"EXPLORING OUR JAPANESE HERITAGE
THROUGH FOODS"

Woman's Fellowship TRI-C 2/28/88

ABOUT JAPANESE FOOD

To appreciate and understand a nation's foods, one must know the nature of the country itself and the characteristics of its people. Japan is made up of a group of small volcanic islands and the Japanese have long been dominated by its beautiful mountains, little arable land, and large population.

Thus, to the art of cooking, the Japanese bring a wealth of fish and shellfish from the seas along their long coastline. An endless bounty of vegetables and fruits is seemingly conjured up from small plots of intensively cultivated land. Their concern for texture and appearance reflects an artistic quality and resourcefulness in their lives. A consummate patience enables them to seek out unusual ingredients and to prepare and arrange them in ways pleasing to both eye and palate. Choice of utensils to harmonize with the food served in them and garnishes are given equal thought.

Careful attention to flavors and seasonings permits the Japanese to make the best possible use of limited resources. Meat, though short in quantity, must be long in quality. Vegetables and fruits must be picked at the precise moment of maturity and then sliced, peeled, or diced in a manner certain to bring out the utmost in flavor. And seafood must be literally snatched from waters adjacent to home or restaurant moments before preparation and serving.

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About Japanese Food (continued)

It is this heritage of Japanese cooking that is embodied in this collection of recipes. Besides bringing enjoyment and variety to our meals, Japanese cooking also seems to be in keeping with today's life style. It underscores the need to be at one with nature, utilizing the earth's resources wisely, emphasizing the use of protein-rich vegetables, and retaining natural flavors and vitamins through quick cooking.

TEA

Tea is the most important beverage of the Japanese, and is served with each meal, to guests at any time of the day, and to customers entering a traditional Japanese shop. The tea is served in small porcelain cups without handles, and these in turn are placed upon small lacquer "saucers".

In the sixteenth century, the greatest of all tea-masters, Rikiu, instituted and brought to a high state of perfection the intricate formalities of the tea ceremony. For this ceremony, a green powdered tea is served in beautiful glazed bowls. The atmosphere to be achieved is one of aesthetic simplicity and complete tranquility and peace. The experience to be enjoyed is one of pleasure in the artistic sense and communion with nature.

Kinds of tea:
- Bancha - everyday tea, always served with meals.
- Genmaicha- tea with toasted rice kernels, which add nutty flavor.
- Gyokuro - fine tea made from tender young leaves.
- Habucha - herb tea.

Procedure for making tea: (4 servings)
1 rounded Tbsp. green tea
2 cups boiling water

First, warm tea pot with boiling water. Pour slightly cooled boiled water over tea leaves and let steep 2-3 minutes. Tea is poured a little at a time into each cup until all cups are filled.

GARDENING

Growing Japanese vegetables not only adds authentic touches to a Japanese menu, but also provides a great deal of pleasure and a sense of accomplishment as well. Moreover. gardening is in keeping with today's emphasis on preserving and restoring the earth's resources. It can be a means of returning to natural foods and natural methods of cultivation, and will most certainly involve some healthy physical exercise.

For those eager and willing to try, seeds may be purchased by mail from several reputable seed growers. One mail order house used with great success by many in the St. Louis area is the Kitazawa Seed Company, 356 Taylor St., San Jose, California, 95110. The amount of seeds in one packet is usually ample for the average family garden plot.

The most important factor in having a good garden is the preparation of the soil prior to planting, no matter whether one wants to raise vegetables or flowers. The soil should be turned over and fortified with peat moss, manure, and other fertilizers. Nothing grows well in clay, so conditioning with sand and humus may have to be continued for a long time in order to achieve loose, porous soil. Anyone reluctant to undertake this basic first step in gardening should forget about the pleasures of fresh, fully-ripened homegrown vegetables.

