and take them out right away. Put some *somen* and one parsley sprig in each bowl and pour the hot soup over them.

MAKUNOUCHI RICE

Ingredients:

| | |
|--------------|-------|
| RICE | 2.5 C |
| BLACK SESAME | 2 T |

Method: Boil the rice (see page 157) and mould egg-sized balls with the hands. It

may be more convenient to use small moulds. In this case before putting in the rice wet the mould surface with slightly salted water. Parch the black sesame and put a pinch of it on the top of the rice balls.

ASSORTMENT OF BOILED OR BROILED VEGETABLES, FISH, CHICKEN AND EGGS

1. FISH COVERED WITH *Miso* AND BROILED

Ingredients:

SAWARA (or other fish in
slices) 6
WHITE *MISO* 7 oz.
SALT 1/4 tsp.
MIRIN 1 T.

Method: Soften the *miso*
with the *mirin*. Spread the
salt over the pieces of fish
and later wipe off the drops
of water. Then wrap the
fish in gauze and let it stand
in the *miso* overnight. Be-

fore broiling wipe the *miso* from the surface of the fish. The
broiling is best done over a charcoal fire on a gridiron (an oven
or a frying-pan may be used). Instead of *miso* the seasoned
paste of sea-urchins or cheese may also be used.

2. VINEGARED GINGER ROOTS

(Ref. page 56.)

3. EGG FRIED IN THIN SHEETS

Ingredients:

EGGS 5
DASHI 5 T.
SUGAR 1 1/2 T.
SALT 1/2 tsp.

MIRIN 1 tsp.
MONOSODIUM GLUTA-
MATE 1/2 tsp.

Method: Beat the egg well, add dashi, sugar, salt, shoyu, mirin and seasoning, and mix. Heat the frying pan (use a square one if obtainable), grease with a little vegetable oil and pour one fifth of the beaten egg into it. When cooked, roll it up and put it to one side of the pan. Apply oil again to the rest of the surface and repeat the process, making a larger roll with the first one. Repeat until all the egg is used up and the roll is quite large. Correct the finished roll with a bamboo mat shape or a napkin.

4. MINCED CHICKEN BALLS, QUAIL EGGS AND PICKLES ON SKEWERS

Ingredients:

| | | |
|-----------------------------|---------------------|----------|
| MINCED CHICKEN (raw) | SUGAR | 2 tsp. |
| 4 oz. | SHOYU | 2 tsp. |
| EGG (hens) (beaten) . .1/2 | MIRIN..... | 1/3 T. |
| SALT | DASHI | 1 T. |
| 1/4 tsp. | CORNSTARCH | 1/3 tsp. |
| VEGETABLE OIL a little | QUAIL EGGS..... | 6 |
| Skewers | CUCUMBER PICKLES .. | 1—2 |
| 12) | | |

Method: Mix the minced chicken with egg and salt, make it into balls, and fry. Boil the *dashi* mixed with sugar, *shoyu*, *mirin*, and put the fried minced chicken balls in it. Then thicken the soup with cornstarch dissolved in water.

Boil the quail eggs for 7 to 8 minutes in water with a little salt and remove the shells. Cut the pickles in mouthful-sized pieces.

Spit one minced chicken ball, one boiled quail egg and one piece of pickle on one skewer.

5. SWEETENED KUMQUAT

Ingredients:

| | | | |
|---------------|------|-------------|--------|
| KUMQUAT | 6 | MIRIN | 2 tsp. |
| WATER..... | 4 T. | WATER | 1 C. |
| SUGAR..... | 1 T. | | |

Method: Cut the kumquat crosswise in 1/8 in. slices. Boil in 1 C. of water for 4 to 5 minutes and take out the seeds. Boil the kumquat in the water with sugar and *mirin*, over a low fire.

6. BOILED CARROT

Ingredients:

| | | | |
|--------------|--------|------------|----------|
| CARROT | 4 oz. | SALT | 1/4 tsp. |
| DASHI | 1/3 C. | SHOYU..... | 1 tsp. |
| SUGAR | 2 tsp. | | |

Method: Cut the carrot into rectangular shapes 1 1/2 in. long and 1/2 in. wide and 1/8 in. thick. Cut slits lengthwise in these pieces up to 1/2 in. from the bottom, making fan shapes (see p. 37, No. 1). Boil these for 3 minutes in water with a pinch of salt, and then take out. Boil again with *dashi* until soft and then add sugar, salt and finally *shoyu*.

7. SWEETENED MUSHROOMS

Ingredients:

| | | | |
|--------------------|----------|-------------|--------|
| DRIED MUSHROOMS... | 6 | MIRIN | 1 tsp. |
| SUGAR | 2 1/2 T. | DASHI | 1/2 C. |
| SHOYU | 2 T. | | |

Method: Soften the dried mushrooms in water, cut off the stems and boil in *dashi* for 15 min. Add sugar and boil for 10 min; then the *shoyu* and boil for 15 minutes. Last add the *mirin* and boil down till the juice is thick.

8. BOILED BAMEOO SPROUTS

Ingredients:

| | | | |
|-------------------|------|-------------|------------|
| | | SALT | 1/3 tsp. |
| BAMBOO SPROUTS .. | 6 | SHOYU..... | 1 1/2 tsp. |
| SUGAR | 1 T. | DASHI | 6 T. |

Method: Boil the bamboo sprouts and make a small cut

lengthwise on the top. Boil them well in *dashi* adding sugar and salt. Finally add the *shioyu* and boil.

9. BOILED PEAS IN THE POD

Ingredients:

| | | |
|-----------------------|--------------------|---------|
| YOUNG PEAS IN THE POD | <i>DASHI</i> | 0.8 C. |
| 4 oz. | MONOSODIUM | |
| SUGAR | GLUTAMATE | a pinch |
| SALT | | |
| 1/2 tsp. | | |

Method: Wash the pea pods and sprinkle a pinch of salt over them. Boil for 1 1/2 minutes in hot water, and then put in cold water to make a fresh green.

Boil the *dashi* flavored with salt, sugar and seasoning powder and put the pea pods in it and boil for 1 1/2 to 2 minutes. Take them out at once and later pour over them the liquid in which they were boiled.

10. BOILED CUTTLEFISH

Ingredients:

| | | | |
|------------------|-------|-------------|--------|
| CUTTLEFISH | 8 oz. | SALT | 1 tsp. |
| SAKE | 2 T. | SUGAR | 2 tsp. |

Method: Remove the legs and insides of the cuttlefish and cut it open, making a cut lengthwise in it. Peel off the thin outer skin and make cuts in it obliquely all over the surface but do not cut through. Then cut it into 12 pieces. Make the seasoning boiling hot, put the pieces of cuttlefish in it and take out almost immediately. Boil down the liquid and paint the pieces of cuttlefish with it so that they will become glossy.

11. NARAZUKE (Gourd Pickles Seasoned in Sake-lees)

Slice the Pickles in 1/4 in. thick.

7. COLD *SOMEN* (Vermicelli)

Served with fried egg strips, broiled fish, boiled chicken, boiled shrimps, boiled mushrooms, boiled carrots dipped in soup. This dish is usually served in the warm season.

Ingredients:

| | | | |
|---------------------------|-----------|------------------|----------|
| SOMEN..... | 6 bundles | SALT | 1/4 tsp. |
| WATER | 5 C. | DRIED MUSHROOMS | |
| DASHI | 2 C. | | 10 |
| SHOYU | 1/2 C. | DASHI | 11/5C. |
| MIRIN | 1/2 C. | SUGAR..... | 11/2 T. |
| DRIED BONITO SHAVINGS | | SHOYU | 11/2T. |
| | 2/3 C. | CARROTS | 6 oz. |
| EGGS | 2 | DASHI | 1 C. |
| SALT | 1/4 tsp. | SUGAR..... | 11/2 T. |
| SEA-BREAM (or white flesh | | SALT | 2/3 tsp. |
| fish) | 1 (8 oz.) | SHOYU | a little |
| SALT | 1 tsp. | DRIED LAVER | 2 sheets |
| YOUNG CHICKEN .. | 3 oz. | Of TREFOIL | 4 oz. |
| WATER | 1 C. | SALT | a pinch |
| SALT | 11/4 tsp. | LEEK..... | 1 |
| SHRIMPS | 8 oz. | JAPANESE MUSTARD | |
| WATER..... | 4 C. | POWDER | 1/4 tsp. |

Method:

- 1) Cold *somen*—Boil the water and scatter the *somen* into it. Boil for a few minutes and while it is boiling pour 1 C. of cold water into it twice. Pour the boiled *somen* into cold water and stir. Change the water and repeat this several times until there is no foam on the surface of the water. Pour the *somen* in a basket sieve and drain off the water. Lay a fluted glass plate (or bamboo) in the bottom of the large bowl and on it arrange the *somen* in little loops putting small lumps of ice around them.

- 2) Stock—Put the *shoyu*, *mirin* and dried bonito shavings in the *dashi* and boil. Turn out the fire and when the bonito shavings have settled pour out the top liquid and drain.
- 3) Egg fried thin in sheets—Beat the egg, add the salt and mix well. Heat the frying pan, put a little vegetables oil in it and wipe out well. Pour beaten egg into the pan enough to cover it all over in a thin layer. When the top of the egg is cooked and becomes dry, turn it out on a plate. Repeat until the egg is used up, and after it has cooled cut in narrow slices.
- 4) Broiled fish—Remove the flesh from the fish in two long slices. Sprinkle a little salt all over the pieces and leave for 30 to 40 minutes. When the salt is melted broil the fish over a charcoal fire. When cooked, shred the fish in small pieces.
- 5) Boiled young chicken—Boil the chicken in the salted water for 12 to 13 minutes. Take out and slice when it is cold.
- 6) Boiled shrimps—Clean the shrimps and boil in the salted water for 2—3 minutes. When it is cold remove the head and shell.
- 7) Sweetened mushrooms—(ref. page 51, No. 11).
- 8) Boiled carrot—Peel and cut the carrot into thin pieces thicker than matchsticks. Put these into boiling water and remove after a few minutes. Boil the *dashi* seasoned with sugar and salt and put the carrots in it. Boil until almost dry and just before turning out the fire pour a little *shoyu* over them.
- 9) Dried laver (crumbled)—Put two sheets of dried laver together with their right sides inside and toast them at a distance rather from a strong flame, quickly turning them over as soon as crisp. Wrap them up in a dry cloth and crumble them with the hand.

- 10) Trefoil—Boil the trefoil for 2 or 3 minutes in salted water. Drain the trefoil and cut it in $\frac{3}{4}$ -in. lengths.
- 11) Flavorings—Cut the leek into thin slices crosswise. Put the mustard powder in a rather deep bowl and pour a little hot water over it. Make a paste quickly and turn upside down and let stand 20 minutes.

8. *HOROKU-YAKI* (Pan Roasting)

Roast fish, shellfish and vegetables in earthen heating pans, served with miso-soup and a salad made of an assortment of vegetables. This dish is best enjoyed in the cooler season when hot dishes are preferred.

Ingredients:

| | | | |
|---------------------------------------------|--------|---------------------|---------------|
| SILLAGO (or other white-fleshed fish) | 6 | SALT..... | 1 tsp. |
| SALT | 2 tsp. | LEMON JUICE..... | 2 T. |
| PRAWNS | 6 | DASHI | 2 T. |
| CLAMS | 6 | SHOYU | 2 T. |
| MUSHROOMS..... | 6 | JAPANESE RADISH ... | 2 in. |
| | | LEEK | $\frac{1}{2}$ |

(Note) Take similar 2 *horoku* (flat earthen heating pans) ; 1 for cooking and 1 for the lid, if you do not have any use casseroles. Prepare enough little pebbles about the size of cherries to cover the bottom of the *horoku*.

Method: Clean out the fish and sprinkle salt over them. Remove the skin and insides of the prawns; loosen the clams from their shells but do not remove from them. Wash the mushrooms with salted water and tear them lengthwise into 4 pieces.

Put the little pebbles in one *horoku*, cover with the other *horoku* and return to the oven for 15 minutes.

Serve the fish, etc. in a large flat bowl, arranging them nicely with regard to the color. Eat, dipping the food in the lemon juice mixed with the *dashi* and *shoyu* spiced with grated Japanese radish and sliced leeks.

NAMEKO MISO-SOUP

Ingredients:

| | | |
|--------------------------------------|-------------|-------|
| NAMEKO (a kind of mushroom) (canned) | TOFU | 1 |
| 1/2 can | DASHI | 4 C. |
| | MISO..... | 4 oz. |

Method: Put *nameko* into a bamboo basket in order to drain off the water. (If they are sticky pour hot water over them.)

Cut *tofu* into about 1/2 in. cubes. Boil the *dashi* and add *miso* to it. Put the *tofu* and *nameko* in the pan and boil again.

FRESH VEGETABLE ASSORTMENT

Ingredients:

| | | | |
|-------------------------------------------------|-------|-----------------------------------------------|------|
| CUCUMBERS (small) .. | 2 | MOROMI-MISO (canned or fresh) (or mayonnaise) | |
| CARROTS..... | 4 oz. | | 2 T. |
| JAPANESE RADISH (the slender and short variety) | | VINEGAR | 2 T. |
| | 6 | SHOYU | 1 T. |
| GREEN LEEKS | 6 | | |

Method: Wash vegetables thoroughly and serve with *moromi-miso* mixed with vinegar and *shoyu*.

Everyday Recipes

A. SOUPS

Japanese soups are of 2 kinds, *suimono* (clear soup) and *miso-shiru* (roiso-soup).

(A) ***Suimono:***

A clear soup made with meat or fish and vegetables and flavored with *dashi*, salt and *shoyu*. This is usually eaten first but sometimes, when there are many dishes, it is served at the end, with rice,

(B) ***Miso-shiru:***

A soup with vegetables, fish, meat, or *tofu*, flavored with *miso*.

For soups, especially *suimono*, *dashi* is the most important ingredient. Dried mushrooms, *mirin* and *sake* are added for flavor, buds of Japanese pepper, *yuzu* (a kind of citron), *aralia cordata*, ginger, spikes of bog-rhubarb, etc. for fragrance and greens such as spinach, *shungiku*(*chrysanthemum coronarium*), Japanese leeks, trefoil, green peas, seed leaf of greens, etc. are added for appearance.

To make *dashi*

Both *katsuobushi* (dried bonito) and *kombu* (kelp) are used. The best *katsuobushi* is called *tosabushi*, made at Tosa in Shikoku. Lately Shizuoka and Kagoshima have begun to produce good *katsuobushi*.

To make *dashi*, use *katsuobushi* shavings. (It is easier to shave the *katsuobushi* after warming it a little over fire). For

1 person, about 1/4 cup of *katsuobushi* shavings is sufficient. *Kombu* is a kind of kelp produced chiefly in Hokkaido. It is cut into small pieces and boiled in water.

Ingredients (for 6 persons) MONOSODIUM GLUTAMATE 1/8 tsp.
KATSUOBUSHI SHAVINGS 2 C. WATER 5 C.
 KELP 1X6 in.

Method:

- (1st) Put the kelp in the water and boil. When large bubbles appear, take out the kelp, and add the *katsuobushi* shavings. When the water reaches the boiling point, remove from the fire; when the *katsuobushi* sinks, pour off the clear liquid and use as stock.
- (2nd) Put 1½ cups of water in the remainder of the first *dashi*; put in the used kelp, and boil for 10 minutes, use this as foundation for *miso-soup* and boiled foods. For ordinary soup, small dried fish or some monosodium glutamate may be used to make soup stock, or as the base for other foods.

(A) 11 KINDS OF SUIMONO

1. SCRAMBLED-EGG SOUP

Ingredients:

| | |
|-------------------------------|------------------------|
| (EGGS 2 | DASHI 4 C. |
| (DASHI 2 T. | CORNSTARCH 2 tsp. |
| SEASONED LAVER....1 piece | SALT 1½ tsp. |
| (or trefoil, spinach, ginger, | SHOW 2 fsp. |
| or parsley, 5 oz.) | (or Worcester sauce) |

Method: Put the soup stock in a pot; set over the fire. Add the mixture of salt, *shoyu* and cornstarch.

Beat the eggs in a bowl; add 2 T. of *dashi*; when the soup

boils, spread the beaten eggs as quickly as possible over the surface of the soup using a dipper with holes in it. The egg will float like threads on the soup. Then remove from the fire. Add one of the followings: seasoned laver (crushed, or cut in little squares), trefoil, spinach, parsley or ginger (the liquid made from grated or powdered ginger).

2. EGG AND CUCUMBER SOUP

Ingredients:

EGGS 6
 CUCUMBER 1
 (5 oz. of peas in the pod,
 or French beans may be
 used.)
 DASHI 5 C.
 SALT 2 tsp.
 SHOYU 1 tsp.

Method: Boil the *dashi*
 (soup stock) and flavor with
 salt and *shoyu*.

Cut cucumber into pieces
 2 in. long; peel each piece
 in 3 or 4 1/8 in. thick cir-
 cular slices, as if removing
 the bark of a tree. Put
 together and slice (see *page 36*). Boil them in the soup for
 a short time. (Take out while still green).

Boil eggs soft in the soup.

Put some of the boiled cucumber in a soup bowl; put an egg
 over it and pour some hot soup over the whole.

3. CHICKEN, UDON AND CHAMPIGNON SOUP

Ingredients:

CHICKEN 6 oz.
 UDON (or vermicelli) 2 oz.
 CHAMPIGNONS ... 18

.DASHI (or chicken soup)

..... 4 C.
 1 SALT 1 1/2 tsp.
 SHOYU 2 tsp.
 SKIN OF LEMON6 pieces

Method: Slice chicken thin, providing about 2 pieces for 1 person; put in hot water and boil. (Minced meat balls mixed with a little salt and starch may be used instead.)

Put *udon* in hot water, and heat until it reaches the boiling point. Add a little water, and boil up again. Put the *udon* in cold water; wash and drain. Put a little *dashi* in a pan. Boil and flavor with salt and *shoyu*; add the champignons, and boil again.

Put the *udon* in soup bowls; add 2 pieces of chicken and 3 champignons to each bowl. Pour hot *dashi* over this, and add a thin piece of lemon skin before serving.

4. PORK AND VEGETABLE SOUP

Ingredients:

| | | | |
|-----------------------------------------------------|---------|------------------------------|------------|
| FAT PORK | 8 oz. | CARROT | 2 in. |
| DRIED MUSHROOMS | 12 | BAMBOO SHOOT .. | 3 oz. |
| TREFOIL..... | 1/2 oz. | DASHI | 5 C. |
| (or spinach, 3 oz. or Japa- nese leeks, 1/2 oz.) | | SALT | 1 1/2 tsp. |
| | | SHOYU | 2 tsp. |
| | | GINGER | 1 |
| | | (or powdered ginger, 1 tsp.) | |

Method: Slice pork thin in pieces about 1 in. wide. Cut mushrooms in thin slices. Cut trefoil in pieces 1 in. long. Cut carrot into pieces 1 in. long; slice these in thin strips lengthwise. Cut bamboo shoot in thin slices.

Warm the *dashi* and flavor. Put in the bamboo shoots, mushrooms and carrots. When this boils, put in the pork; when boiled sufficiently add the trefoil and remove from the fire. Put in soup bowls while hot; add ginger juice, (made by grating, and pressing out the liquid from the ginger or from powdered ginger).

5. LOBSTER AND GREENS SOUP

Ingredients:

| | | | |
|-----------------------|-----------|-------------|--------|
| LOBSTER | 1 | DASH/ | 5 C. |
| (or prawn | 6) | SALT | 2 tsp. |
| SALT..... | 1 tsp. | SHOYU | 1 tsp. |
| TWO-LEAVED SPROUTS OF | | | |
| GREENS | 1 handful | | |

Method: Put 1 tsp. of salt into hot water (about 2 cups), put the lobster in this and boil it. Remove the head and of the lobster, cut into 6 pieces.

(In case of prawn use 1 for each.)

Remove the roots of the two-leaved green sprouts and boil for a short time.

Put 1 piece of lobster (or 1 prawn) and some greens in a bowl; pour the hot, flavored *dashi* over this.

6. MINCED AND BOILED LOBSTERS, CUCUMBER AND DRIED MUSHROOM SOUP

Ingredients:

| | |
|------------------------------|-----------------------|
| LOBSTERS, PRAWNS or | DRIED MUSHROOMS |
| SHRIMPS (or white fleshed | (or European |
| fish) (flesh only) ... 8 oz. | mushrooms).....12 |
| SALT | 1/2 tsp. |
| SUGAR | 1 tsp. |
| BEATEN EGG..... | 1 oz. |
| CUCUMBER | 2 in. |
| (or spinach) | a little |
| | DASHI |
| | 5 C. |
| | SALT |
| | 1 tsp. |
| | SHOYU |
| | 1 tsp. |
| | SKIN of YUZU (citron) |
| | 6 pieces |

Method: Take out the flesh of the lobsters; mince, mix salt, sugar and beaten egg and make into oval shapes, and boil.

Peel the cucumber, cut as if peeling and slice thin (*see page*

36).

Soften dried mushrooms in water; take off stalks, boil with 1/2 C. of *dashi* and 1 tsp. of *shoyu*.

Put sliced cucumber, 2 ovals of boiled lobster and 2 pieces of mushrooms in each soup bowl; pour hot flavored *dashi* over this; float a piece of skin of *yuzu* (citron) or lemon on this to give it flavor.

7. CLAM SOUP

Ingredients:

CLAMS 12 (big), or
24 (small)
WATER 4C.
SALT..... 1/2 tsp. or 1 tsp.
SHOYU 1/2 tsp. or 1 tsp.
SAKE 1 tsp.
LEAVES OF JAPANESE PEPPER,
(or skin of lemon) ... 6

Method: Beforehand, put the clams in some salted water, to make them bring up the sand; wash them well. Heat water in a saucepan, put the clams in it and boil. When the shells are opened, flavor the soup with salt,

sake and *shoyu* keeping in mind that the clams are somewhat salty themselves.

Float a leaf of Japanese pepper, or a slice of lemon-peel on the soup before serving.

8. CODFISH, SPINACH AND DRIED MUSHROOM SOUP

| | |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| { CODFISH (or other white fleshed fish) 8 oz. SALT..... 1 tsp. SPINACH 4 oz. | { DASHI 4 C SALT.....11/2 tsp. SHOYU 2 tsp. SKIN OF YUZU (citron) (or lemon) 6 pieces |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|

Ingredients:

{ DRIED MUSHROOMS. .6
DASHI 4 T.
SHOVU 1/2 tsp.

Method: Sprinkle some salt on the codfish; let stand for an hour, then cut into 6 pieces and boil.

Boil the spinach and cut it into pieces 1 in. long. Soften the dried mushrooms in water, remove the stems, boil and flavor with *dashi* and *shoyu*.

Boil 5 C. of *dashi* and add 1 tsp. each of salt and *shoyu*.

Put a piece of codfish, some boiled spinach and 2 mushrooms in each bowl, and pour the hot flavored *dashi* over them. Float a slice of *yuzu* skin or lemon on the top.

9. STEAMED EGG AND *SHUNGIKU* (Fragrant Greens) SOUP

Ingredients:

| | | |
|--------------------|--------|------------------------------|
| EGGS | 3 | <i>SHUNGIKU</i> (or trefoil, |
| <i>DASHI</i> | 1 C. | spinach or water-cress) |
| <i>SHOYU</i> | 1 tsp. | 3 oz. |
| SALT | ½ tsp. | <i>DASHI</i> |
| | | 4 C. |
| | | SALT |
| | | 1 1/2 tsp. |
| | | <i>SHOYU</i> |
| | | 2 tsp. |

Method: Beat the eggs, add twice the quantity of *dashi*; mix with 1 tsp. of *shoyu* and ½ tsp. of salt. Put in a bowl in a steamer and steam over a low fire.

Boil the *shungiku* (fragrant greens or chrysanthemum coronarhim) and cut it in pieces 1½ in. long. Boil 5 C. of *dashi* and flavor with 2 tsp. of salt and 2 tsp. of *shoyu*. Cut the steamed egg custard into 6 pieces. Put 1 piece in each bowl; lay the boiled *shungiku* over it and pour hot flavored *dashi* over the custard.

10. TOFU AND JAPANESE LEEK SOUP

Ingredients:

| | | | |
|------------------------------|-----------|------------------|------------|
| TOFU (bean curd) ... | 1 (8 oz.) | DASHI | 4 C. |
| JAPANESE LEEKS ... | 1 | SALT | 1 1/2 tsp. |
| (or spinach, 5 oz.) | | SHOYU | 2 tsp. |
| GINGER | 1 root | CORNSTARCH | 2 T. |
| (or powdered ginger, 1 tsp.) | | | |

Methods Dice the *tofu*. Cut the leeks in pieces 1 in. long, then cut them lengthwise.

Boil the *dashi*, flavor it with salt and *shoyu*, add the dissolved cornstarch; put the *tofu* and leeks in the soup. When boiling, add the ginger juice, and serve in the soup bowls. Eat while hot.

11. ZONI (Rice-cake Soup)

This is a clear soup (or with *miso*) using fish, shellfish, or meat and vegetables and 1 or more rice-cake in it. It is served generally at the New Year.

Ingredients:

| | | |
|----------------------------------|-----------------------|------------|
| PRAWNS or LOBSTERS | MUSHROOMS | 6 |
| 6 | DASHI..... | 1/2 tsp. |
| (or chicken, 6 oz.) | SHOYU | 1 tsp. |
| SALT | SKIN OF YUZU (citron) | |
| 1 tsp. | (or lemon)..... | 6 pieces |
| GREENS (spinach, lettuce, | RICE-CAKES | 12 pieces |
| trefoil, or water-cress) | DASHI | 4 C. |
| 5 oz. | SALT | 1 1/2 tsp. |
| TAROS (small round white | SHOYU | 2 tsp. |
| potatoes) | | |
| 6 | | |
| (or chestnuts, carrots, turnips, | | |
| or Japanese radishes, 5 oz.) | | |

Method: Wash the prawns and boil with salt, when done, remove the heads. Pour some hot water over the greens and drain. Remove the stems of the mushrooms, and boil the mushrooms with *dashi* and *shoyu*. Peel the taro, and boil until soft.

Toast the rice-cakes (or soften by boiling them in the *dashi*). Boil 5 C. of *dashi* and flavor with salt and *shoyu*. Put 2 rice-cakes, 1 taro, some greens and 1 mushroom in each bowl. Pour the hot flavored *dashi* over the ingredients and serve with a slice of *yuzu* or lemon peel on top.

Remarks: You may use 2 pieces of chicken in each bowl, instead of prawns. You may also use carrots, turnips, or *daikon* (Japanese radish) with the taro; when there are no vegetables, the greens alone will be sufficient.

(B) 4 KINDS OF MISO-SOUP

General Method:

Boil *dashi* No. 1. in a saucepan, add *miso* (if granular, it must be ground fine and wet with *dashi*). Put in some vegetables, fish, shellfish, or *tofu*. The second *dashi* may be used, too (*see page 83*). Instead of *dashi* small dried fish or some monosodium glutamate may be boiled in water and used as a base for miso-soup.

4 KINDS OF MISO-SOUP

1. BROILED SEA-BREAM, *TOFU* AND JAPANESE LEEK SOUP

Ingredients:

SEA-BREAM (or other
white fleshed fish) .. 8 oz.
TOFU 1 (8 oz.)
JAPANESE LEEKS
(or welsh onions) 2
MISO 5 oz.
DASHI 5 C.
soup boils, add the sliced leeks

Method: Broil sea-bream,
break up into small pieces.

Make miso-soup, put in the
shredded sea-bream and tofu.
Slice the leeks. When the
and serve.

2. OYSTER SOUP

Ingredients:

OYSTERS2 C. (12 oz.)
MISO 4 oz.
DASHI 4 C
CORNSTARCH ... 1 tsp.
RED-PEPPER, POWDERED
.....pinch
(or Tabasco sauce) 1 tsp.

Method: Remove the ad-
ductor muscle of the oysters

and strain. Boil miso-soup,
add a little to the strained
oysters, Mix well and put
back into the saucepan.
Thicken the soup with a
little cornstarch and serve in

soup-bowls. Add a little powdered red pepper.

3. MINCED LOBSTER SOUP

Ingredients:

LOBSTERS or PRAWNS.. 8 oz.
TOFU..... 1 (8 oz.)
MISO 5 oz.
DASHI.....4 C
JAPANESE" PEPPER'
POWDERED (or powdered
ginger) 1 tsp.

Method: Mince the lobsters,
add 1 tsp. of *miso*.

Boil the miso-soup. Put
in the lobsters, add the tofu,
cut into ½ in. dice; add a
dashi of pepper and serve.

4. SATSUMA SOUP (Pork, Vegetables and M/so-soup)

Ingredients:

PORK 8 oz.
 CARROTS 2 oz.
 JAPANESE LEEKS 2 oz.
 TARO (or potatoes) ____ 4 oz.
 BURDOCK ROOT 1 oz.
 (May be omitted)
 M/SO 5 oz.
 DASH1 5 C.

Method: Make the *miso*-soup; when it boils, add the pork, thinly sliced. Add the carrots, taro, and shaved burdock. Boil well; when soft, put in the leeks, cut up in $\frac{1}{2}$ in. pieces. After more boiling, serve in bowls.

B. *NIMONO* (Boiled Foods)

Boiled vegetables, fish, meat or dried fish, flavored with more than 2 of the followings; *dashi*, *shoyu*, sugar, *mirin*, *miso* are called *nimono*.

There is a special kind of *nimono*, called *tsukudani*, which is made by boiling down fish, shellfish, or seaweed in *shoyu*, salt and sugar.

Ingredients . . . Choose the freshest, and when possible, with an eye to a harmony and contrast between colors and shapes of the different things used.

Dashi Generally a thicker *dashi* than the one forming the base for soup is used. (*For a second dashi, see page 42.*)

The stock of fish or meat is also used, depending upon the ingredients. For home cooking, some little dried fish are often boiled with other ingredients and used as *dashi*.

Flavoring . . . To give the food a salty taste, use *shoyu*, salt or *miso*. Remember that 1/4 tsp. salt=1 tsp. *shoyu* = 2 tsp. *miso*. To make the food sweet, use sugar. *Mirin* is used when a sweet, *sake* taste is needed.

Oil is used sometimes; the ingredients are first fried lightly and then boiled, or the oil is sprinkled on the ingredients after they are boiled.

A little ginger, Japanese pepper, or red pepper is often used to take away the fishy smell or to improve the taste.

10 KINDS OF *NIMONO*

1. BOILED CHICKEN, VEGETABLES AND EGGS

Ingredients:

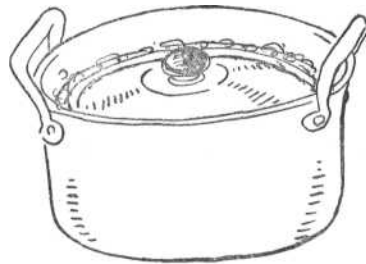
| | | | |
|----------------------|--------|------------------------|--------------|
| CHICKEN..... | 8 oz. | TREFOIL..... | a few stalks |
| DRIED MUSHROOMS.. | 6 | EGGS..... | 3 |
| ONION | 1 | MIRIN (or sherry) | 2 T. |
| OIL | 1.5 T. | SUGAR | 2 T. |
| PEAS IN THE POD | | SALT..... | 1/2 tsp. |
| (or green peas)..... | 1 oz. | SHOYU | 2 T. |
| | | DASHI | 4 T. |

Method: Slice the chicken, soak the mushrooms and slice them in thin pieces; cut the onions in half and slice; string the peas and boil with salt. Cut the trefoil into pieces 1 in. long.

Fry the chicken, mushrooms and onions lightly; add *dashi*, *mirin*, sugar, salt and *shoyu*.

Add the peas or trefoil; put a small lid or cover over the food inside the saucepan, and boil well over a medium fire.

When the liquid decreases a little, beat the egg and spread it over the food in the pan. When cooked, take it off the fire. Cut in 6 pieces as you would a pie, and serve with the liquid in deep individual bowls.



Boil over a medium fire putting a small lid inside the saucepan over the food so that ingredients will not stir while boiling.

2. BOILED CHICKEN, BAMBOO SHOOTS, PRAWNS PEAS IN THE POD AND MUSHROOMS

Ingredients:

| | | | |
|------------------------|----------|--------------------|---------|
| CHICKEN..... | 12 oz. | BAMBOO SHOOTS | |
| MIRIN (or sherry) | 5 T. | or asparagus) | 1.5 lb. |
| SHOYU | 1 T. | DRIED MUSHROOMS .. | 6 |
| { PRAWNS or LOBSTERS | | DASHI | 1 C |
| { (medium) | 6 | SUGAR | 4 T. |
| { SALT | ½ tsp. | SHOYU | 3 T. |
| { PEAS IN THE POD .. | 30 | SALT..... | 1½ T. |
| { SALT | 1/2 tsp. | | |

Method: Boil the prawns in salted water. Remove the shells and heads. Boil again with *dashi*, sugar, *shoyu* and salt, for a short time. Remove the prawns and set aside on a plate. Boil the peas in salted water, then again in the liquid in which the prawns were boiled; remove the peas.

Cut the chicken in small pieces and boil in the same liquid, adding 5 T. of *mirin*. Remove and pour 1 T. of *shoyu* over it.

Use canned bamboo shoots. Cut the upper part in halves lengthwise, the lower part in small pieces and boil in the same liquid; remove them.

Soften the mushrooms in water and boil in the same liquid, without cutting.

Dish up these five ingredients on a big plate, arranging them carefully in regard to their color. Serve on small plates.

3. BOILED TURNIPS AND MINCED CHICKEN

Ingredients:

| | |
|---------------------------|--------------------------|
| TURNIP.....(large) 1 | MINCED CHICKEN .. 8 oz. |
| (or use eggplants, | <i>MIRIN</i>3 T. |
| cucumbers or potatoes, 2) | HOYU 3 T. |
| SALT 1 1/2 tsp. | [CORNSTARCH 2 tsp. |
| CHICKEN SOUP.....4 C. | |

Method: Peel the turnip and cut it into 6 cubes, about 1 1/2 in. on each side; cut each cube in slices vertically but not quite through to the base. Then cut these slices similarly at right angle (see *page 37*). Add 4 cups of chicken soup and the salt. Boil until soft.

Boil the *mirin*, add 1/2 C. of the liquid from the turnips with the *shoyu*, and the minced chicken, and boil again. Mix 2 tsp. of water with the cornstarch, add to the boiling mixture and cook to a paste.

Put 1 turnip in each small bowl and spread the paste over it.

4. BOILED SEA-BREAM WITH *UDO* (Japanese Celery)

Ingredients:

SMALL SEA-BREAM (or fillet of
other fish . . . 6 (1 lb.)
SHOYU..... 5 T.
MIRIN (or sherry)2 T.

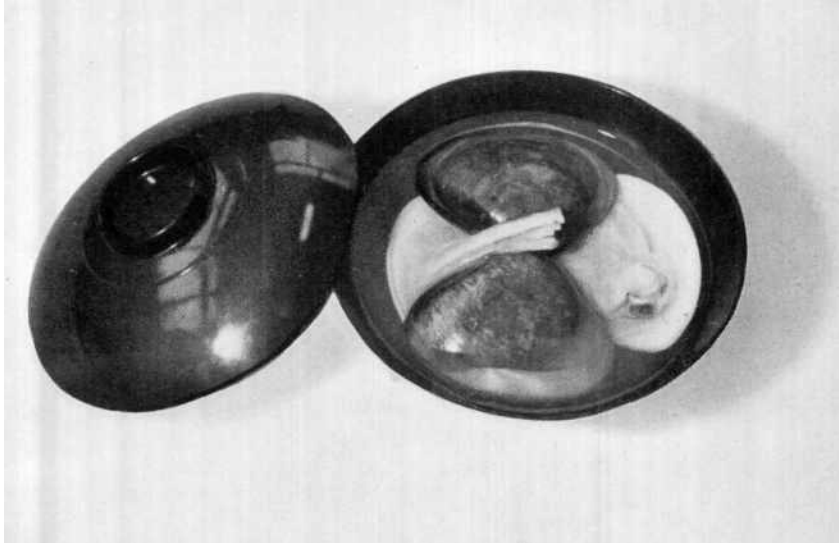
WATER 1/2 C.
UDO..... 1
(or peas in the pod,
cauliflower or celery, 6 oz.)

Method: Scale and clean
the sea-bream and wash.

Boil the water in a saucepan
and add the *shoyu* and *mirin*.

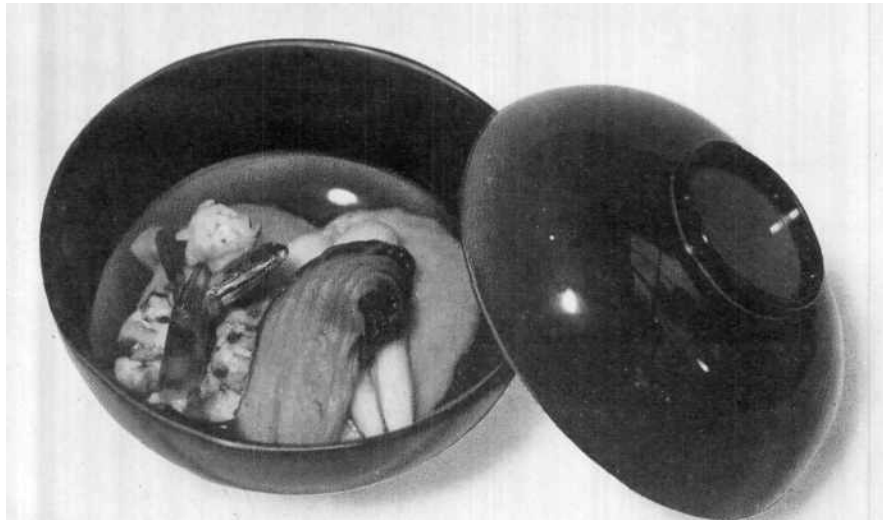
When it boils, put in the
sea-bream, covering the pan
with a small lid (see *page 94*)
and boil again for about 8
minutes. Remove from pan.