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Kyuri, or Japanese cucumbers, can be planted in the spring after danger of frost and cold weather is over. These cucumbers, unusual because they are tender and practically seedless, should be staked to keep the fruit straight as they develop. Many consider Armenian cucumbers ideal for tsukemono. Snow peas will grow if planted either May 1st or August 1st, but the later planting seems to be more successful in the St. Louis area.

Shungiku, or edible chrysanthemum, has dark green, aromatic, tender leaves, and can be used in sukiyaki, tempura, and aemono. Seeds should be planted in the spring. When plants are five to six inches tall, leaves may be cut as needed, and plants will continue to grow.

Chinese parsley, or coriander, may be planted in spring for use in Chinese chicken salad.

For gobo, or burdock, soil should be sandy and loamy, and prepared to a depth of at least eighteen inches. Seeds should be planted in the spring, and the seedlings thinned until they are two to three inches apart. While gobo seeds are somewhat difficult to germinate, many gardeners succeed in harvesting a good crop of this long, slender, edible root.

Daikon should be planted in late July or early August. These long white radishes may

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be cooked, pickled or simply grated raw for condiment. Since the radishes grow a foot o more in length, the soil should be prepared to a depth of about eighteen inches. The seeds are planted in a row, fairly generousl. At the "two leaf" stage, the seedlings are thinned so that plants are two inches apart. When plants grow fuller and become crowded, they should be thinned once again so that plants are four to five inches apart. At this stage, young plants can be used as greens for tsukemono, or Japanese pickles. Radishes should be ready for harvest by mid-October.

Hakusai, or celery cabbage, and takana, Chinese mustard greens, are best planted in early August. These plants should be thinned so that they are ten to twelve inches apart since they grow large. These greens should be harvested in the fall before danger of heavy frost.

PLANNING A JAPANESE MEAL

The true Japanese meal must appeal to the eye as well as the palate. Thus the changing of the seasons and many forms of nature have much to do with the decorative and infinitely varied porcelain and lacquered bowls used. Different foods are placed in individual dishes. Portions are cut into small pieces and eaten with chopsticks. Thus, no knives are used.

At formal dinners and ceremonial occasions, the Japanese custom is to place before each guest a lacquer tray on which are placed exquisite dishes and bowls containing carefully arranged portions of the various hot and cold foods. Besides the individual tables set for each guest, there are also a tea service and a wooden tub to hold rice. Warmed sake is served with meals.

The typical family meal usually consists of soup, several seasoned foods, and the all-important bowl of rice which, together with tea, appears three times a day. Even though this menu is much simpler than the elaborate company dinner, great care is always taken to include contrasting flavors, textures, and methods of cooking.

Rice, a staple food in Japan, involves many customs and rules of etiquette. Rice is never consumed all at once, but during the course of eating the other dishes in the meal, and generally only at the end of a

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formal meal. The chawan, or bowl, is filled with several portions served with the shamoji, or wooden paddle. Except for tea, nothing is ever poured over rice. If the diner desires more rice, a small mouthful is left in the bowl. And all rice accepted must be eaten, since it is considered sinful to waste such an important food.

Traditionally, a Japanese meal includes two soups, a thick miso type and a clear broth, but one is sufficient by modern "Western" standards. At least one fish course, one poultry course, and one vegetable or combination meat and vegetable course are customary. Rice, sunomono (raw or cooked vegetables dressed with vinegar), aemono (foods mixed with sauces), a dessert of fresh fruit, and tea complete the meal.

RICE

Rice, to the Japanese, is more than a mainstay in the everyday menu. The cooked grain is served plain as an accompaniment to meats and vegetables, sugared and vinegared for festive dishes, sweetened for desserts, and fermented for delicious rice wine called sake. Any of these delicacies is considered a fitting offering to the gods. Consequently, much care and attention are given to the quality of the yearly rice crop and to the proper method of cooking it for each particular dish. Moreover, the stripped plants are woven into bulky but efficient rainwear, processed into fine white paper, and woven into smooth floor mats, or tatami. Thus, the planting and harvesting of rice form a most significant part of Japanese life.