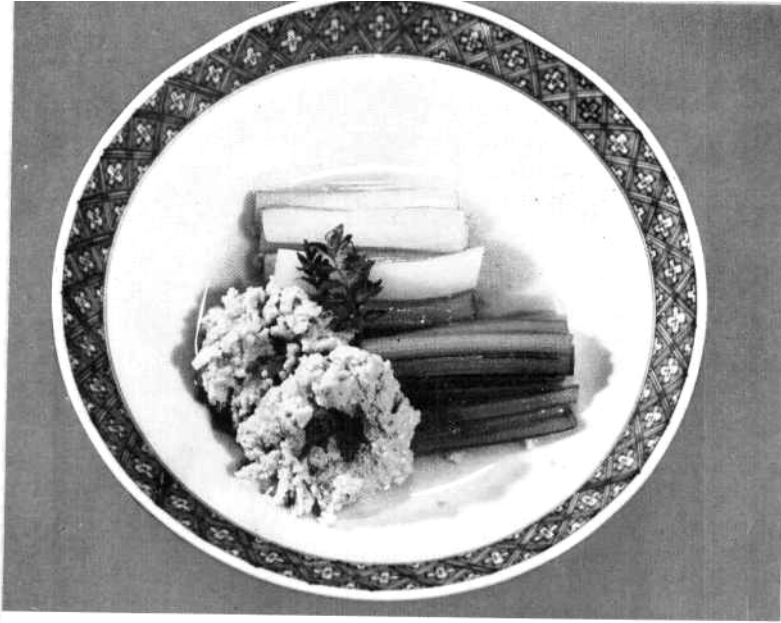
Cut the *udo* into pieces 1 1/2 in. long, peel, slice these



A clear soup with whole clams in their shells. (Clear Soup No. 7)

A *zoni* (rice-cake) soup, served generally at the New Year. (Clear soup No. 11)

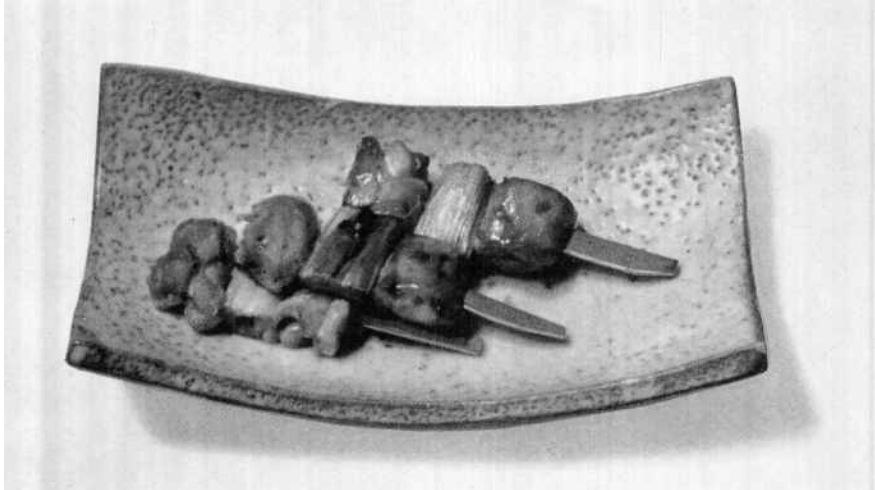




Boiled roe of sea-bream with *udo* (Japanese celery) and *fuki* (butterbur). (Boiled Food No. 4 & 5)

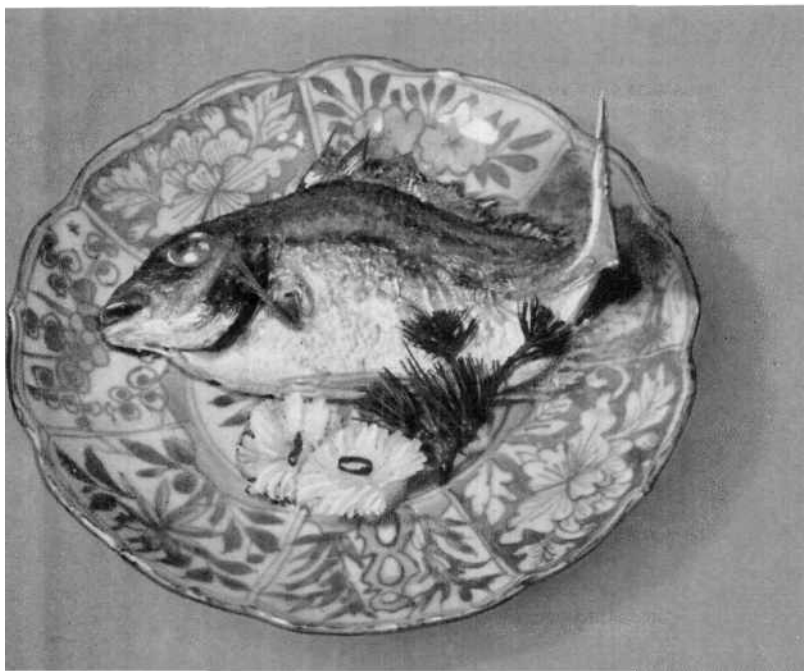
Boiled chicken and vegetables. (Boiled Foods No. 2)

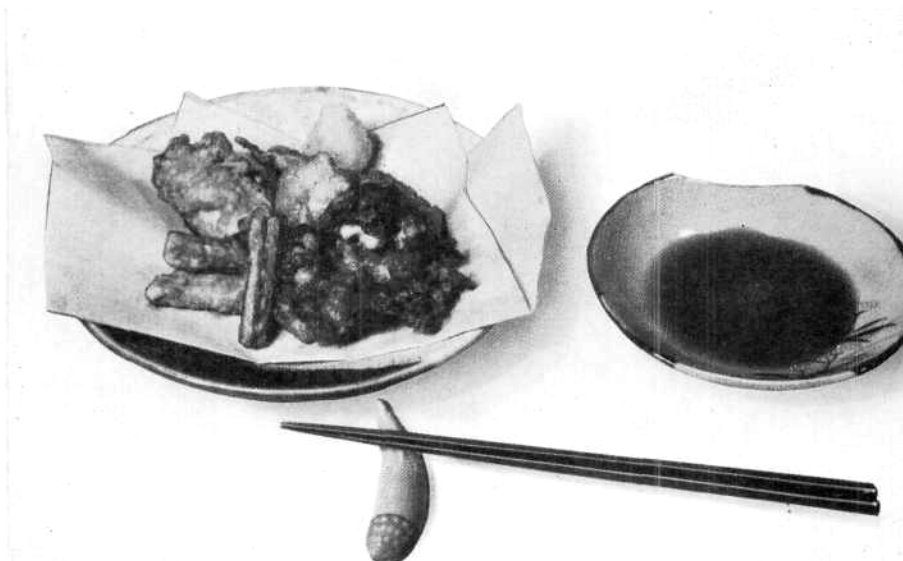




Broiled chicken livers and negi (Japanese leeks) spit on bamboo skewers.
(Broiled Foods No. 6)

Broiled sea-bream served with chrysanthemum-shaped turnips. (Broiled
Foods No. 4 & 5)





Fried shrimps and vegetables served on a small plate. (Fried Foods No. 2)

Deep-fried prawns in a lacquer bowl with a lid, accompanied by the sauce (left) and the grated radish and ginger (right). (Fried Foods No. 1)





Chawan-mushi, an egg and fish or meat custard steamed in a small bowl. (Steamed Foods No. 1)

Mushrooms steamed in an earthen teapot. (Steamed Foods No. 7)

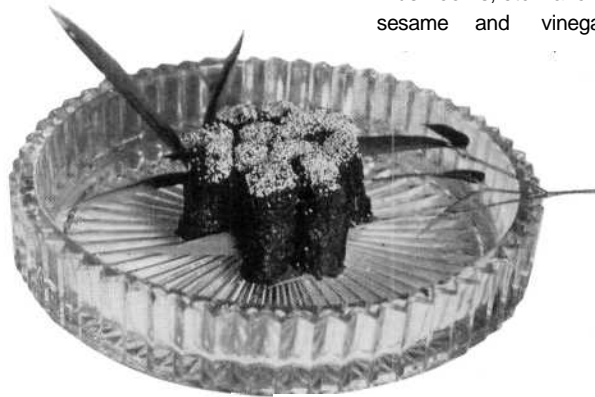




Boiled spinach with soy sauce
("Boiled Greens" No. 1)



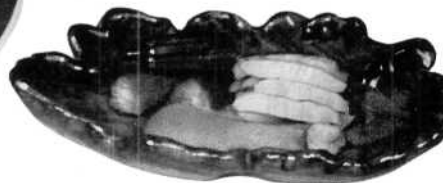
Vegetables, fried bean curd
mushrooms, etc. flavored with w
sesame and vinegar



(Dressed vegetables No. 2)

Boiled spinach rolled in a piece c
seasoned laver and sprinkled wit
parched sesame seeds.

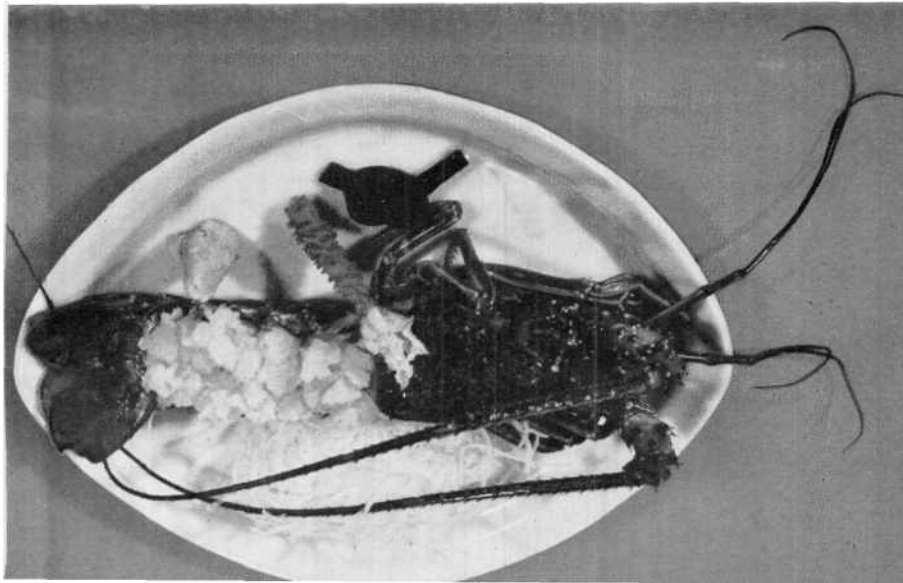
A salad of small clams and Japanese
leeks flavored with mi'so and
vinegared shellfish (right). (Dressed
Foods No. 3)





Sliced sea-bream *sashimi*, the raw dish so popular with the Japanese.
(*Sashimi* No. 1)

Lobster *sashimi* served in the shell. (*Sashimi* No. 3)

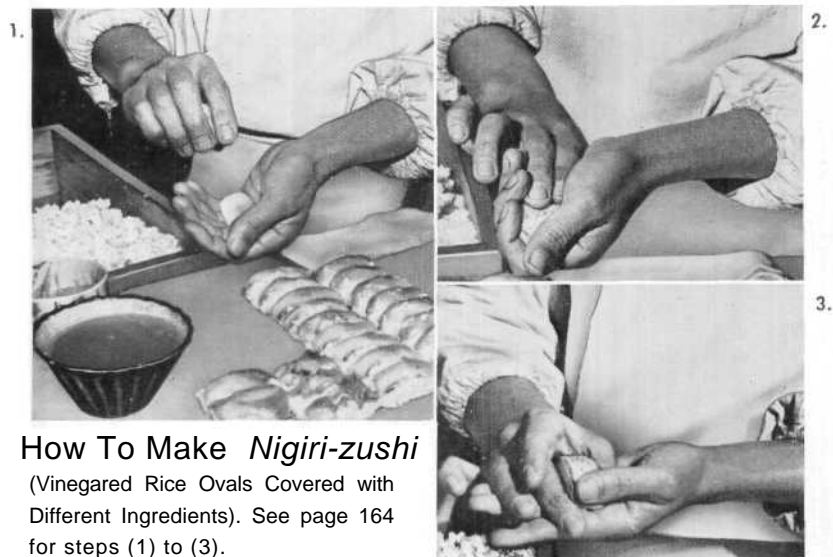
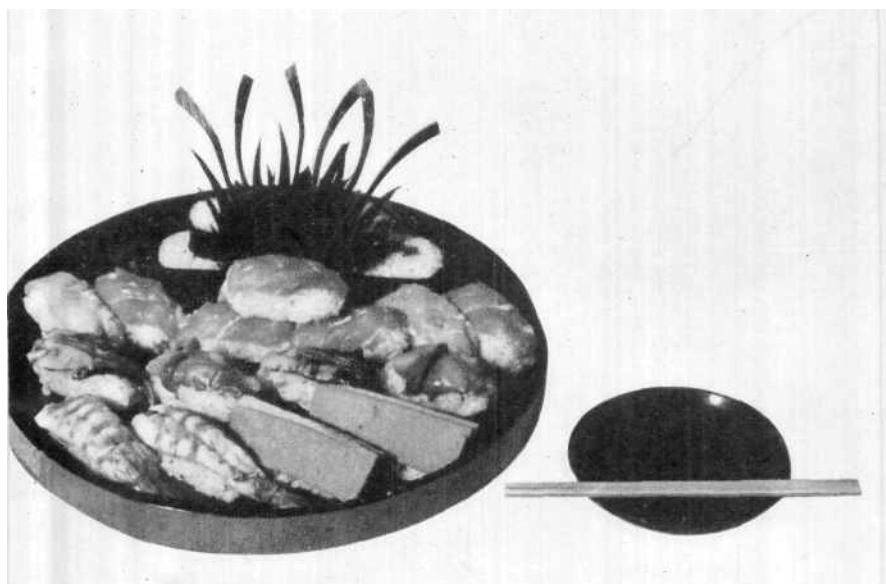




Glutinous rice boiled with red-beans. (Rice Foods No. 5)



Broiled eels served on rice in a lacquered box with a lid. (Rice with Other Ingredients No. 2)

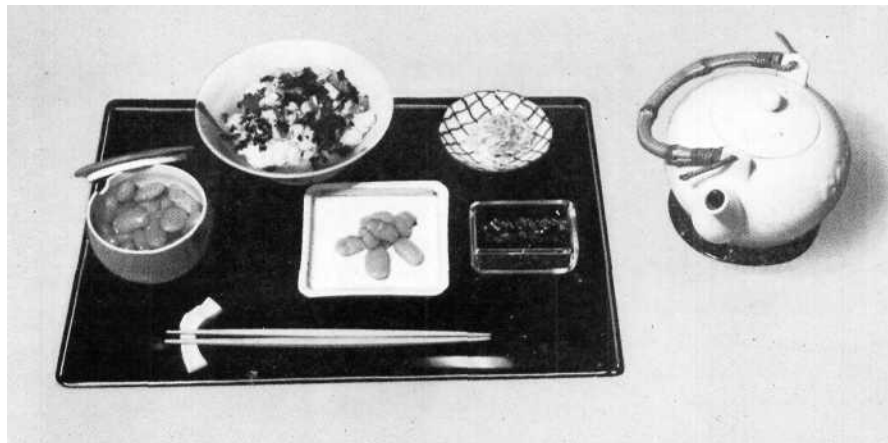


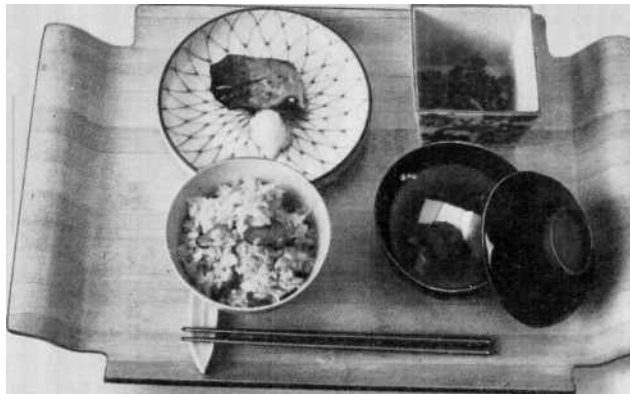
How To Make *Nigiri-zushi*
(Vinegared Rice Ovals Covered with
Different Ingredients). See page 164
for steps (1) to (3).



A breakfast tray—boiled rice, miso-soup, boiled sweet potato, small, crisp fingerlings with grated Japanese radish and pickles.

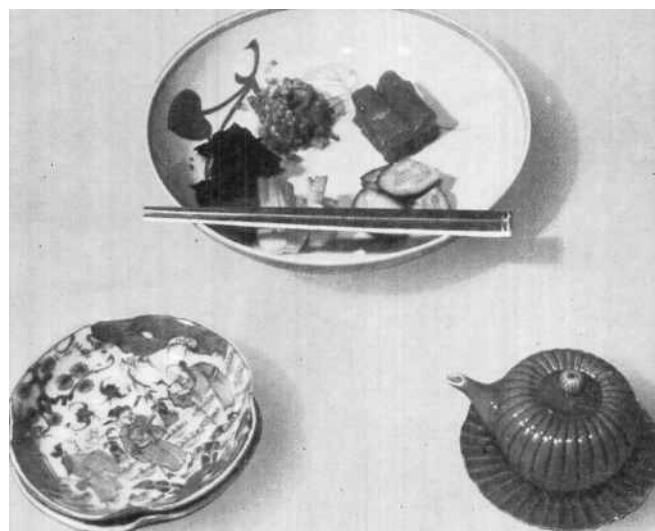
A lunch tray—boiled rice, salted salmon and dried laver with tea poured over it, boiled white beans, and pickled radish strips mixed with black sesame.





A supper tray—boiled rice mixed with mushroom, chicken and trefoil;
mackerel broiled with salt and spinach flavored with citron juice.

An assortment of pickles.





Bean-paste cakes and a set of tea utensils.

lengthwise and put in water to remove the alkali, then boil them with the liquid in which the sea-bream was boiled.

Dish up the sea-bream on a platter with its head to the left, and the *udo* in a medium-sized dish.

5. BOILED ROE OF SEA-BREAM WITH PEAS IN THE POD

Ingredients:

| | | | |
|----------------------------------------------|---------|----------------------------------------------------------|----------|
| SEA-BREAM ROE (or roe of other fish) | 10 oz. | PEAS IN THE POD .. | 30 |
| DASHI | 1 C. | (or Brussels sprouts, cauli- flower or celery, 8 oz.) | |
| SAKE | 2 T. | SALT | 1/2 tsp. |
| SUGAR | 1 T. | | |
| SHOYU | 2 T. | | |
| GINGER (or powdered ginger)..... | a pinch | | |

Method: Put the roe in water for about 1 hour, then cut it into pieces 1 in. long.

Flavor the *dashi* with *sake*, sugar, and *shoyu*, add some little slices of ginger and the roe. Boil until the flavor soaks into the roe. After removing the roe, boil the peas in the same liquid adding a little salt (1/2 tsp.). Dish up some roe and a little of the peas in individual medium-sized dishes.

6. BOILED HORSE-MACKEREL WITH MISO

Ingredients:

| | | |
|-------------------|-----------|---------------------------------------------------------|
| HORSE-MACKEREL .. | 1 (1 lb.) | Method: Cut the horse- mackerel into 2 pieces |
| WATER | 1 C. | |
| SAKE | 2 T. | lengthwise (<i>see page 27</i>), |
| SUGAR | 3 T. | then cut the upper and lower |
| MISO | 5 T. | slices into 3 making 6 |
| GINGER..... | 1 oz. | pieces. |

Put the water, *sake*, sugar and *miso* in a saucepan and boil. When this boils, put in the pieces of mackerel, the skin side up, and boil for 9 to 10 minutes over a medium fire.

Put 1 piece of fish on each medium-sized dish and pour over it the liquid in which horse-mackerel was boiled. This liquid may be boiled down a little more. Put grated ginger on it and serve.

7. BOILED SHRIMPS AND BAMBOO SHOOTS

Ingredients:

SHRIMPS (or lobsters) .. 1 C.
SHOYU 4 T.
 WATER 4 T.
MIRIN (or sherry) 2 T.
 BAMBOO SHOOTS ... 1 lb.
 (or asparagus)

Method: Remove the heart of the shrimps and clean. Boil the water with the *mirin* and *shoyu*; put in the shrimps and cook. Use canned bamboo shoots. Cut into halves, slice the upper part length-

wise and the lower part in cubes.

Boil the bamboo shoots with the same liquid that the shrimps were boiled in. Serve with the shrimps in a medium-sized bowl.

8. BOILED EAR-SHELLS

Ingredients:

EAR-SHELL (large) 1
 WATER 1 C.
 SUGAR 2 T.
SHOYU 2 T.
MIRIN (or sherry) 1 T.

Method: Remove the shells with a spatula; put the shell-fish whole in a saucepan. Add enough water to cover and boil until soft. Add *mirin*, sugar and *shoyu*, and boil over a low fire.

Cut into suitable sizes, and serve in a deep dish, pouring the liquid over them.

Note: There are 2 species of ear-shells, one blue, good for *sashimi*, 01 eaten with vinegar, when cooled with ice water; the other, reddish-brown, good for boiling.

9. BOILED FRENCH BEANS AND EGGS

Ingredients:

FRENCH BEANS..... 12 oz.
DASHI..... $\frac{1}{2}$ C.
SHOYU..... 2 T.
 SUGAR..... 2 T.
 EGGS 2

Method: Prepare the beans, cut into half and boil with *dashi*, *shoyu* and sugar. When soft, beat the eggs and pour over them; cover with a lid and steam for a while. Serve in a medium-sized bowl.

10. BOILED PUMPKIN

Ingredients:

PUMPKINS (or use potatoes, sweet potatoes, or beans of some kind) 1.5 lb.
 SUGAR $\frac{1}{2}$ C.
SHOYU 1 T.
 SALT..... 1 tsp.
 WATER..... 2 C.

Method: Cut the pumpkin into biteable sizes without removing the skin. Boil with water and sugar; add salt and *shoyu*, and boil long enough to flavor the pumpkin.

Serve in a medium-sized bowl.

C. ***YAKIMONO*** (Broiled Foods)

Broiling is usually done over a charcoal fire on a gridiron, or the food is spitted on a skewer, and broiled. (An oven may be used, but for fish, broiling over a charcoal fish is better.)

When steaming fish, meat, or eggs, a low saucepan or oven is used.

The following is the most common way of broiling.

1. Salt-broiling

Put salt on fish, then broil on a gridiron, or spitted on skewers. Eat with *shoyu*.

2. Flavor-broiling

Shoyu or a mixture of *shoyu*, *mirin* and *dashi* is put on the fish; then it is broiled on a gridiron or spitted on skewers. This method is best for fish, eels, chicken and lobster.

3. Miso-broiling

Fish or meat is put in *miso* for 2 or 3 days and then broiled.

The special feature of this way of cooking is the harmony between the taste of the meat and the flavorings. Usually, though not always, vinegar-flavored or sweet-boiled vegetables are sewed to supplement with the chief ingredients and are served together.

10 KINDS OF BROILED FOODS

1. LOBSTERS BROILED WITH *SHOYU*, AND LOTUS ROOTS PICKLED IN SWEET VINEGAR

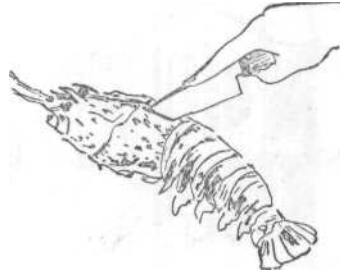
Ingredients:

| | | | |
|-------------------------------|---------|------------------|----------|
| LOBSTERS | 3 | LOTUS ROOT | 3 in. |
| SALT | 1 T. | (or asparagus) | |
| <i>SHOYU</i> | 5 T. | RED PEPPER | 1 |
| <i>MIRIN</i> (or sherry) | 1 T. | VINEGAR | 2 T. |
| POWDERED JAPANESE | | SALT | 1/2 tsp. |
| PEPPER (or 1 tsp. red | | SUGAR | 1 tsp. |
| pepper) | 1/2 tsp | | |

Method: Boil the lobsters for about 15 minutes in salt water. Cool, and remove the legs and feelers. Cut half through, and put in a mixture of *shoyu* and *mirin*. Broil on a gridiron at a distance from a strong fire. Repeat this 2 or 3 times. Put in a big dish. Sprinkle pepper over it.

Slice the lotus root as thin as possible, and boil for a short time in hot water, flavored with a few drops of vinegar. Remove from the water and put in the vinegar, adding salt and sugar. Take out, mix with sliced red pepper and serve beside the lobster.

Cutting a lobster
in half, lengthwise.



2. TURBO COOKED IN THE SHELL

Ingredients:

| | | | |
|----------------------|--------|----------------------------------------------|---------|
| TURBOS | 6 | TREFOIL (or water-cress or spinach) | 1/2 oz. |
| DRIED MUSHROOMS.. | 6 | MIRIN (or sherry) | 1 T. |
| DASHI | 3 T. | SHOW | 2 T. |
| SHOYU | 1 fsp. | DASHI | 1/2 C. |
| SUGAR | 1 tsp. | | |
| GINGKO NUTS | | | |
| (or chestnuts) | 6 | | |

Method: Boil the turbos in the shell, take out the flesh; slice the flesh and the green part, removing only the end. (Use both the flesh and the green part.)

Cut the trefoil into 1 in. pieces. Soak the mushrooms, slice and flavor with the *dashi*, *shoyu* and sugar.

Parch the ginkgo nuts and shell. Boil and removed the thin skin and slice thin.

Mix the four ingredients and put them back into the turbo shells. Add the *mirin*, *shoyu* and *dashi* and put the shells over the fire. When boiling, remove and serve in the shells on individual medium-sized dishes.



A turbo shell stuffed with various ingredients.

3. EELS BROILED WITH *MIRIN* AND *SHOYU*

Ingredients:

EELS 6 (11/2 lb.)
MIRIN 3 T.
SHOYU 4 T.
 SOUP FROM THE BONES AND
 HEADS OF THE
 EELS 5 T.
 POWDERED JAPANESE
 PEPPER (or pepper) .. 1 tsp.
 (Bamboo skewers, 36)

Method:

(a) Fasten the head of an eel on a chopping-board with a pick. Cut along one side of the bone and, cut at the neck of the eel; take out the bone, cutting the flesh on the other side

of the bone. Remove the head and open the body. Cut in halves; spit each piece on 3 bamboo skewers.

(b) Boil the bones and the heads in water. Boil down the liquor and add the *mirin* and *shoyu*.

(c) Put the eels on a gridiron, skin underneath, and broil over a strong fire, fanning all the time, so as to prevent the dripping fat from catching fire. When brown, turn over. Paint with the mixture of eel stock, boiled *shoyu* and *mirin*. When dry, repeat 3 times. Serve in a dish or lacquered box with a lid, while hot. (If the gridiron is put in the oven, there will be no worry about the eels catching fire, but the taste will not be so good.)

4. BROILED SEA-BREAM AND VINEGARED GINGER

Ingredients:

SMALL SEA-BREAM (or
 other small fish) ____ 6
 SALT 2 T.
 YOUNG GINGER
 (or celery) 6 roots
 VINEGAR 2 T.
 SALT 1½ tsp

SHOYU 6 T.
 GINGER 1
 (Iron skewers, 12)

Method: Scale the small sea-bream, remove gills, and clean out through an opening cut in the belly. Put some salt on both sides of the sea-bream and broil over a strong fire or in the oven. When well broiled, turn over and broil the other side.

Be careful not to burn the fins and tail when you broil the fish.

Cut off the leaves and stalk of the ginger about 3 in. above the root. After soaking the ginger in hot water for a while, take out and sprinkle with the salt. Then put the stalk into the salted vinegar. (This stalk looks like a writing brush, so it is called "writing brush ginger".)

Serve the sea-bream on a plate as big as the fish, with its head to the left; put the ginger stalk beside it. Serve the *shoyu* and grated ginger on a little dish as a sauce to eat with the fish.

5. SALMON BROILED WITH *SHOYU* AND *MIRIN* AND SERVED WITH CHRYSANTHEMUM-SHAPED TURNIPS

Ingredients:

| | | | |
|----------------------------------------|------------|---------------------------------------------|--------|
| SALMON (or other fish slices) | 6 slices | SMALL TURNIPS..... | 6 |
| SALT | 1 1/2 tsp. | (or cucumber, cabbage or lettuce, 8 oz.) | |
| <i>SHOYU</i> | 4 T. | SALT..... | 1 tsp. |
| <i>MIRIN</i> | 4 T. | VINEGAR | 2 T. |
| | | <i>MIRIN</i> (or sherry)..... | 1 T. |
| | | SUGAR | 1/2 T. |
| | | RED PEPPER | 1 |
| | | (Iron skewers, 12) | |

Method: Put a very little salt on the slices of salmon, and broil on the skewers until they become brown. Boil the *shoyu*

and *mirin* until thick; dip the salmon in the mixture of *shoyu* and *mirin* and broil again; repeat once more. Then dip the slices in the mixture for the third time and pull out the skewers without broiling the salmon over again. The fish may be broiled on a gridiron, or frying-pan or in an oven, but they look better on the skewers.

Peel the turnips; cut them in slices vertically but not quite through to the base, then cut these slices similarly at right angles (*see page 37*). Sprinkle 1 tsp. of salt over the 6 turnips. When they become soft, put them in the mixture of sugar, vinegar and *mirin* for about an hour until the flavor is soaked into the turnips.

Chop up the red pepper; put 2 or 3 pieces on the center of the turnips (so they will look like chrysanthemums).

Serve a slice of salmon and 1 turnip on each medium-sized plate.

6. BROILED CHICKEN

Ingredients:

| | | | |
|---------------|----------|-------------------------|--------|
| CHICKEN | 8 oz. | POWDERED JAPANESE | |
| LIVERS | 4 oz. | PEPPER (or powdered | |
| SAKE..... | ___ 2 T. | ginger) | 1 tsp. |
| SHOYU | 3 T. | DAIKON (Japanese radish | |
| SUGAR | 2 T. | or turnips)..... | 5 oz. |
| MIRIN | 1 T. | (Bamboo spits, 12) | |

Method: Cut the chicken and livers into pieces (about the size of a mouthful). Spit them alternately on bamboo skewers.

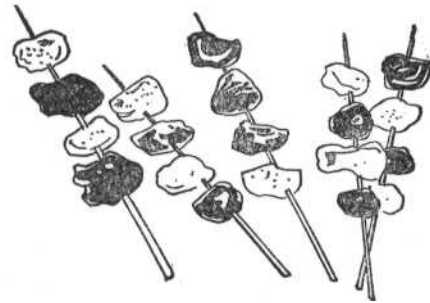
Boil the *sake*, *shoyu*, *mirin* and sugar in a saucepan to make a sauce.

Broil the spitted chicken over a strong fire; when partly done, dip it in the prepared sauce, and broil again. Repeat

this 3 or 4 times. When done, sprinkle the powdered Japanese pepper over them.

Put 2 skewers of chicken on a medium-sized plate with some grated *daikon* (Japanese radish) on one side.

You may use Japanese leeks cut in pieces 1 in. long instead of the livers; or use the livers with the leeks.



Chicken meat skewered alternately with liver for sweet-soy broiling.

7. SMALL BIRDS BROILED WHOLE

Ingredients:

SMALL BIRDS 6
 SAKE 3 T.
 SHOYU 3 T.
 MIRIN..... 3 T.
 POWDERED JAPANESE
 PEPPER (or pepper) .. 2 tsp.
 (Metal skewers, 12)

Method: Pluck the feathers of the birds and cut down the wings; cut open and clean out. Cut off the bills and wash the whole well. (Quails in spring, the snowy heron in autumn, the dusk youzel in winter, etc.)

Broil slightly, dip in the sauce (broiled mixture of *sake*, *shoyu* and *mirin*) and broil again. Repeat this several times. Cut lengthwise and sideways but not right through.

Sprinkle powdered Japanese pepper over the birds before serving.

Small birds put roasted in *miso*, or wine-lees and roasted are also delicious.

8. FISH, SHELLFISH OR VEGETABLES ROASTED IN EARTHEN HEATING PANS

Ingredients:

| | |
|-----------------------------------------------------------|---------------------------------------------------|
| SEA-BREAM (or other white fleshed fish) 1 (1 lb.) | VINEGAR (or lemon juice) 2 T. |
| SALT 2 tsp. | DASH/ 2 T. |
| PRAWNS 6 | SHOYU 2 T. |
| CLAMS 6 | DAIKON (Japanese radish) (or turnips) .. 2 in. |
| (MUSHROOMS) 6 | JAPANESE LEEKS a few |
| SALT 1 tsp. | |

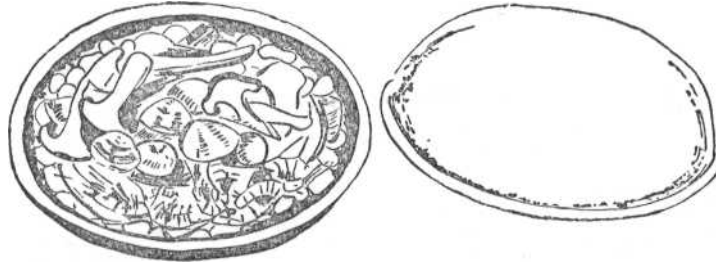
Method: Cut the sea-bream into 12 pieces and sprinkle 2 tsp. of salt over them.

Remove the insides of the prawn (leave the head and shell as they are) ; cut the seam of the clams. Wash the mushrooms in salted water and tear them lengthwise into 4 pieces.

Put little stones on one *horoku* (pan), sprinkle salt over them and put the pan in the oven. When it becomes hot, put the fish, lobsters, clams and mushrooms in the *horoku*, put the other *horoku* over it as a lid and roast in the oven for 10

minutes. Mix the vinegar, *dashi* and *shoyu* in a saucepan to make the sauce.

Serve in medium-sized dishes, arranging them nicely. Serve the sauce, grated Japanese radish, and sliced leeks in another dish.



Fish, shellfish or vegetables oven roasted in an earthen heating pan.

9. EGG ROLL

Ingredients:

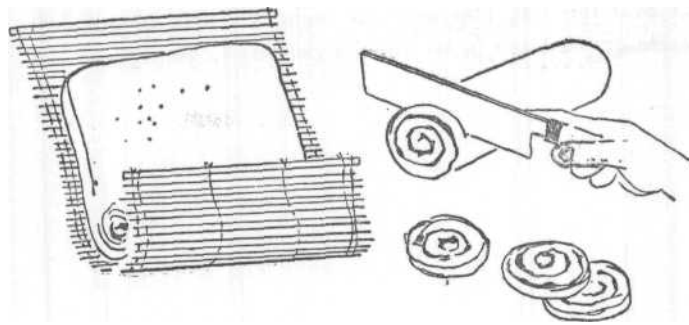
HALIBUT (or other white
fleshed fish) (flesh
only).....5 oz.
SALT.....1/4 tsp.

SUGAR..... 4 T.
EGGS 6
DASHI 5 T.
SHOYU 2 T.

MIRIN (or sherry) 2 T.
SESAME OIL (or other
vegetable oil) 1/2 tsp.
DAIKON (Japanese
radish) (or turnips) .. 2 in.
SHOYU 1 T.
(Bamboo-mat, 1)

Method: Scrape off the halibut flesh; remove the skin; add the salt and beat with the back of kitchen knife on a chopping board. Mash, adding sugar. Add the beaten eggs, *dashi*, *shoyu* and *mirin*; stir well and cook in a frying pan. When browned, take out and put on a small bamboo-mat (or napkin). Mould while hot into a roll, leave for some time, and then cut into 1/2, in. lengths.

Put 2 pieces on each medium-sized plate. Serve grated Japanese radish, flavored with *shoyu* in a small dish. Dip the egg roll in this and eat.



Making egg rolls, using a bamboo-mat.

10. BROILED EGGPLANTS

Ingredients:

EGGPLANTS..... 1 lb.
 SESAME OIL (or salad
 oil) 2 T.
 MISO 6 T.
 MIRIN (or sherry) ____ 3 T.
 SUGAR 2 T.
 EGG (yolk only) 1
 (Skewers, 18)

Method: Cut the eggplants
 into halves, lengthwise (if
 large, cut into circles). Spit
 on skewers sideways, put oil
 on both sides and broil.
 When browned turn over.
 (You may use ovens.)

Paint with the *miso* sauce.

Roast a short time. Pull out
 the skewers and serve on medium-sized plates. (For the *miso*,
 sauce, add sugar and *mirin*; strain and knead well over the
 fire, then add the uncooked yolk of an egg). Sesame or
 peanuts can be added according to your taste.

D. **AGEMONO** (Fried Foods)

Agemono means fish, or vegetables, fried in vegetable oil. There are two kinds, *tempura* and *kara-age*.

1. **Tempura:** This is food dipped in a batter of egg, water and flour, and fried in deep fat or oil. It is delicious when fresh ingredients, a light batter, nice fresh oil and sauce are used. Prawns or shrimps make the most popular *tempura*.
2. **Kara-age:** Fish, meat or vegetables fried with a little oil and without batter. Sprinkle the ingredients with corn-starch and fry.

Ingredients for Fried Foods:

- 1) For feasts, sea-bream, lobster, sillago, flatfish or other white fleshed fish are used with laver, the leaves of the beefsteak plants, chrysanthemum leaves, or trefoil.
- 2) For an ordinary meal, horse-mackerel, mackerel, sardine, carrots, burdock roots, lotus roots, sweet potatoes, pumpkins, eggplants, onions, leeks and *shungiku* (a kind of fragrant greens) are used.

For tempura:

Batter: Mix flour (1 cup) with one egg and water (1 cup). Do not stir too much.

Oil:

- 1) To make light crisp *tempura* vegetable oil is the best. Sesame oil, rice oil, salad oil, rape-seed oil, peanut oil, soybean oil are used most frequently.
- 2) The temperature of the oil must be between 300° F and 350° F.
- 3) The quantity of the oil should be at least 2 in. deep in the saucepan.

3 KINDS OF FRIED FOODS

1. FRIED PRAWNS

Ingredients:

| | |
|----------------------------|---------------------------------|
| PRAWNS (medium) ... 30 | <i>DASHI</i> 1 C. |
| FLOUR (refined) 1 C | <i>SHOYU</i> 1/3 C. |
| EGG 1 | <i>MIRIN</i> 2 T. |
| WATER 2/3 C. | <i>DAIKON</i> (Japanese radish) |
| SESAME OIL about 5 C. | (or turnips)..... 6 oz. |
| | GINGER (grated) 1 T. |

Method: Remove the head, shell and insides of the prawns (leaves the tails as they are). Cut lengthwise in several places but not right through to prevent shrinking in the frying process. Wipe off the water on the prawns so that the oil will not spatter. Mix the flour (1 cup) lightly with the egg and water (2/3 cup). Put the prawns into it and spread the mixture over them. Put the prawns slowly into the boiling oil (350°F). When they are nicely browned, take them out and lay on a wire mesh or paper, and let the excess oil drip from them.

Boil the *dashi* with *shoyu* and *mirin* and cool it.

Serve the prawns in a medium-sized plate with a small dish of sauce. On another small dish serve grated Japanese radish (1 T.) and grated ginger (1/2 tsp.) to be used with the sauce.

2. FRIED SHRIMPS AND VEGETABLES

Ingredients:

| | |
|---------------------------------------------------------|-----------------------------------|
| SHRIMPS (other shellfish or cuttlefish) 12 oz. | <i>DASHI</i> 1 C |
| TREFOIL (or onions) ... 2 oz. | <i>SHOYU</i> 1/3 C. |
| CARROTS.....2 oz. | <i>MIRIN</i> (or sugar)..... 2 T. |

| | | | |
|---------------|------------|--------------------------|-------|
| FLOUR | 1 C | DAIKON (Japanese radish) | |
| WATER | 1/2 c. | (or turnips) | 6 oz. |
| EGG | 1 | | |
| SESAME OIL .. | about 5 C. | | |

Method: Remove the head and shell of the shrimps.

Cut the trefoil into 1 in. lengths. Cut the carrots into thin strips.

Make a baiter. Take one sixth of the shrimps, trefoil and carrots; add enough of the coating to make a flat cake. Fry in the boiled oil (350°F).

Mix the *dashi* with the *shoyu* and *mirin* or sugar. Serve 2 T. in a small dish; put 1 T. of grated Japanese radish with it.

3. FRIED HORSE-MACKEREL

Ingredients:

| | | |
|------------------------|-----------------------|------------|
| BIG HORSE-MACKEREL (or | SESAME OIL .. | about 5 C. |
| other sliced fish, | VINEGAR (or lemon | |
| 12 oz.)..... | juice) | 2 T. |
| 2 | SHOYU | 3 T. |
| SALT | GINGER (or powdered | |
| 1 tsp. | ginger, 3 tsp.) ----- | 1 |
| PEPPER..... | CUCUMBER..... | 1 |
| 1/2 tsp. | | |
| CORNSTARCH | | |
| 4 T. | | |
| WATER | | |
| 2 T. | | |

Method: Remove the head of the mackerels and clean out. Cut lengthwise into 2 slices, removing the bones (*see page 27*). Then cut the slices into 6 pieces. Sprinkle salt and pepper over the pieces.

Make the cornstarch into a paste; spread it over the mackerel and fry in the boiling oil (350°F).

Cut the cucumber into 1 in. lengths, slice into strips and sprinkle with salt.

Arrange the fish with cucumber on medium-sized plate. Serve with a mixture of vinegar, *shoyu*, and ginger put in a small dish.