Rice is harvested in the fall and in cooking new crop rice, use equal amounts of rice and water. As the rice loses its moisture, increase water amount gradually, e.g.:

	Rice	Water
Nov. thru Dec.	5 cups	5 cups
Jan. " Mar.	" "	5-1/4 cups
Apr. " June	" "	5-1/2 "
July " Aug.	" "	5-3/4 "
Sept. " Oct.	" "	6 cups

Using a heavy aluminum pot with tight fitting lid, wash rice in small amount of water. Drain water, add large amount of water,

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drain, and repeat until water becomes clear. Drain well and add required amount of cold water. Let rice stand for thirty minutes to an hour before cooking.

Bring rice to a rolling boil over high heat (5 to 10 minutes); turn heat low and steam for 20 minutes. Turn off heat; allow rice to stand undisturbed for 10 minutes. Fluff rice gently with wooden paddle or shamoji. Keep covered until ready to serve. (Yield approx. 8-10 cups cooked rice)

Note: To reheat rice, place in colander and place over 2" boiling water in a large pot. Cover and steam for about 15 minutes. Electric rice cookers are available at oriental stores.

JAPANESE CUSTOMS AND FESTIVALS

NEW YEAR

Of all the festivals of ancient origin, New Year's Day is considered to be of the greatest importance in Japan, and is celebrated accordingly. It is observed with the utmost solemnity and at the same time in a most joyous mood. This particular holiday is marked by traditional decorations and the serving of elaborate and symbolic dishes.

SYMBOLIC AND TRADITIONAL DISHES

Special food and all sorts of dishes are prepared for the festive New Year's Day to celebrate the occasion. The New Year's dishes all connote rejoicing and celebration. There are three principal items in a New Year's meal. They are: (1) O-TOSO, (2) O-ZONI, and (3) O-SECHI.

1. O-TOSO is sake, usually made of a sweet sake called mirin, mixed with a small quantity of powdered medicinal herb. O-TOSO is served and drunk in the belief that it possesses a preventive power against sickness in general.
2. O-ZONI is a broth containing mochi (a rice cake made by pounding hot, glutinous cooked rice into a sticky dough and formed into round cakes), vegetables, and fish or chicken.
3. O-SECHI is an assortment of delicacies (mame, kamaboko, tai, kombu, lobster, and daidai or Japanese orange) packed in a 4-tiered jubako (a nest of square lacquered boxes).

Many other foods are served, such as: carp (raw and cooked, because of the energy and determination to surmount obstacles), black peas (which mean robust), chestnuts (meaning mastery), kombu (which mean seaweed, for happiness), chrysanthemum leaves (symbolic of the Imperial family), and the lotus root, a sacred plant.

DECORATIONS

All the necessary New Year's decorations, both inside and outside, are supposed to be ready the day before New Year's Eve.

KADOMATSU: At the front entrance are decorations called kadomatsu (lit., gate pine tree) which generally consist of bamboo stems and two pine trees, one with smooth bark (denoting the female), the other of rough bark (denoting the male), which are placed on both sides of the entrance. Sometimes a plum branch is added to make a combination of three lucky symbols. "The pine, bamboo, and plum blossoms symbolize respectively longevity, gentleness, and fidelity in adversity, because the pine is evergreen, the bamboo is pliant, and the plum blossoms bloom in the snowy season." A loop of twisted straw called WAKAZARI, with ends crossed, support long pieces of straw which are usually attached to the kadomatsu.

WANAWA or SHIMENAWA: Over the porch (sometimes on the crossbeam of the gate) hangs this blessed, sacred circle-rope decorated at New Year's with the following articles for bringing good luck.