E. ***NABEMONO*** (Saucepan Foods)

Meat or fish, and various vegetables, dried foods and *toju* are put in a saucepan and flavored with *dashi*, *shoyu*, sugar and *mirin*.

The food is eaten from the saucepan while it is boiling, every one taking out what he or she wants it on small dishes.

The popularity of these dishes lies in the fact that the food can be eaten hot and that the people enjoying the meal can watch it cooking.

Sukiyaki is the most popular of these saucepan foods, and it is well known and liked both here and abroad.

There are 2 kinds of *nabemono*:

1. One in which the ingredients are boiled with *dashi* flavored with *shoyu*, sugar and *mirin*. (*Sukiyaki* and *yosenabe* (a chowder) are examples.)
2. And another in which the ingredients are boiled with *dashi* and then eaten with a mixture of *shoyu* and lemon juice (or vinegar).

Preparing for a *nabemono* meal:

For 1 pan: (4 persons to a saucepan is the ideal number).

- 1) Use a table with the radius of an arm's length.
- 2) Put a heater (preferably a low one) in the middle of the table.
- 3) Prepare a heavy shallow saucepan.
- 4) Assemble these things for the table:

A big plate on which the slices of meat or fish are arranged neatly.

A shoyu-boat.

A sugar-pot.

A decanter containing mirin.

Several long chopsticks for cooking and 2 or 3 big spoons.

A pitcher containing kelp soup or dashi.

Chopsticks, a small dish and a spoon for each person.

Recipe for the kelp soup:

Put a piece of kelp 4 in. square in 1 cup of water and boil for about 5 minutes. (Make several cuts in the kelp to draw out all the flavor.)

To serve 2:

1), 2), 3) the same as in (1).

4) Things for the table:

A big bowl or plate on which to put the ingredients.

Several chopsticks for cooking and a ladle with little holes in it.

A *shoyu-hoat* for the sauce. A small dish for spice.

A pitcher for kelp soup or *dashi*.

Bowls, small dishes, and spoons for each person.

4 KINDS OF "SAUCEPAN" FOODS

1. BEEF *SUKIYAKI*

Ingredients: (for 1 person)

| | | | |
|-----------------------------------------------|----------|-----------------------------------------------------------------------------------------------|-------------------|
| BEEF (lean and fat) | | <i>HAKUSAI</i> (Chinese lettuce) (or other vegetable in season) | 11/2 oz. |
|4 oz.—'6 oz. | | TOFU | 1/2 piece (4 oz.) |
| KELP SOUP or | | MUSHROOM | 1 |
| DASHI | 3 T. | <i>SHIRATAKI</i> (five vermicelli-like threads of gelatinous starch) (or thin macaroni) | 1/3 bundle |
| <i>SHOYU</i> | 3 T. | EGG..... | 1 |
| SUGAR | 2 T. | | |
| SAKE (or <i>mirin</i> , sherry, whisky) | 1 tsp. | | |
| SPINACH..... | 11/2 oz. | | |
| JAPANESE LEEKS (or onions) | 11/2 oz. | | |

Method:

1. Put a heavy shallow saucepan on the fire and when it becomes heated, put some fat in it.
2. Spread the slices of the beef over the bottom of the saucepan and turn them over when they are well braised.
3. Add the kelp soup mixed with sugar, *shoyu* and *sake*. Gather the beef in one corner and add the green vegetables and *tofu*.
4. When everything is boiling, the diner help himself, picking out what he wants, and eating it on a small dish. If he wishes, he may beat up a raw egg in a small bowl, and dip the hot meat and vegetables in it as he eats.
5. The vegetables, meat, kelp soup, sugar and *shoyu* are added little by little.

2. YOSENABE (A Chowder)

Ingredients:

| | | | |
|---------------------------------------------|--------|-----------------------------------------------------------------------------|---------|
| CHICKEN or WHITE-FLESHED FISH | 1 lb. | SHIRATAKI (fine threads of gelatinous starch) or fine vermicell | 2 C. |
| SALT | ½ tsp. | TARO (or lily root, arrow-root, chestnuts, potato) . | 2/3 lb. |
| KAMABOKO (fish cakes) (or sausage) | ½ lb. | DRIED MUSHROOMS.. | 12 |
| SHELL-LIGAMENTS (or shellfish)..... | 4 oz. | GINGKO NUTS (or Brussels sprouts) | 30 |
| SHRIMPS | 4 oz. | KELP SOUP or DASHI | 5C. |
| HAKUSAI (Chinese lettuce) | 12 oz. | SHOYU | 1 C |
| CARROTS..... | 2 oz. | | |
| SPINACH (or other greens) | 1 lb. | | |

Method: Slice the chicken and sprinkle a little salt over it. Slice the *kamaboko* (boiled fish-paste cake). Slice the shell-ligaments. Remove the head, shell and insides of shrimps. Cut carrots thin. Cut the spinach and *hakusai* into 1 1/2 in. lengths. Cut the *shirataki* into a convenient size for eating. Slice the taro into pieces $\frac{1}{2}$ in. thick. Soften the dried mushrooms in water, remove the stalks. Parch the ginkgo nuts and remove the skin. Put 2 1/2 cups of kelp soup in a saucepan, add 1/2 cup of *shoyu*, and boil the taro in it. When it is boiled, add the chicken, mushrooms, spinach, ginkgo nuts, *kamaboko* and *shirataki*; put on the lid and boil again.

When cooked, serve with the soup in small dishes.

3. UO-CHIRI (Fish Stew)

Ingredients: (VINEGAR (or mixture of vinegar and lemon))
 FISH (codfish, sea-bream, other hard white-fleshed fish) 1 1/2 b. . 1/2 ~ 2/3 1/4 1/4 C.
 TOFU 2 (1 lb.) 1/2 to 2/3 C.
 MUSHROOMS 6 KELP SOUP or DASHI .. 5 C.
 JAPANESE LEEK..... 1

Method: Cut the *tofu* into dice shaped pieces, slice the mushrooms lengthwise. Remove the bones of the fish, and slice in big pieces.

Boil the stock taken from the kelp add the bones, head, insides of the fish and boil again.

Add the mushrooms, *tofu* and then the slices of fish. When these are well cooked, eat by dipping into a sauce made of a mixture of vinegar and *shoyu*, with some thin slices of leeks in it.

Add the kelp soup and other ingredients little by little.

4. CHICKEN BOILED IN WATER

Ingredients:
 CHICKEN (several months old) 1 BITTER ORANGE JUICE (or lemon)..... 1/4 C.
 WATER 5 C. SHOYU 2/3 C.
 SALT 1 T. VINEGAR 2 T.
 JAPANESE LEEKS 2

Method: Pluck the chicken and clean out. Cut the flesh and bones into cubes (1 in. squ.)

Add $\frac{2}{3}$ cup of *shoyu* to $\frac{1}{4}$ cup of the juice of the bitter orange and put it in a sauce-boat.

Cut the Japanese leeks lengthwise, slice it fine; wrap it up in a napkin and rub it in water. Squeeze and put in a small dish.

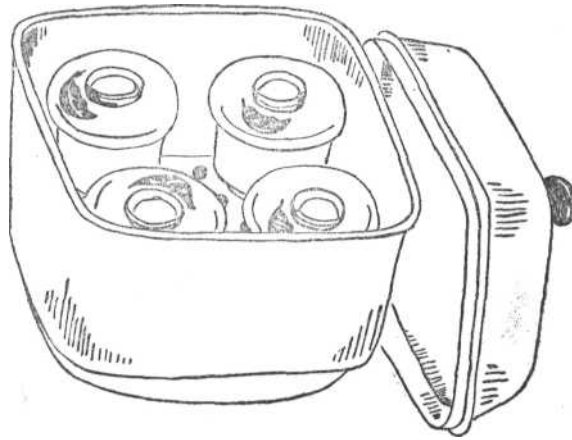
Boil the water; put the chicken in it and boil. When it is almost done, about 20 minutes, add the salt.

Serve the chicken and soup in a soup bowl and eat with the leeks, dipping the chicken in the mixture of *shoyu*, and bitter orange juice.

F. **MUSHIMONQ** (Steamed Foods)

Fish, shellfish, eggs, meat and vegetables are steamed until soft, and served hot. Westerners usually like *cliawan-mushi* (a custard of egg and fish or meat steamed in a small bowl). There are 2 ways to steam *mushimono*:

1. Steaming the ingredients in small bowls. (After the steaming the bowls are served on plates.)
(eg. *chawan-mushi*, *adamaki-mushi*—see pages 133 and 134.)
2. Steaming the ingredients loose in a large steamer.
(eg. ear-shell flavored with salt, fish flavored with salt.)



Steaming the ingredients in small bowls.

8 STEAMED FOODS

1. CHAWAN-MUSHI (A Custard of Egg and Fish or Meat Steamed in a Small Bowl)

Ingredients:

| | | | |
|----------------------------|----------|-------------------------------|------------|
| CHICKEN..... | 6 oz. | EGGS..... | 4 |
| SHRIMPS (or ham) .. | 1 2 | DASHI (3 to 4 times more than | |
| SHOYU | 1 T. | the amount of the beaten | |
| GINGKO NUTS (or chestnuts) | | eggs) | about 3 C. |
| | 30 | SHOYU | 2 tsp. |
| DRIED MUSHROOMS.. | 6 | SALT | 1 1/2 tsp. |
| DASHI | 4 T. | TREFOIL (or spinach) .. | 1/2 oz. |
| SHOYU | 1/2 tsp. | YUZU (citron) (or lemon) | |
| MIRIN | 1/2 tsp. | | 1 |

Method: Slice the chicken in thin pieces. Remove the head, and shell of the shrimps and clean; then soak in *shoyu* for a few minutes. Parch the ginkgo nuts and remove the shells and thin skin. Soak the mushrooms in water, and remove the steams. Boil with the *dashi*, *shoyu* and *mirin*. Cut the trefoil into 1 in. lengths. Beat the eggs, add the *dashi* and flavor with *shoyu* and salt.

Put all the ingredients except the trefoil into small bowls being careful about their arrangement; pour the beaten egg over them; lay the trefoil on top. Put the bowls in a steamer heated with boiling hot water and steam for about 15 minutes over a very low fire just as in making custard pudding.

When done, take the bowls out of the steamer, set them on plates and serve with thin slices of *yuzu* while hot.

2. ODAMAKI-MUSHI (Steamed *Udon*, *Kamaboko* and Vegetables with Egg)

Ingredients:

| | | | |
|----------------------------------------------------|-----------|--------------------------------------------------|------------|
| BOILED UDON (wheat vermicelli) (or macaroni) | 2 C. | TREFOIL (or spinach) .. | a little |
| SHOYU | 1 tsp. | LILY ROOTS (or chestnuts, cauliflower, beets) .. | 2 |
| *NARUTO KAMABOKO (or ham) | 1/2 slab. | EGGS | 4 |
| YUBA (dried bean curds) (or mushrooms) | 5 sheets | DASHI | 3 C. |
| | | MIRIN..... | 1 tsp. |
| | | SHOYU | 1 T. |
| | | SALT | 1 1/4 tsp. |

Method: Boil the *udon* and mix with 1 tsp. of *shoyu*. Cut the *kamaboko* in slices 1/8 in. thick. Put the *yuba* in water. Cut the trefoil into pieces 1 1/2 in. long. Break the lily roots into sections, and boil until tender.

Mix the egg with *dashi*, *mirin*, and *shoyu*.

Put the boiled *udon* in 6 small bowls; put the *yuba*, *kamaboko*, trefoil and the lily roots over them; pour in the mixture of egg, *dashi*, *mirin* and *shoyu* and steam for about 20 minutes in a steamer.

Set the bowls on plates, and serve.

Note: *A long cylindrical stick of firm, pounded fish paste, with a cross-cut section showing red design in the form of a spiral. If this is not available, the regular *kamaboko*, shaped like half a cylinder and colored red on the surface can be used.

3. CUSTARD EGG

Ingredients:

EGGS 4
DASHI (twice the quantity of
 the egg) about 1 C.
 SHOYU 1 tsp.
 SALT 1/2 tsp.

Method: Flavor the 2nd
dashi (see page 83) with
shoyu and salt and cool it.
 Beat the eggs, add the
dashi and steam the mixture
 in a bowl. Set in a kettle for
 about 20 minutes over a very

low are, just as in *makma*; *chawan-mushi*.

When firm, cut it into u pieces and serve them in a soup (see page 88). Another way to serve the custard is to cool it with ice-water, serve in a big bowl with a sauce. This sauce is made by boiling together some *katsuobushi* shavings (1/2 cup), *shoyu* (2 T.), *mirin* (2 T.) and water (5 T.) with a little salt. Strain and add some sliced leeks to it.

4. EGG PLUM-FLOWERS

Ingredients:

EGGS 4
 SUGAR 5 T.
 SALT 1/4 tsp
 RED COLORING..a few drops
 (Bamboo-mat, 1)

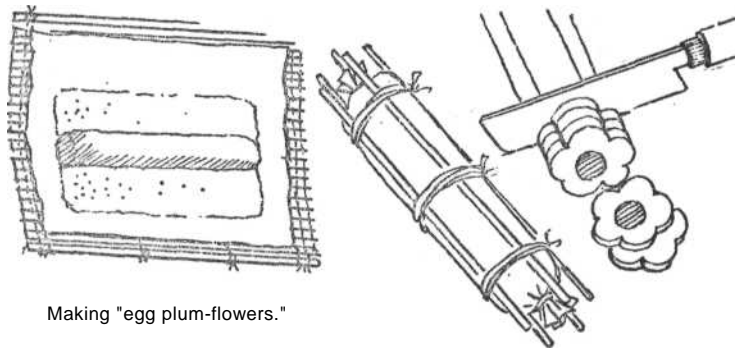
Method: Boil the eggs for
 12 minutes; mash the yolks
 and whites separately. Add
 2 T. of the sugar, 1/8 tsp.
 of the salt and the red color-
 ing to the whites of the eggs making them pink. Add the rest
 of the sugar and the salt to the yolk.

Lay a dry napkin on a small bamboo-mat, spread the pink egg whites on it in an oblong, and press. Put the yolk along a line in the middle of the whites. Roll the bamboo-mat with

the napkin and its contents, and then remove the mat. Place 5 chopsticks at even distances around the roll, bind them with a string in 3 places (see picture), put the roll into a steamer and steam for about 10 minutes.

After cooling the roll, remove the chopsticks and the napkin, and cut into slices 1/4 in. thick. The slices, with the yellow yolk in the middle, should look like pink plum-flowers.

This is a favorite with the children and is also served at festive meals.



Making "egg plum-flowers."

5. FISH FLAVORED WITH SALT

Ingredients:

SEA-BREAM (or fresh codfish,
other white fleshed fish)
..... 1 lb.
SALT 1 tsp.
DAIKON (Japanese radish)
(or turnips) 6 oz.
JAPANESE LEEK 1

SHOYU 1 T.
VINEGAR or LEMON
JUICE 1 T.
DASHI 2 T.

Method: Scale the fish, clean out and wash well. Wipe off the water and make deep parallel cut into the fish, but do not cut through; sprinkle a little salt over it. (If big fish are used, slice in pieces).

Arrange on a big plate, put the plate in a steamer and steam for about 30 minutes; serve while hot.

Serve in small bowls with shoyu, dashi and vinegar; for a relish add grated Japanese radish and sliced Japanese leeks.

6. ABALONES FLAVORED WITH SALT

Ingredients:

ABALONES..... 3

SALT..... 1 T

Method: Scrub the shells

and flesh of the abalones and

sprinkle salt on the flesh and around the inside of the shells.

Put in a steamer; put on the lid firmly and steam over a strong fire for 2 to 3 hours. When soft, take off the fire and cool without removing from the steamer. Take out when cool and slice off in irregular pieces. Divide into six servings on small plates.

7. MUSHROOMS STEAMED IN AN EARTHEN TEAPOT

Ingredients:

MUSHROOMS 6

SAKE 2 T.

SALT..... ½ tsp.

CHICKEN (or white fleshed fish) 6 oz.

TREFOIL (or water-cress)

..... 18 pieces

| | |
|----------------------------|--------------------------|
| GINGKO NUTS (or chestnuts) | EITTER ORANGE (or lemon) |
| 24 | JUICE 1 T. |
| DASHI 1½ C. | |
| SALT ½ sp. | |
| SHOYU 1 tsp. | |

Method: Remove the stems of the mushrooms, and wash well. Cut lengthwise into 4—6 pieces and put in the mixture of *sake* and salt.

Slice the chicken thin into small bits; sprinkle the *sake*, in which the mushrooms were soaking over the chicken.

Cut the trefoil into pieces 1 in. long.

Parch the ginkgo nuts a little, remove the shells, put them into hot water and peel off the thin skin.

Put the mushrooms, chicken, ginkgo nuts, and trefoil into 6 earthen teapots, add the mixture of *dashi*, salt and *shoyu* and put them on the fire. When they are boiling, take them off the fire, and immediately plug the spouts with green pine needless (or other nice smelling leaves or with white paper).

Put them on the stands and serve immediately.

Pour the soup in the cup lids, add citron juice. Dip the ingredients in this and eat.

Preparation: 6 earthenware teapots use unglazed earthenware teapots with wine-cup-lids and stands; the lids are used to serve the soup in.

8. STEAMED PUMPKIN WITH MINCED MEAT AND VEGETABLES

Ingredients:

PUMPKIN 1 (1.5 lb.)
 WATER 2 C.
 SALT 1/3 tsp.
 TOFU 1/2 lb.
 DASHI 1/2 C.
 SUGAR 2 T.
 SHOYU 1 T.

MINCE CHICKEN 5 oz.
 CARROT 3 in.
 • DRIED MUSHROOMS..5
 SUGAR 4 T.
 SHOYU 3 T.
 GREEN PEAS (canned)
 **1/3C.**
 EGGS.....2

Method: Draw a circle about 3 in. in diameter around the stem of the pumpkin, scoop out and remove the soft pulp and seeds. Boil whole in salted water for about 20 minutes.

Boil the *tofu* put in a square piece of gauze and press the water out; parch half bouled in a skillet, then add *dashi*, sugar and *shoyu*.

Flavor the minced chicken, sliced carrots and mushrooms with sugar and *shoyu*; mix with the green peas and eggs.

Put the mixture and the parched *tofu* into the pumpkin, steam for about 20 minutes. Serve the whole pumpkin on a big plate; then cut according to the number of persons.

G. *HITASHIMONO* (Boiled Greens)

Young greens are boiled, and eaten, with *dashi* No. 2 flavored with *shoyu*.

As young greens have a plain, refreshing taste, they are usually served in small bowls with strong-flavored foods.

2 KINDS OF *HITASHIMONO*

1. BOILED SPINACH

Ingredients:

SPINACH 1 lb.
DASHI 4 T.
SHOYU 4 T.

MONOSODIUM GLUTAMATE
 1/8 tsp.
KATSUOBUSHI SHAVINGS
 6

Method: Boil the spinach
 (not too long—about 10
 minutes), cool it in cold
 water, then drain off well.

Cut into 1 1/2 in. lengths.

Boil the *dashi*, adding the
shoyu, and cool.

Serve the spinach in small
 bowls, arranging the green and red parts, alternately; pour the
 cooled *dashi* over it, and sprinkle a few *katsuobushi* shavings
 (dried bonito) over it. Parched sesame or caraway seeds may
 be sprinkled over it instead of the *katsuobushi*.

Hakusai (Chinese lettuce), cabbage, *shungiku* (fragrant
 greens) and other greens are cooked in the same way.

2. SMALL BOILED TURNIPS

Ingredients:

SMALL TURNIPS..... 1 lb.
DASHI 4 T.
SHOYU 4 T.
 MONOSODIUM GLUTAMATE
 1/8 tsp.

Method: Cut off the leaves of the turnips. Put the round roots into hot water and boil. When they are soft, put in the leaves. When the leaves are soft, put them

into cold water. Cut into pieces 1 in. long and squeeze out the water.

The round roots into thin slices; serve in small bowls with the leaves at one side, and eat with the mixture of *dashi* and *shoyu*.

H. *AEMONO* (Dressed Foods)

In *aemono* vegetables, fish, or shellfish are boiled or rubbed with salt and mixed with a dressing (sesame, *miso*, or *toju* with vinegar, *shoyu*, salt or sugar).

There are about 5 kinds of dressings.

1. sesame and *shoyu* (and sometimes sugar).
2. sesame, *shoyu*, vinegar, salt and sugar.
3. sesame, *miso* and sugar.
4. *miso*, sugar and vinegar.
5. *tofu*, *shoyu*, sugar and salt.

Ground peanuts or walnuts may be used instead of sesame.
Serve in a small bowl.



Grinding sesame seeds
in the *suribachi* (earth-
enware mortar).

4 KINDS OF *AEMONO*

1. SPINACH DRESSED WITH SESAME

Ingredients:

SPINACH (or cabbage,
cauliflower) 1 lb.
BLACK SESAME SEEDS (or
white sesame seeds)
..... 3T.
SHOYU 2 T.
MONOSODIUM GLUTAMATE
..... 1/8 tsp.

Method: Boil some water in a saucepan, put the spinach in it, root downwards, boil about 3 minutes. Cool in the water and drain.

Parch the sesame in a frying-pan, grind lightly, in

a dry mortar (or a meat-grinder) ; add the *shoyu* and monosodium glutamate and grind again.

Cut the spinach into 1 1/2 in. lengths, squeeze out the water; mix with the sesame and *shoyu* dressing.

Serve in small bowls.

2. VEGETABLES WITH WHITE SESAME AND VINEGAR DRESSING

Ingredients:

DAIKON (Japanese radish)
..... 1 lb.
CARROTS 1 oz.
SALT 1 T.
WHITE SESAME 2.5 oz.
VINEGAR 4 2/3 T.
SUGAR 6 T.
SALT 2 tsp.
MONOSODIUM GLUTAMATE 1/8 tsp.

ABURAAGE (fried
bean curd) 1
SHIRATAKI (fine vermicelli-
like threads of gelatinous
starch) 1 bundle
SALT 1/2 tsp.
DRIED MUSHROOMS..6
DASHI 1/2 C.
SUGAR 1 T.
SHOYU 2 tsp.

Method: Slice the *daikon* and carrots into fine strips and sprinkle over with salt.

Rub the *shiralaki* with salt and cut into 2 or 3 .

Soften the dried mushrooms in water, remove the hard stalks, slice thin.

Boil the *aburaage*, *shirataki* and mushrooms, with *dashi*, sugar and *shoyu*. Take out the ingredients and squeeze out the water.

Parch the white sesame, grind, and flavor with vinegar, sugar, monosodium glutamate and salt.

Mix all the ingredients with this dressing.

Serve in small bowls.

3. SMALL CLAM AND WELSH ONION SALAD

Ingredients:

SMALL SHUCKED CLAMS
..... 1 C.
WELSH ONIONS 1 lb.
A/I/SO (mixture of red and
white sieved *miso*, or
either kind) 6 T.
' SUGAR 3 T.
DASHI 3 T.
VINEGAR 2—3 T.
MONOSODIUM GLUTAMATE
..... 1/8 tsp.

welsh onions with this *miso* sauce and serve in small bowls.

Method: Dip the shucked clams in hot water and take out immediately. Boil the onions slightly; cut them into 1½ in. lengths.

Add the sugar, *dashi* and monosodium glutamate to the sieved *miso*; stir well, and add the vinegar.

Mix the small clams and

Notes: Other shellfish such as scallop, shell-ligaments, shrimps, or horse-mackerel, tunny and sliced sardines may be used instead of the small clams. Sprinkle salt over them, soak in vinegar and then mix with the *miso* sauce. Canned fish can also be used.

4. CARROT AND STRING BEANS WITH TOFU DRESSING

Ingredients:

| | | | |
|--------------------|----------|--------------------|-----------|
| CARROT | 1 | WHITE SESAME | 4 T. |
| STRING-BEANS | 30 | TOFU | 1 (8 oz.) |
| KONNYAKU | 1 | SUGAR | 1 T. |
| SALT | 1/2 tsp. | SALT | 1 tsp. |
| DASHI | 1/2 C. | SHOYU | 1 tsp. |
| SUGAR | 1 T. | MONOSODIUM GLUTA- | |
| SHOYU | 1 T. | MATE..... | 1/8 tsp. |

Method: Slice the carrot and *konnyaku* into rectangular shapes {see page 36}. Cut the beans into 1 in. lengths. Sprinkle some salt over them.

Boil the beans for a short time and drain; then boil the sliced carrot and *konnyaku*, flavor with *dashi*, sugar and *shoyu* and drain.

Wash the sesame well, and parch. Crush in a mortar and add the sugar. Boil the *tofu*, and put it in a square of cheesecloth; wring tightly; turn into a bowl; add salt monosodium glutamate and *shoyu* and mix with the carrot, *konnyaku* and string beans.

I. *SUNOMONO* (Vinegared Foods)

Sunomono is fresh, raw or boiled vegetables, fish, or shellfish, flavored with vinegar, *shoyu*, salt, sugar and *mirin*. It is often served as a relish with wine.

There are 2 kinds of sauce used with *sunomono*.

1. Vinegar and *shoyu* (in equal amounts.)
 2. Vinegar, *shoyu* and sugar (in equal amounts.)
- (Often salt and a little *shoyu* are used instead of *shoyu*.)
Sunomono is served in small or medium-sized bowls.

5 KINDS OF VINEGARED DISHES

1. VINEGARED SHELLFISH

Ingredients:

| | | | |
|-------------------------------|--------|--------------------------|--------|
| (TAIRAGAI (a kind of scallop) | | VINEGAR (or lemon juice) | |
| (or the red-necked bloody | | | 3 T. |
| clams, 30) | 6 | SHOYU | 1 tsp. |
| VINEGAR | 2 T. | SUGAR | 1 T. |
| CUCUMBER | 1 | DASHI | 2 T. |
| SALT | ½ tsp. | MONOSODIUM | |
| VINEGAR | 2 T. | GLUTAMATE | ¼ tsp. |

Method: Clean the insides of the *tairagai*, cut into 1/4 in. slices and pour vinegar over it. Serve in small bowls.

Slice the cucumber thin from the end, sprinkle a little salt and vinegar over it. Let stand for a while, then place on a plate with the *tairagai*. Pour the mixture of vinegar, *shoyu*, *dashi*, monosodium glutamate and sugar over them and serve.

2. V1NEGARED LOBSTERS AND CUCUMBER ROLLS

Ingredients:

| | |
|---------------------|--------------------|
| LOBSTERS, PRAWNS or | EGG YOLKS..... 2 |
| SHRIMPS (or canned | SUGAR 1 T. |
| crabs) 4 oz. | SALT½ tsp. |
| SALT 1 tsp. | VINEGAR 2 T. |
| MIRIN 2 T. | MIRIN1 T. |
| CUCUMBERS..... 5 | MONOSODIUM GLUTA- |
| SALT 1 T. | MATE ¼ tsp. |

Method: Remove the heads and inside of the lobsters. Boil the lobsters in salted water and remove the shell. Cut them into the desired sizes and sprinkle the *mirin* over them.

Cut the cucumbers into pieces 1 in. long; peel each piece lengthwise spirally 1/8 of an in. thick as illustrated on page 36, removing the center. Sprinkle a little salt over them.

Lay a piece of the shrimp in the center of each layer, and roll up like a jelly roll. Mix the yolks with vinegar, *mirin*, sugar, salt and monosodium glutamate.

Serve 3 of the rolls in a small dish or bowl and sprinkle the flavored egg over them.

3. VINEGARED ABALONES AND SLICED PEACHES

Ingredients:

| | |
|-------------------------|--------------------------|
| ABALONS 1 (1 lb.) | VINEGAR (or lemon juice) |
| RED PEACHES | 6 T. |
| (or beets, apples) .. 2 | ' SHOYU 2 tsp. |
| SALT¼ tsp. | SALT 2 tsp. |
| | MONOSODIUM GLUTA- |
| | MATE.....1/8 tsp. |
| | SMALL PIECES OF ICE..6 |

Method: Choose abalones which are rather green. After washing them, separate the flesh from the shell with a spatula.

Remove the insides of the abalones; cut the flesh into dice, 1/2 cubic in. in size. Arrange in medium-sized bowls; add 2 pieces of red peach, a little salt water (1/2 cup of water, 1/4 tsp. of salt) and a piece of ice, to each bowl.

Serve with a mixture of vinegar, *shoyu*, salt and monosodium glutamate in small dishes.

4. VINEGARED MACKEREL

Ingredients:

| | |
|--------------------------|--------------------------|
| MACKEREL (or other fish) | DAIKON (Japanese radish) |
| 1 (11/2 lb.) | 12 oz. |
| VINEGAR 1 C. | GINGER 1 |
| SALT 1 T | VINEGAR (or lemon juice) |
| | 6 T. |
| | SALT 2 fsp. |
| | SHOYU 1 tsp. |
| | MONOSODIUM GLUTAMATE |
| | 1/8 tsp. |

Method: Slice the fresh mackerel into 2 (*see page 27*), sprinkle the salt over it. Wash off after 3 hours. Soak in the vinegar for about 10 minutes. Remove the skin. Slice the flesh thin like slicing *sashimi* and serve in small bowls.

Place the grated *daikon* and grated ginger on a small dish and serve with a mixture of vinegar, *shoyu*, salt and monosodium glutamate, as a dipping sauce.

5. V1NEGARED MUSHROOMS AND SMALL TURNIPS

Ingredients:

MUSHROOMS 5 oz.
 SMALL TURNIPS.....7 oz.
 LEAVES OF TURNIPS .. 7 oz.
 KATSUOBUSHI SHAVINGS
 2 T.
 MONOSODIUM GLUTAMATE
1/4 tsp.
 SALT1/2 tsp.
 SHOW 2 tsp.
 VINEGAR 3 T.
 - MIRIN (or *dashi*) 1 T.
 SUGAR 2 T.
 BITTER ORANGE (or lemon)
 **1**

Method: Remove the end of the mushroom stalks; braise on skewers. After braising, tear them lengthwise by hand into several pieces.

Boil the small turnips until they become quite soft, and cool them. Cut the leaves into about 1 in. lengths; slice the round roots very thin.

Serve the mushrooms and small turnips in small bowls.

Pour the mixture of salt,

sugar, *shoyu*, vinegar, *minn* and monosodium glutamate over them; add a little *yuzu* juice; and some shaved *katsuobushi*.

J. **SASHIMI** (Sliced Raw Fish)

Fresh fish or shellfish should be prepared quickly, to keep its freshness. It is sliced either raw, or after hot water is poured over it. Serve artistically in dishes.

A long and narrow dish, or a round plate is usually used, but a bowl-like dish is also sometimes used. Quite often the *sashimi* is put on a large platter, each person taking what he needs on to an individual plate.

The garnishing (explained below), with a little grated horse-radish, is always put on the same dish as the *sashimi* and served with a small dish of *shoyu* either plain, or blended with vinegar. The horse-radish, garnishing and *sashimi* are dipped in the *shoyu*, and eaten together.

1. **INGREDIENTS:**

Many kinds of fish are used for *sashimi*, but the most popular are sea-bream, flatfish, tunny, *sawara* (mackerel-like fish), half-beak, lobster and cuttlefish. They are chosen according to the season and place.

Shoyu: This is very important for *sashimi*.

Garnishing: Raw vegetables or seaweed are used to add to the taste of the *sashimi*, and to make the dishes look attractive. There are many kinds of garnishing, such as *daikon* and carrots cut in thread like shreds; thinly sliced *myoga*, ginger, leaves of knot-grass, parsley, lettuce, raw liver, etc.

Flavoring: To add to the taste of *sashimi*, and to help digestion, use grated horse-radish, grated ginger, grated *daikon*, grated carrot, or mustard.

2. METHOD OF PREPARING:

Scale the fish, remove its head and insides and wash well. Wipe off the water and slice the fish into 3 pieces (upper-end, middle, with bone, and lower-end). Cut the upper-end and lower-end slices into half and cut into 4 pieces. Remove the skin from the tail piece. Slice these into small pieces.

(1) Slicing thin and serve overlapping as shingles

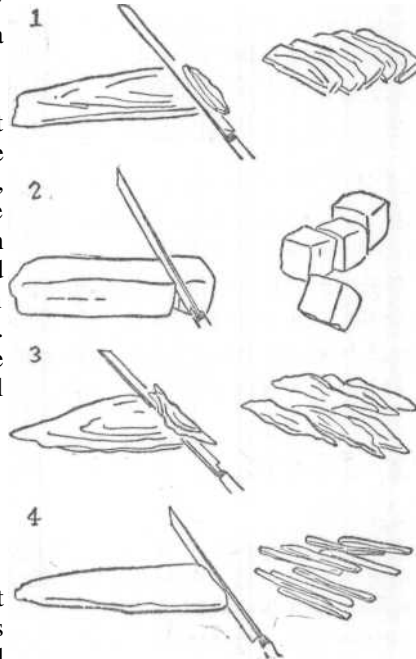
This is the most common way of cutting. The "4 cuts" method means that a piece $1\frac{1}{2}$ in.

wide, and $\frac{1}{2}$ in. thick is sliced left slantwise with the knife at an angle of about 30° , each small slice piece being $\frac{1}{4}$ of an inch thick. The slices should be laid overlapping on the cutting board. Suitable portions are transferred to individual dishes.

(2) Cutting in dice shapes
Thick-fleshed fish are often cut into dice ($\frac{1}{2}$ in.).

(3) Slicing off

Thin fleshed fish are cut in this way. The knife is held very slantingly, and the flesh is very thin.



(4) Cutting in long slices

Long fish are often sliced in this way. The fish is cut into 3 thin slices first. Then these are sliced on a slant and in long pieces $\frac{1}{4}$ in. thick.

(A) 3 KINDS OF SASHIMI

1. SEA-BREAM SASHIMI

Ingredients:

| | | |
|------------------------------------------|----------------------------|------|
| SEA-BREAM FISH (or other | HORSE-RADISH | 1 |
| white fleshed fish).. $1\frac{1}{2}$ lb. | (or powdered ginger, 5 T.) | |
| YOUNG GREEN LEAVES OF | SHOYU | 6 T. |
| THE BEEFSTEAK PLANT (or | | |
| water cress, parsley)..6 | | |

Method: Slice the fish into 2 pieces and cut into half (*see page 27*). Slice each portion in pieces about $\frac{1}{4}$ in- thick (*No. 1 on page 151*).

Transfer the *sashimi* to a medium-sized dish and garnish with the young green leaves of the beefsteak plant and some grated horse-radish, piled in a cone-shaped heap.

To eat dip the *sashimi* in *shoyu* mixed with the horse-radish.

2. SILLAGO

Ingredients:

| | | |
|----------------------------|--------------------|------|
| SILLAGO (or half-beak flat | HORSE-RADISH | 1 |
| fish) | SHOYU | 6 T. |
| 6 (1 lb.) | | |
| KNOT-GRASS (or lettuce) | | |
| 1 | | |

Method: Cut the fish into 2 pieces, remove the skin (see page 38). Cut the flesh in long, slanting strips 1/2 in. wide.

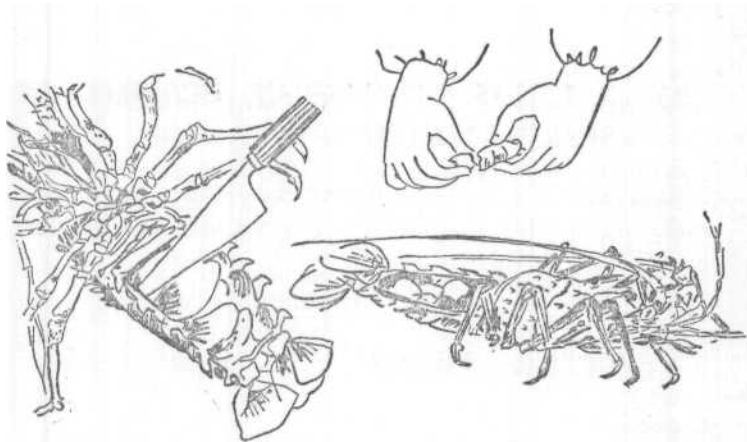
Pile the strips of fish crosswise in a pile, in a medium-sized bowl and put 3 or 4 blades of knot-grass and some grated horse-radish at one side as a garnish. It is delicious dipped in soy sauce mixed with the horse-radish.

3. LOBSTER SERVED IN ITS OWN SHELL

Ingredients:

LOBSTERS 2
TWO-LEAVED GREEN
SPROUTS (or garden cress)
..... a few pieces

RAW LAVER (or thinly sliced
cabbage) small amount
HORSE-RADISH 1
(or powdered ginger, 5 T.)
SHOYU 6 T.



Remove the lobster meat and tear by hand.

Method: Insert a knife into both sides of the belly of an uncooked lobster. Remove the shell. Take the flesh out and tear it by hand into pieces of about mouthful size. Put into a bamboo basket and shake in ice-water to wash. When the flesh becomes firm, take it out of the water and shake it dry.

Boil the shell in water and when it becomes red, take it out and cool.

Cut the head off from the body part, and push the shell up into it, turning the body part upside down. Put the flesh back into the shell and serve on a big plate.

Remove the roots of the green sprouts and put them with the grated horse-radish and raw laver green sprouts beside the lobster as garnishing.

Provide a small plate for each person for the lobster, and another small dish for the *shoyu*.

(B) 3 KINDS OF SASHIMI, SCALDED IN BOILING WATER

This *sashimi* is scalded and then eaten with vinegar. The surface of the fish is parboiled, giving the *sashimi* a different taste.

1. SEA-BREAM SASHIMI

Ingredients:

SEA-BREAM (or other white
fleshed fish) 1 lb.

DAIKON (Japanese radish)
(or turnips or carrots). .5 in.
SHOYU 6 T.

Method: Slice the sea-bream into 2 pieces (see page 27) ; put on the cutting board, skin side up. Pour hot water over it, holding the board on a slant, and the skin will shrink.

Dip the slices in cold water immediately, and then wipe off the water. Cut the pieces into slices about 1/4 in. thick.

Serve these on a plate with a mound of daikon at one side, soy sauce in a separate small dish.

2. CHICKEN SASHIMI

Ingredients:

| | | | |
|------------------------------|--------|-------------------------|--------|
| CHICKEN | 8 oz. | HORSE-RADISH | 1 |
| CUCUMBER | 12 oz. | (or powdered ginger, or | |
| SPIKE OF THE BEEFSTEAK | | mustard, 5 T.) | |
| PLANT | 6 | SHOYU | 1/3 C. |
| (or thinly sliced cabbage, 3 | | | |
| oz.) | | | |

Method: Cut the soft white part of chicken in thin slices, put into a bamboo basket and dip once or twice in hot water; take out and cool.

Cut the cucumber into 11½ in. lengths, peel the whole length vertically into layers as thin as possible. When you have peeled the cucumber 3 or 4 times, put the layers one upon another; slice thin sideways from one end and put the pieces in water (*see page 36*).

Squeeze the water from the cucumber and put it on individual dishes; place the chicken on the cucumber. Lay a spike of blossoms from the beefsteak plant and some grated horse-radish on one side of the dish.

Provide small dishes holding some soy sauce.

3. LOBSTERS BOILED WITH SALT

Ingredients:

| | |
|--------------------------|---------------------------|
| LOBSTERS (or crabs) .. 6 | <i>SHOYU</i> 1 tsp. |
| CUCUMBER..... 1 | VINEGAR (or lemon juice) |
| | 1/2 C. |

Method: Remove the head and insides of the lobsters. Boil the lobsters in their shells in salted water. Cool and remove the flesh from the shells. Cut up the meat, and then cut the cucumber into various shapes. Serve the cucumber and lobsters in small bowls and pour the *shoyu* and vinegar over them.

Note: With crabs, you may follow either of 2 methods: boil the crabs, and serve them as they are in their shell; or remove the flesh from the shells and mix with the cucumbers as above.