O-SONAE: O-Sonae (Honorable offering) is also called Kagami-Mochi (Mirror Rice Cake) symbolizing wealth. A set of two rice cakes of different sizes are put one on top of the other. The Kagami-Mochi symbolizes a mirror, one of the three ancient Imperial treasures of Japan. The Sacred Rope is generally adorned with the O-Sonae.

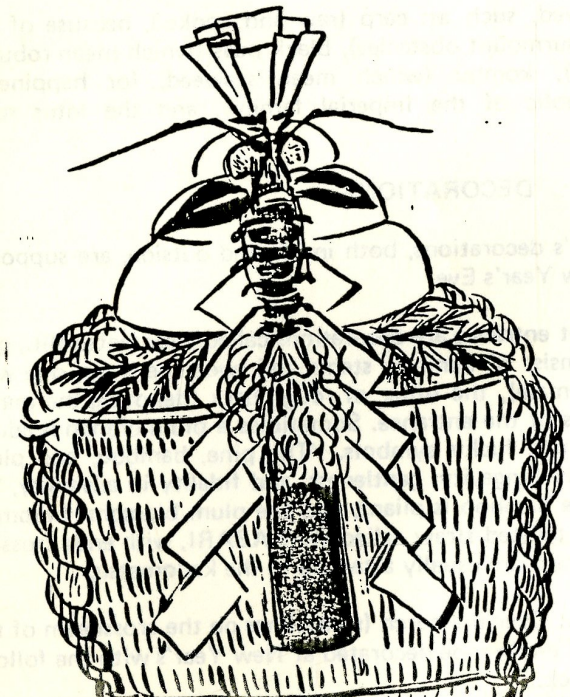
LOBSTER: A boiled lobster is indispensable. It is called "Ise-ebi" in Japanese and expressed by two Chinese characters meaning "sea-old," because a lobster has a bent body like an old man. Hence, in the New Year's decoration, it signifies longevity.

KOMBU: The dried seaweed suggests "yorokobu" or "joy." Thus, it stands for joy or happiness.

DAIDAI and YUZURIHA: The orange, daidai, means "generation to generation." It is important because in our feudal days nothing was more disgraceful to a samurai family than to be officially extinct since it had to continue to serve the Lord for generations.

URASHIRO: A type of fern (gleicheniaceae) has white leaves on one side from which come its Japanese name (ura, meaning back; shiro, meaning white). Therefore, it stands for honesty and sincerity which the samurai of old so greatly prized.

DRIED PERSIMMON: Dried persimmons on skewers are also necessary for the New Year's decoration, as they signify health and success in life.





NEW YEAR FOODS - JAPANESE STYLE

New Year is Hawaii's most enthusiastically celebrated holiday. The decorations, the food, the visiting back and forth of families and friends are based on Japanese tradition now shared and extended in the islands' cosmopolitan way.

Special recipes and special foods are used at New Year time. Each ingredient and some combinations of foods have symbolic meanings significant to the holiday.

The New Year breakfast traditional to most Buddhist families in Hawaii is **ozoni**, a soup made from **mochi** and certain vegetables. **Mochi** is a steamed glutinous rice cake, bland in taste and pleasantly sticky in texture. It is as indispensably a New Year food for people of Japanese ancestry as cranberry sauce and turkey are Thanksgiving fare for all islanders in Hawaii, USA.

Mochi in Japanese tradition is a food that symbolizes longevity. Into the New Year breakfast **ozoni** will also go **satoimo**, a kind of potato; **daikon**, a large white radish of long turnip shape; **konbu**, a thin flat blackish-green seaweed in ribbons half an inch wide.

The potato, in yesterday's Japan, was believed to have the power of driving away evil spirits. The radish has its root firmly in the soil, meaning a firm family foundation. The seaweed is auspicious because it forms the latter part of the word **yorokobu**, to be glad. With the eating of **ozoni** as the first meal of the New Year, people hope to realize all the happy dreams that the ingredients signify.

According to authorities on Japanese culture, the **gobo** or burdock, one of the traditional New Year foods prepared in a variety of ways for the holiday table, is a plant that strikes its root deep into the soil. The eating of **gobo** at New Year is a symbol that the roots of the family are deeply set also.

In Japan, a small dried sardine, **tatsukuri**; **tai** or sea bream; **iwashi**, large sardines, that are not dried; and **kazunoko**, herring roe, would be served together at New Year's dinner.

The dried sardines, once used as fertilizer for a bumper rice crop, are also called **gomame**. The latter part of this word, **mame** means sound health. The sea bream, **tai**, is the king of fish. The sardine is a common one. Served together at New Year, they signified the harmony between ruler and people. In Hawaii, fish is a necessity on New Year menu, but **tatsukuri** is almost unknown and local fish is substituted for **tai.** **Kazunoko**, herring roe, is a local favorite. **Ahi** or **aku** sashimi is hopefully available. Large steamed red fish like **kumu** is prized. There is a general impression that the eating of fish at New Year is good luck.

O-miki, heated **sake** (rice wine), is served in Hawaii Buddhist temples on New Year's morning. It is quite different from **o-toso,** the seasoned sweet rice wine of Japanese tradition, but it retains the significance of the traditional drink. **O-toso**, flavored with spices and medicinal herbs, is drunk and offered to guests with a toast of health, strength and happiness. The spices flavoring **o-toso** were reputed to have the power to drive out evil spirits. The herbs used in the wine were medicinal, a general preventative against all kinds of illnesses.

Kuro-mame, black beans, is pronounced the same as another Japanese word meaning "robust" and the food is identified with this potential for the eater. In one special New Year dish, black beans are cooked in a sweet sauce with chestnuts, **kuri**. The eating of this dish signifies success may come to one.

Lotus root, **renkon**, is boiled and sliced so that the delicate wheel of life shape of the root's cross-section is enhanced. The holes may be stuffed with **miso** paste, or the **renkon** dressed as a pickled vegetable with sweetened vinegar and sesame seed. The lotus, in Buddhist tradition, is a sacred plant.

In Japan, a tart lemon-like citrus fruit called **dai dai**, which is also the word for orange color, is served as a New Year food and a table and family altar decoration. Several of the fruits, usually three, are used together symbolizing the third meaning of **dai dai**, which is "generation to generation." In the islands, where the traditional fruit is not available, tangerines are used. They assume the meaning of **dai dai** - a host of good wishes for a long, strong, prosperous life.

Dried persimmons, **hoshi gaki**, are on sale at holiday time in most island food markets. They signify health and success in life. In Buddhism, the persimmon is used as a symbol of transformation. The green persimmon is acrid and bitter, but the fruit becomes very sweet as it ripens. Thus, man might be basically ignorant but that ignorance is transformed into wisdom as the persimmon's bitterness is transformed into sweet delicious fruit.

NEW YEAR'S FOOD

NEW YEAR'S CELEBRATION

The New Year is Japan's most important holiday, signifying not only congratulations and the beginning of a new year, but a fresh start, renewed hope and good fortune. All business accounts must be settled, the home put in order, and the new year welcomed in fresh, and preferably new, garments.

Guests who come to pay their respects are greeted with special foods which signify congratulations or celebration. Houses cannot be swept out on New Year's Day lest all good fortune be swept out. Women take a few stitches to let the needle know that idleness will not be tolerated during the coming months. A pleasant countenance must be displayed as indication of one's bearing throughout the next year.

The first dream of the year, which comes on the night of January 2nd, could reveal one's future. The most desirable dream of all is of the Takara-Bune, the treasure ship on which ride the seven gods of wealth and happiness, each bringing his own individual treasure.

NEW YEAR'S MENU

Appreciation and joy that the new year has arrived and a wish for good health in the coming year are symbolized in the foods served. A boiled whole lobster displayed as a centerpiece symbolizes longevity, or a baked whole red snapper or sea bream with its tail curling upwards (held in place with twine during baking) may be used as a centerpiece, symbolizing a treasure ship bringing happiness.