K. *MESHIMONO*

(Rice with Other Ingredients)

This is rice boiled with fish, meat or vegetables; or fish, meat or vegetables are cooked and put over the rice.

Examples of the former type are "red rice," "sea-bream rice," "chicken rice" and "mushroom rice."

Examples of the latter are "*tempura* (*tempura* on rice)."
"*unagi-domburi* (broiled eels on rice)," "*oyako-domburi*
(boiled chicken and eggs on rice)."

How To Cook Rice

Ingredients:

RICE 5 C.

WATER 6 C.

Method: Wash the rice, put it in a *kama* or thick pot, and add the water. After about half an hour set the *kama* on the stove to cook. Boil over a strong fire until the water bubbles; then turn the fire down low for about 10 minutes (so the water will not boil over and spill).

Turn the fire down lower for about a quarter of an hour, then turn off and let the rice stand in the pot with the lid on for another 10 minutes.

7 KINDS OF RICE DISHES

1. *TENDON* (*Tempura* on Rice)

Ingredients:

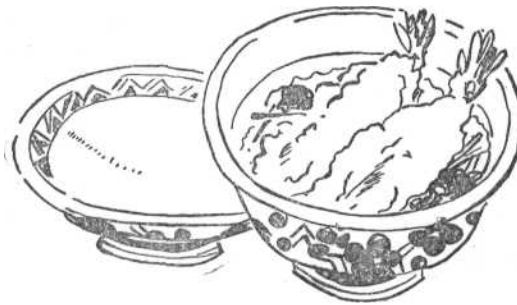
| | | |
|-------------------------------|-------------------|-------|
| PRAWN or LOBSTER | DASHI | 1 C. |
| <i>TEMPURA</i> 18 oz. | SUGAR | 2 T. |
| TREFOIL (or wafer-cress, thin | SHOYU | 6 T. |
| sliced carrots)3 oz. | BOILED RICE | 3 lb. |

Method: Make prawn *tempura* (*see page 124*). Cut the trefoil into 1 in. lengths, and divide it into 6 portions. Dip each portion in a batter of flour and water, and fry.

Put the *dashi*, *shoyu* and sugar in a saucepan and boil.

Serve the rice in a big bowl; put the prawn and trefoil *tempura* on it and pour the soup over the whole.

Note: Instead of rice, *udon* (wheat vermicelli) or *soba* (buck-wheat noodles) can be used.



Deep-fried lobster
served on rice in
a big bowl.

2. *UNAGI-DOMBURI* (Broiled Eels on Rice)

Ingredients:

BROILED EELS 24 oz.
 SOUP made by boiling
 the head and bones
 of the eel 1/2 C.
 MIRIN (or sherry) 3 T.
 SHOYU 3 T.
 BOILED RICE 3 lb.

Method: Put the broiled eels (*see page 115*) on the rice in a bowl or a lacquered box. Pour over it the soup flavored with *shoyu* and *mirin*.

3. *OYAKO-DOMBURI* (Boiled Chicken, Mushrooms and Egg on Rice)

Ingredients:

CHICKEN 1/2 lb.
 MUSHROOMS 1/2 lb.
 ONIONS 3
 DASHI 1 C.
 SHOYU 6 T.
 MIRIN (or sherry) 6 T.

EGGS 6 T.
 BOILED RICE 3 lb.
 SEASONED LAYER .. 2 sheets

Method: Slice the chicken thin; slice the mushrooms into pieces 1 1/2 in. long; slice the onion lengthwise in fine strips.

Boil the *mirin*, add the *dashi* and *shoyu*; add the chicken, mushrooms and onion and cook. When cooked, divide into 6 portions.

Put 1 portion into a frying-pan and heat. Beat the egg lightly and pour it over the mixture. When the egg is half done, transfer the whole into the hot rice in the box. Toast the laver, shred and sprinkle over the egg. Cover immediately. Repeat until all the portions are cooked. This recipe serves 6 people.

4. CHESTNUT RICE

Ingredients:

| | | | |
|-----------------|------|-------------|--------|
| RICE | 4 C. | SALT | 1 tsp. |
| CHESTNUTS | 30 | SAKE | 2 T. |
| SHOYU | 3 T. | WATER | 5 C. |

Method: Wash the rice first. Remove the shells and brown skins of the chestnuts. Cut the big nuts in half; soak the nuts in water.

Put the rice and chestnuts into a *kama* or pot, add the same quantity of water as there is rice, and the seasonings. Set the *kama* on the stove and boil over a strong fire. When the rice begins to boil over, turn the fire down low for about 20 minutes. Turn off the heat and let the rice stand, with the lid on, for another 10 minutes and then serve on plates or in bowls.

5. RED RICE

Ingredients:

| | | | |
|----------------------|--------|--------------------|--------|
| MOCHIGOME (glutinous | | SALT | 1 T. |
| rice) | 5 C. | BLACK SESAME SEEDS | |
| AZUKI (red-beans) | | | 3 T. |
| | 0.7 C. | SALT | 1 tsp. |
| [WATER | 7 C. | | |

Method: Wash the rice and put it in a basket or sieve.

Boil the *azuki* in 7 cups of water, without covering the pot, so that the beans will have a good color through contact with the air. When the water decreases, add more and boil until the beans become soft; pour the beans into a basket. Keep the water in which the beans were cooked to color the

rice with.

Boil the rice with the beans in 5 cups of the bean water, and 1 T. of salt.

Serve the rice on plates or in bowls. Sprinkle over the rice the parched black sesame seeds mixed with the salt. (Red rice is often made for festive occasions.)

6. CHICKEN RICE

Ingredients:

| | | | |
|-------------------------|-------|------------------------|----------|
| RICE | 4 C. | CHICKEN | 8 oz. |
| CHICKEN SOUP (made from | | SHOYU | 3 T. |
| the bones and internal | | SALT | 1½ tsp. |
| parts) | 4½ C. | MIRIN (or sherry) | 3 T. |
| | | SEASONED LAVER .. | 2 sheets |

Method: Cut the chicken into small pieces and put this in the mixture of *shoyu* and *mirin*. Take out the chicken and add the chicken soup to the liquid making 6 cups.

Pour this into the rice and boil. When the rice boils over, add the chicken. Boil the rice according to the method given at the beginning of this chapter. When all the water has boiled away, turn off the heat and let the rice stand with the lid on for 10 minutes. Mix the rice before serving on the plates. Crumble the toasted laver and sprinkle over the rice.

7. SEA-BREAM RICE

Ingredients:

| | | | |
|------------------------|-----------|----------------------|-----------|
| RICE | 5 C. | DASHI | 2 C. |
| SEA-BREAM | 1 (1 lb.) | DRIED MUSHROOMS.. | 3 |
| WATER | 6 C. | TREFOIL (or spinach) | |
| MIRIN (or sherry) ____ | 6 T. | | 1 handful |
| SALT | 11/4T. | SHOYU | 2 tsp. |
| JAPANESE LEEK | 1 | SALT | ½ tsp. |
| | | SEASONED LAVER .. | 2 sheets |

Method: Slice the sea-bream into 2 pieces (*see page 27*). Boil the flesh, head and bones in 6 cups of water. Remove the flesh and shred.

Strain the soup after the flesh has been taken out and flavor the 5 1/2 cups of soup with *mirin* and salt; add this to the rice.

Set the rice over the fire and when it begins to bubble, add the shredded sea-bream, and boil over a low flame. Cook the rice by the method given above. Stir the rice before serving.

Slice the dried mushrooms into fine strips and cut the trefoil into 1 in. lengths and boil in the *dashi* flavored with *shoyu* and salt.

Serve the rice in big bowls, pouring the soup over it. Sprinkle the thinly sliced leeks over this and crumble the toasted laver over the whole.

L. *SUSHI* (Vinegared Rice Variations)

Sushi is made of rice flavored with vinegar and salt, sometimes with sugar also, and is eaten with cooked or raw fish, shellfish, eggs or vegetables.

The main kinds of *sushi* are:—

- (a) ***Mgiri-zushi***—Oval-shaped, vinegared rice balls, over which are placed slices of fish, etc.
- (b) ***Norimaki-zushi***—Vinegared rice rolled in seasoned laver sheets.
- (c) ***Chirashi-zushi*** —Vinegared rice served in bowls or boxes, and covered with various ingredients.

How to Cook Rice for *Sushi*

Ingredients:

RICE..... Hard white polished rice.

WATER 1 1/10 times the amount of the rice.

VINEGAR 1) For 10 C. of rice, vinegar 11/5 C, sugar 1 T.,
salt 3 T., monosodium glutamate ½ tsp.

(to mix with the rice) 2) For 10 C. of rice, vinegar 1 C, sugar 5 T.,
salt 3 T., monosodium glutamate 1/2 tsp.

Method: 3 hours before cooking time, wash the rice and put it in a basket.

Boil the water and add the rice just before the water boils up. When the rice is boiling, turn the fire down low so the hot water will not spill over. Turn the fire down still lower for about 10 minutes, and turn out the fire. The rice should be firm and rather hard.

Transfer the rice to a shallow, vessel and cool it quickly by fanning while mixing it with the vinegar (No. 1 or No. 2).

8 KINDS OF *SUSHI*

(A) *Nigiri-zushi*

The boiled rice is shaped in ovals and the ingredients are laid on top. Many varieties of *nigiri-zushi* are served on a big plate, and the people help themselves, dipping the *sushi* into *shoyu* served in small dishes.

1. TUNNY

Ingredients:

| | | | |
|-------------------------------------|------|----------------------------------------------------------------------|---|
| TUNNY (sliced in rectangles) | 30 | HORSE-RADISH (or powdered horse-radish, powdered ginger, 5 T.) | 1 |
| BOILED VINEGARED RICE (No. 1) | 1 C. | | |

Method: Slice the tunny in about 30 slices, 1/4 in. thick, 1 in. wide, 2 in. long.

Put 1 slice on the left hand, spread a little grated horse-radish on it (1) ; put a handful of rice over it with the right hand, shape into an oval (as big as the slice) by pressing the rice lightly with 2 fingers of the right hand (2). Turn over, and make into a good shape (3). (See *the photos on page 91.*)

Note: Sea-bream, flat fish, bonito are also good ingredients for *sushi*, and are made in the same way as the above.

Note: Horse-mackerel, mackerel, both fish with a bluish skin, are usually first soaked in vinegar.

2. KOHADA (Konshirus Puncfatus)

Ingredients:

| | |
|-----------------------------------------------------|------------------------------------------------------------------------------|
| KOHADA (a small fish with a bluish skin) 15 | BOILED VINEGARED RICE (No. 1)..... 4 C |
| VINEGAR 1 C. | HORSE-RADISH (or powdered horse-radish, powdered ginger, 5 T.) 1 |
| SALT 1 1/2 : | |

Method: Slice the *kohada* into 3 pieces and remove the small bones. Sprinkle some salt over them and let stand for 30 minutes. Soak in vinegar for about 1 hour. Make *nigiri-zushi* as with the tunny.

3. RED-NECKED CLAMS

Ingredients:

| | |
|-------------------------------------|--|
| RED-NECKED CLAMS..30 | |
| BOILED VINEGARED RICE 4 C. | |
| HORSE-RADISH 1 | |

Method: Shuck the red-necked clams, cut the flesh into half. Remove the insides, wipe away the water and mucus on the flesh.

Make the rice into oval shapes and cover with the grated horse-radish and the clams.

4. SEA EELS

Ingredients:

| | |
|-----------------------------|-----------------------|
| SEA EELS 3 | BOILED VINEGARED RICE |
| SHOYU 4 T. | 4 C. |
| MIRIN (or sherry) 4 T. | |
| WATER 4 T. | |

Method: Cut open the sea eels; remove the bones inside. Boil them with *mirin*, *shoyu* and water, over a low fire. Cut them into suitable sizes and make *nigiri-zushi* with these. Boil down the mixture of *mirin*, *shoyu* and water in which the sea eels were boiled; spread it over the sea eels on the oval rice shapes.

5. PRAWNS

Ingredients:

PRAWNS 14
BOILED VINEGARED RICE
.....4 C.
SALT 1/2 tsp.
SUGAR 2 T.
COCHINEAL .. a few drops

Method: Remove the heads of the prawns. Open them up with a knife and clean out.

Leave the tails as they are. Boil the prawns for a short time in salted water, and they will become red.

Mash 2 prawns or the same quantity of white-fleshed fish; add the sugar and salt; mix well and parch over a low fire until dry.

Put this mashed prawn or fish on a rice oval then put a prawn over it, making a *nigiri-zushi*.

6. THICK FRIED EGG

Ingredients:

| | |
|--------------------------------|----------------------|
| EGGS 2 | SHOYU 1/2 tsp. |
| FLESH OF FISH..2 oz. (1 slice) | SALT 1/4 tsp. |

Method: Mash the fish well, add the beaten egg little by little; add salt, *shoyu* and *sugar*. Fry the egg in a square shaped pan.

Cut this fried egg into rectangles 1X2 in. Make *nigiri-zushi*, putting 1 piece of egg on a rice oval. (Do not use horse-radish with this *nigiri-zushi*.)

(B) *Norimaki-zushi* (Vinegared Rice Rolled in Seasoned Laver)

7. NORIMAKI-ZUSHI

Ingredients:

| | | | |
|-------------------|----------|---------------------------|-----------------|
| DRIED GOURD | | FLAT FISH (or other white | |
| STRIPS | 6 | fleshed fish)..... | 4 oz. |
| SALT | ½ tsp. | EGGS | 3 |
| SHOYU | 2 T. | ' SALT | 1/2 tsp. |
| SUGAR | 2 T. | SUGAR..... | 1 1/2 T. |
| DASHI | 1 C. | MIRIN | 2 T. |
| | | FLATFISH (or other white | |
| | | fleshed fish or prawns) | |
| | | | 1 slice (2 oz.) |
| DRIED MUSHROOMS | | ' SUGAR | 2 T. |
| (big ones) | 6 | SALT | ½ tsp. |
| DRIED GOURD STRIP | | COLORING | 1 drop |
| SOUP..... | 1/2 C. | RICE..... | 4 C. |
| SUGAR | 1 T. | WATER..... | 4 C. |
| SHOYU | 1/2 T. | VINEGAR | ½ C. |
| | | SUGAR..... | 2 T. |
| SPINACH | 1/3 lb. | SALT | 1 T. |
| SALT | 1/2 tsp. | SEASONED LAYER.. | 9 sheets |

Method:

- 1) Dried gourd strips—First wash in water, then wash, rubbing in 1 tsp. of salt. Cook until tender in 1 cup of *dashi*, *shoyu* and sugar. Remove gourd.
- 2) Dried mushrooms—Soften in water, remove the stems.

Slice into strips and cook in the mixture in which the gourd strips were cooked, adding some more *shoyu* and sugar, to give it a more salty-sweet taste.

- 3) Spinach—Boil quickly with salt, not too long.
- 4) Thick fried eggs—Add eggs, salt, sugar and *mirin* to the white flesh of the fish. Strain and fry thin. Cut into long strips about 1/4 in. wide.
- 5) *Oboro*—Boil the fish in water, crush in a *suribachi* (earthenware mortar), adding sugar and salt. Add a little coloring and mix until fluffy in a frying-pan over a low fire, being careful not to burn. Canned salmon can be used instead of white fish.

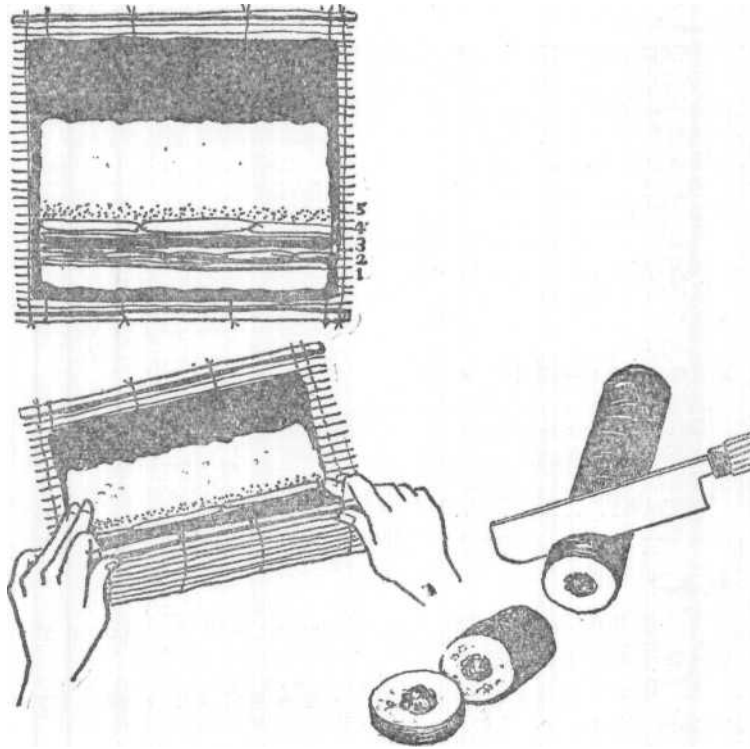
How to Roll the *Sushi*

Lay 1 and 1/2 sheets of laver on a bamboo mat so that they overlap {see page 22 No. 4). Spread the rice evenly on the laver leaving a space of 1 in. at one end. On the middle of this arrange 1) boiled gourd strips, 2) mushrooms, 3) greens, 4) thick fried eggs, 5) *oboro*, in order, in long strips, horizontally with proper spaces between them, as in the diagram below.

Then take a hold of the seasoned laver and the ingredients on it together with the bamboo mat on the side near you with your thumbs and forefingers and roll up to contents tightly. Try to keep the stuffing in the center by pressing with the other fingers as you roll it up. When you finish making a tight roll

press both ends of the roll inside. Let stand for some time.
Cut each roll into about 8 pieces.

This is often served with *nigiri-zushi*.



(C) *Chirashi-sushi* (Vinegared Rice with Flavored Vegetables, Fish and Dried Fish)

8. *CHIRASHI-ZUSHI*

Ingredients:

| | |
|------------------------------------|-----------------------------------------|
| POLISHED RICE 5 C. | DRIED MUSHROOMS |
| WATER 5 1/2 C. | 1 1/2 oz. |
| VINEGAR 1/3 C. | DRIED GOURD STRIPS |
| SALT 1 T. | 2 oz. |
| SUGAR..... 3 T. | <i>ABURAAGE</i> (fried bean curd) |
| | 1 oz. |
| EGGS 2 | <i>DASHI</i> 1 1/2 C. |
| <i>DASHI</i> 2 tsp. | <i>SHOYU</i> 2 tsp. |
| SALT 1/4 tsp. | SUGAR..... 1 tsp. |
| SUGAR 1/2 tsp. | CARROTS..... 3 oz. |
| | <i>DASHI</i> 4 T. |
| STRING BEANS 2 oz. | SALT 1/3 tsp. |
| SALT 1/2 tsp. | SUGAR 1/2 T. |
| SUGAR..... 1 tsp. | |
| | LOTUS ROOTS (or chestnuts) |
| HORSE-MACKEREL .. 4 oz. | 4 oz. |
| SALT 1 T. | VINEGAR..... 1 1/2 T. |
| | SUGAR..... 1 T. |
| SALMON (canned) .. 2 oz. | SALT 1/2 tsp. |
| <i>MIRIN</i> (or sherry) .. 1 tsp. | RED GINGER..... a little |
| SALT 1/4 tsp. | |
| SUGAR..... 1 T. | |

Method:

1. Boil the rice in 5 1/2 cups of water. Add the mixture of vinegar, salt and sugar.
2. Beat the eggs; flavor with *dashi*, salt and sugar; fry in thin sheets in a frying-pan.
3. Stem the string beans and boil in their pods with salt and sugar.
4. Sprinkle the salt over the horse-mackerels and broil them. Then mash lightly.

5. Remove the salmon from the can, break up into pieces. Flavor and put into a small bowl. Put the bowl into a pan of boiling hot water and stir the salmon until it becomes rather dry.

6. Chop the dried mushrooms, dried gourd strips and fried *tofu* into small pieces and flavor with *dashi*, *shoyu* and sugar.

7. Slice the carrots into thin strips and flavor with *dashi*, salt and sugar.

8. Peel the lotus roots and slice thin. Boil them for a short time in the vinegar which has been mixed with sugar and salt.

9. Cut the red ginger into thin strips.

Mix the rice (1) with the horse-mackerel (4), the mushrooms, gourd strips and fried *tofu* (6) and the lotus roots (8). Serve on medium-sized plates in cone-shaped heaps; arrange the eggs (2), the string beans (3), and salmon (5) on them. Put the red ginger in the center.

M. *TSUKEMONO* (Pickled Vegetables)

Tsukemono is root vegetables and green pickled with salt and bran or with salt alone. It is usually eaten at the end of the meal with rice and green tea.

1. **Pickled with bran and salt**

- a) Semi-dried Japanese radishes are put in a cask with a mixture of salt and bran, and pressed under a big stone for a long time.
- b) Salted bran for pickling is kept in a cask or jar in the average home, and when needed root vegetables, greens, eggplants and cucumbers are put in it for 2 or 3 days at a time and served. (Even when not in use, the bran should be stirred thoroughly every day.)

2. **Pickled with salt**

- a) Vegetables, sprinkled over with salt, are pressed in a cask or some such receptacle under a heavy stone for from 2 or 3 hours to 3 days.
- b) Vegetables rubbed with a lot of salt to preserve them are pressed under a heavy stone for a long time.
- c) Vegetables pickled with salt for seasoning, are put into *miso* (bean-paste), wine-lees, or mustard.

Notes: A vegetable pickled for a long time does not lose its flavor; a vegetable pickled for a few days has its own taste and the taste of the seasoning, but loses its flavor. When you serve pickles, serve a salty one and a non-salty one together.

Pickles, arranged attractively, should be served in a big bowl or on small individual plates.

2 Ways of Pickling with Salt

(Methods chosen for their simple directions)

1. *HAKUSAI* (Chinese lettuce) PICKLED WITH SALT

Ingredients:

HAKUSAI 20 lb.

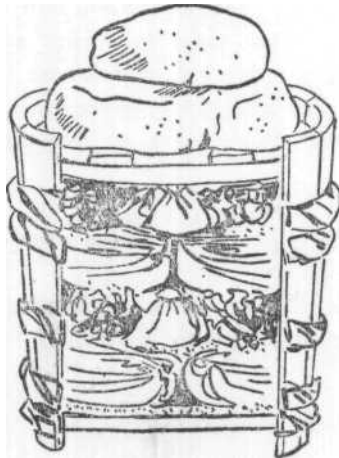
SALT 16 oz.

A stone .. weighting about
20 lb. for pressing.

A cask .. to put the vege-
tables in.

Method: Cut the *hakusai*
into half or quarters,
lengthwise. Wash well,
after soaking in water in
which bleaching powder
has been dissolved.

Put some salt in the
tub, lay the *hakusai* flat on
the bottom of the tub, sprinkle salt over them; repeat this until
the tub is full. Cover with a tight lid, and press under heavy
stones.



A section of a big cask
showing layers of Chinese
lettuce pickled in salt

In summer, water will rise in the tub after 7 or 8 hours; in autumn after 1 day and in winter after a few days. When the water rises, the vegetables are pickled. Serve with *shoyu*.

Small turnips and *komatsuna* (greens) are also pickled in this way.

2. PICKLED SLICED JAPANESE RADISH

Ingredients:

DAIKON (Japanese radish)
(or turnips, cabbage,
eggplants, cucumbers) 20 oz.
SALT 1 1/3 T.
A stone ... twice as heavy
as the radishes.
A bowl ____ 1 (a big one)

Method: Soak the radishes in a weak solution of bleaching-powder, then wash well in plain water.

Chop the leaves fine, sprinkle 1 T. salt over them. After rubbing, press the water out.

Slice the *daikon* thin, then cut them into long strips.

Mix with the chopped leaves, sprinkle 1 T. of salt over them and rub them together. Put into a big bowl; cover with a lid which is smaller than the bowl. Put a heavy stone on the lid to press the *daikon*.

You can serve after 4 to 5 hours.

Take out about a handful each time. Squeeze the water out; loosen and serve with *shoyu* or vinegared *shoyu*.

You may add a little chopped ginger, red pepper, sliced orange, or lemon, to the radish according to your taste.

N. HOW TO MAKE JAPANESE CAKES

The main ingredients used making Japanese cakes are red-beans, *kanten* (agar-agar or gelatine), rice Hour, wheat flour, bean flour, etc., potatoes, eggs, sugar, millet-jelly, etc.

Aromatics and coloring are used, and most of the cakes are beautiful to look at.

There are 2 kinds, dry confectionery (sweets), and cakes.

(1) Dry Confectionery

SEMBEL Crackers, made of rice or corn flour.

AME and SATO-GASHI..... Sweets, made of millet-jelly, sugar and wheat gluten.

(2) Cakes

YOKAN Sweet jelly, made of bean-paste, sugar and Japanese isinglass.

MANJU and *DANGO* Buns, made of bean-paste, sugar and rice or corn flour.

SUGAR IN JAPANESE ISINGLASS

The ingredients used to made these are few and simple, but cakes of many kinds, shapes, and colors, the difference resulting from different combinations of the ingredients, and in the way they are boiled, heated, or kneaded.

Note: In the shops there are many beautiful-looking cakes made by professional cake-makers. But the following cakes are easily made at home. When served they should be arranged a big bowl and transferred with chopsticks, 1 to 3 apiece, onto small individual plates.

6 Kinds of Japanese Cakes

The 2 main ingredients of most Japanese cakes are:—

- (1) *PASIE*.....Mashed bean- or potato-paste boiled down with sugar.
- (2) *KANTEN* Japanese isinglass; a sea-weed called *tengusa tokoroten-so* is boiled down, and the liquid is hardened and cut into rectangular shapes.

(1) How to make the paste

(A) Bean-paste

- a) Strained
- b) Mashed paste

Ingredients:

RED-BEANS 2 C.
SUGAR 2—3 C.
SALT 2 tsp.

Method:

a) Strained Paste

1. Wash the red-beans, boil with water (the water should just cover the beans in a saucepan) until the skins are broken and the beans become quite soft.
2. Strain the beans.
3. Put the beans in a coarse cotton bag and squeeze the water and pulp out.
4. Add a little salt to the strained beans in the bag, and boil down again, adding the sugar little by little, and stirring with a ladle.

b) Mashed Paste

Add sugar and a little salt to the soft-boiled red-beans, and boil down.

(B) Potato-paste

Boil the potatoes or sweet potatoes, and strain. Boil down, adding sugar and a little salt.

(2) How to use *kanten*

Soak the *kanten* in 1 1/2 times the amount of water. After some time, when the *kanten* has swelled enough, boil until it dissolves. Then strain and cool. Add sugar, bean-paste, or white of egg, or sometimes fruit juice, aromatics, or coloring.

The temperature at which *kanten* hardens is about 85°F, so you must add the white of egg or the bean-paste when the *kanten* liquid becomes cold, or else they may separate.

Kanten is used like gelatine and looks the same when it is melted. But it is better than gelatine in that the jellied *kanten* melts at a temperature of 180°F, and so does not melt even when the temperature of the air rises to its highest.

1. YOKAN (A Cake Made of Bean-paste and Kanfen)**Ingredients:**

| | | |
|--------------|--------|-------------------|
| KANTEN | 1 | STRAINED RED-BEAN |
| WATER | 2 C. | PASTE |
| SALT | 2 tsp. | 1/2 lb. |
| SUGAR | 1 lb. | SALT |
| | | 1/3 tsp. |

Method: Boil the *kanten* in 2 cups of water, and when it melts, add the sugar and strain.

Put the saucepan over the fire again, add the salt and bean-paste stirring with a ladle as if kneading.

Boil down until the mixture thickens. Pour into a square

mould and cool.

Cut this into 6 rectangular shapes 2 in. in length and 1 in. in width.

Note: For summer use one more cupful of water and $1\frac{1}{2}$ tsp. of salt are added to this. When hard, cut into rectangular pieces, cool on ice and serve on green cherry leaves.

2. *AWAYUKIKAN* (A Cake Made of the Whites of Egg and *Kanten*)

Ingredients:

KANTEN 1
 WATER 2 C.
 SUGAR..... 2 C.
 MILLET-JELLY 2 T.
 WHITE OF EGGS 2

Method: Melt the *kanten* in water and boil; add the sugar and strain. Put the saucepan on the fire again, add the millet-jelly and boil down until it threads when poured in drops in the air;

then cool. Beat the whites of the eggs.

Mix the cooled liquid of the *kanten* little by little with the whites and pour into a square mould.

When it has hardened, cut into 12 rectangular shapes 1 in. wide and 2 in. long.

3. *HIKICHAMANJU* (Bean-paste Bun with a Crust Mixed with Powdered Green Tea)

Ingredients:

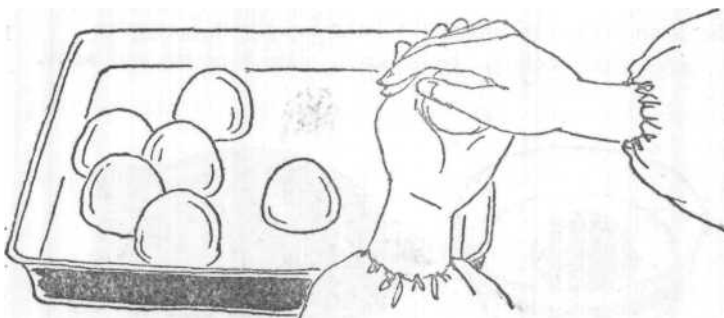
FLOUR 3 C.
 BAKING POWDER .. 2 tsp.
 SUGAR 1 C
 POWDERED GREEN TEA
 1 tsp.
 WATER ½ - 1 C.
 STRAINED BEAN-PASTE
 2 C.

Method: Put the sugar in a bowl, add the water and dissolve the sugar. Sift the flour, baking powder and powdered green tea; mix them slightly in a bowl with the water in which the sugar was dissolved. Divide this mixture into 18 pieces. Roll the

paste into 18 balls.

Make buns by wrapping the bean-paste in the crust. (See *illustration.*)

Spread a wet dish-towel in the steamer, and steam the buns over a strong flame for 15 minutes.



Making buns by wrapping bean-paste in dough.

4. *KUZUMANJU* (Bean-paste Wrapped in a Covering of Arrowroot Starch)

Ingredients:

ARROWROOT STARCH (or
cornstarch) 1 C.
SUGAR 11/2 C.
WATER 2 C.
STRAINED BEAN-PASTE
..... 3 C.
(Cherry leaves, 18)

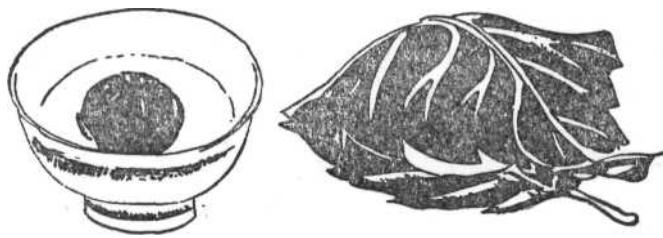
Method: Add the sugar and water to the arrowroot starch. Take out 1/3 of the mixture and set aside; boil the rest until it becomes clear and a little sticky. Remove the saucepan but keep the paste warm; add the part that was

set aside and mix well.

Roll the bean-paste into 18 balls.

Transfer enough of the arrowroot starch paste to a bowl to half-fill it; put a ball of bean-paste into it. Cover the ball with the sticky arrowroot starch paste; mould it into a good shape; wrap this in a cherry leaf; repeat the process with the rest of the bean-paste, and steam the balls for about 5 minutes.

Serve after cooling. In summer, place over ice and serve.



A ball of bean-paste dipped in arrowroot starch (**left**), and steamed in a cherry blossom leaf (**right**).

5. *CHAKIN SHIBORI* (Potato-paste Rolled in a Dish-towel)

Ingredients:

STRAINED POTATOES or
SWEET POTATOES. .6 C.
SUGAR 2 C.
SALT 1 1/2 tsp.
SWEET BOILED FRUIT, .a little

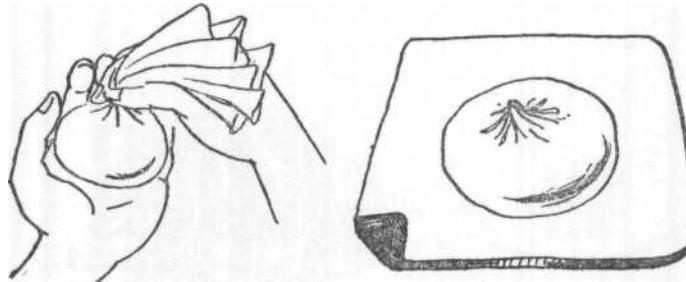
Method: Cut the fruit into small pieces. Mix the strained potatoes with sugar and salt, and knead over a fire.

Transfer 1/8 cup of the sweetened strained potato to a dry dish-towel, put a piece of fruit in the center.

Place in the left hand, roll it with the right, and twist the towel around it, giving the paste a twisted onion shape.

Take off the dish-towel and put the shaped cake on a plate. Make 12 of these.

Different kinds can be made easily by adding different ingredients, such as powdered green tea, egg, etc.



Making cakes of potato-paste by twisting the paste tightly in a clean cloth (**left**); **and the** finished **cake** (**right**).

6. *SHIRUKO* (Red-bean Soup with Rice-cakes)

Ingredients:

| | | | |
|----------------|----------|-----------------------|----------|
| RED-BEANS..... | 2 C. | ARROWROOT STARCH (or | |
| SUGAR | 2 C. | cornstarch) | 1 T. |
| SALT | 1/2 tsp. | WATER | 3 C. |
| | | RICE-CAKES (or boiled | |
| | | flour balls) | 6 pieces |

Method: Make bean-paste with red-beans, sugar and salt. Boil the water, put the bean-paste in it. Boil it well. Dissolve the arrowroot starch with a little water, add this to the bean soup and thicken it.

Toast the rice-cakes. Put on each in the bowls, pour the hot bean soup over it, put on the lids and serve.

Serve something salty in a small plate with the bean soup,—Japanese pepper seeds boiled in soy, or beefsteak plant seeds pickled with salt.

O. SEASONAL MENUS

The following seasonal menus are served at special times, and directions for making all the dishes are given elsewhere in this book. Please note that it is important to choose perfectly fresh ingredients and to serve combinations of dishes of different flavors that will harmonize with each other.

An ordinary menu is usually made up as follows:

Soup
Cooked Food
Broiled Food
Steamed Food

Salad Vinegared
Vegetables Cold
Boiled Greens (one of these)

SPRING

Norimaki-zushi (Vinegared Rice Rolled in Seasoned Laver)

(See p. 167.) Clam Soup (See p. 87.) Broiled *Sawara*
(Mackerel-like Fish) Served with Vinegared

Cabbage Boiled Potatoes, Mushrooms, Peas in the Pod
with Minced

Chicken Paste (See p. 95.) Boiled Spinach Dressed with
Ground White Sesame Seeds

(See p. 143.)

SUMMER

Boiled Rice (See *p.* 157.)
 Chicken, Fine Macaroni, Mushroom Soup (See *p.* 84.)
 Egg and Ginger Custard (*Shoyu*)
 Vinegared Crab and Cucumber (See *p.* 147.)
 Prawn *Tempura* (See *p.* 124.)
 Boiled Ear-shells (See *p.* 110.)

AUTUMN

Boiled Chestnut Rice (See *p.* 157.)
 Lobster and Two-leaved Green Sprout Soup (See *p.* 86.)
 Small Steamed Sea-brems (See *p.* 136.)
 Small Vinegared Turnips and Baked Mushrooms
 Chicken and Vegetables Boiled with Egg (See *p.* 94.)
 Small Bird Broiled Whole (See *p.* 118.)

WINTER

- A. Red Rice with Parched Sesame Seeds and Salt (See *p.* 160.)
Chawan-mushi (Steamed Egg Custard in a Small Bowl)
 (See *p.* 133.)
 Broiled Chicken (See *p.* 117.) ; Sweet Boiled Beans
Kaibashira (Scallop) Dressed with Grated *Daikon* and
 Carrot. Boiled Food (Potatoes, Carrots, Mushrooms,
 Shrimps,
 Peas in the Pod) (See *p.* 95.)
- B. Boiled Rice (See *p.* 157.)
Sukiyaki (See *p.* 128.)
 Boiled Spinach (See *p.* 140.)

P. EVERYDAY MENUS

The basic materials used in Japanese cooking are rice, fish and vegetables. The consuming of meats and dairy products such as milk, butter and eggs has increased greatly in the last decade but the average amount consumed by the individual has not reached the level of that of the West. Rice, the staple food of the people, as a result of too much polishing, loses its Vitamin *B1*. So eating too much white rice, which is the habit of the Japanese, is not to be recommended. Recently correct knowledge about nutrition has been taught in the schools and through various media and now the rice germ is retained or the rice is mixed with Vitamin B1 pills.

The amount of calories required daily by the adult woman is generally considered to be 2,100 Cal. with 70g. of albumin. In order to satisfy the above caloric intake the following amount and combination of foods is needed daily:

- a. Protein nutrients
 - Fish or animal flesh 100g.
 - Soy bean products (bean curd, *miso*, etc.) 100g.
- b. Vitamin nutrients
 - Green vegetables (including orange, tomato, etc.) 150g.
 - Light-colored vegetables (including fruit) 200g.
 - Potatoes (chiefly white potatoes and sweet potatoes) 150g.
- c. Foods of high-caloric value
 - Grains (rice, wheat, barley, etc.) 400g.
 - Oil 20g. Sugar 30g.

- d. Foods to complete a nourishing meal
Milk 180cc.
Egg 20g.

Examples of an Everyday Menu

MORNING

(Spring)

Boiled Rice (*See p. 157.*)

All/so Soup with *Tofu* (Bean curd) and *Shungiku* (Fragrant Greens)

Bracken Sprouts Boiled with Egg

Pickled Cabbage (*See p. 172.*)

Horse-radish Pickled with SaIre-lees

(Summer)

Boiled Rice (*See p. 157.*)

Miso Soup with Potatoes and Japanese Leeks

Fried *Tofu* with Grated Japanese Radish and *Shoyu*

(Autumn)

Boiled Rice (*See p. 157.*)

Pork and Vegetable Soup (*See p. 97.*)

Broiled Goby Rolled with Kombu (Kelp) (*See p. 59.*)

Miso Paste

(Winter)

Miso Soup with Small Turnips and Fried *Tofu*

Small Crisp Fingerlings with Grated Japanese Radish

Sweet Potatoes Boiled with Sugar

Pickled Sliced Japanese Radish (*See p. 174.*)

Pickled Plums

LUNCH

(Spring)

Boiled Rice (See p. 157.)

Fried Vegetables (See p. 124.)

(Summer)

Boiled Rice, Salted Salmon and Dried Laver with Tea Poured
Over It

Boiled White Beans

Pickled Radish Strips Mixed with Black Sesame

(Autumn)

Steamed Potatoes Dried Sardines

Vinegared Turnips (See p. 149.)

(Winter)

Oyster Rice Gruel Fried Boiled Sweet Potatoes

SUPPER

(Spring)

Nigiri-zushi (Vinegared Rice Balls Covered with Slices of Tunny
and Horse-mackerel) (See p. 164.)

Norimaki-zushi (Vinegared Rice Rolled in Seasoned Laver)
(See p. 167.)

Clear Soup with Egg and Trefoil

(Summer)

Boiled Rice (See p. 157.) I

Broiled Horse-mackerel

Broiled Eggplant

Boiled Pork and Vegetables

(Autumn)

Boiled Rice Mixed with Mushrooms, Chicken and Trefoil

Broiled, Mackerel Spinach Flavored with Citron Juice

Clear Soup with Mushrooms and Trefoil

(Winter)

Boiled Rice (See *p.* 157.)

Sukiyaki (See *p.* 128.)

Pickled Chinese Lettuce (See *p.*
173.)

Pickles Seasoned in Sake-lees

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