Since many traditional ingredients may not be available, the menu has been adapted for today's cook.

Zoni, page 135
Makizushi and Inarizushi, pages 66 and 70
Chicken Teriyaki, page 95
Shrimp in Shell, page 13
Sashimi (sliced raw fish), page 85
Nishime (seasoned vegetables), page 135
with sliced kamaboko and Plum Blossom Eggs, page 141
Yokan (available at oriental stores), Kinton, page 139, Kanten, page 131
with sliced oranges (with rind)
Daikon Sunomono, page 27
Kuromame, page 138
Kazunoko, page 140
Kimpira Gobo, page 140
Sake or Otoso, a sweet rice wine served only on New Year's Day

DARUMA EGGS - PAGES 205, 206

ZONI
(Mochi With Soup)

Basically a clear soup with mochi (rice cakes) and garnishes, served traditionally on New Year's Day

6 cups dashi
1 Tbsp. salt
1 Tbsp. soy sauce
dash MSG
1 chicken breast, cut into bite-size pieces
12 pieces mochi (rice cakes)

Garnishes:
6 kamaboko slices
1/2 lb. spinach, parboiled, cut into 1" pieces, or celery cabbage, parboiled, cut into 1" pieces, or watercress
1 carrot, sliced, boiled in 1 cup dashi flavored with 1/2 tsp. soy sauce and a dash of salt
sliced mushrooms or 6 bamboo shoot slices
lemon peel (optional)

Prepare soup by combining dashi, salt, soy sauce and MSG. Bring to a boil, add mushrooms, chicken. Simmer 5 minutes. Toast mochi under broiler. To serve, place 2 pieces mochi in each lacquer bowl. Add garnishes and hot soup with chicken pieces and mushrooms and serve. Float lemon peel, if desired. (Serves 6)

Note: If preferred, chicken pieces may be dusted with cornstarch and simmered in hot water for several minutes. Set aside and use with other garnishes.

Skeets Hasegawa

SUSHI RICE
(Vinegared Rice)

5 cups rice
5-6 cups water (see page 54)

Put rice in heavy aluminum pot and wash. Soak for 1 hour or longer. Cover pot and bring water to a boil. Just as water begins to boil over, turn heat to simmer and cook 20 minutes. Remove from heat and let stand undisturbed for 10 minutes.

Vinegar Syrup
1 cup vinegar (white)
1 cup sugar
2 tsp. salt
1/4 tsp. MSG

In saucepan, combine vinegar and sugar. Bring to a boil. Add salt and MSG. Cool.

In an enamel pan, transfer rice with wooden paddle. Sprinkle with vinegar mixture over hot rice while blending carefully with the wooden paddle, bringing rice from the bottom to the top so as not to mash the grains. Continue mixing until all the vinegar mixture is used. Fan to cool rice while mixing. This procedure gives rice a nice sheen. (Makes 10 rolls makizushi)

Note: Some cooks when cooking 4 or more cups of rice prefer to substitute boiling water for water just before cooking; however, rice must have soaked for several hours.

VINEGARED RICE WITH FRESH TUNA
(Maguro No Nigirizushi)

Serve as appetizers or as part of a meal

1 lb. very fresh tuna (maguro)
wasabi (Japanese horseradish) mixed with water to make a paste
2 cups rice (cooked as in Sushi Rice, p.64)
soy sauce

Vinegar water used to dampen hands:
1/4 cup vinegar
1/4 cup water

With a sharp knife, cut the fish crosswise at an angle into thin slices about 1"x 2". Refrigerate.

Combine vinegar and water in small saucer. Moisten hands with vinegar water. Take about 2 Tbsp. cooled sushi rice and shape into an oval. Spread a small amount of wasabi paste on top, then a slice of fish and gently press together. Repeat until fish is used up. Serve with soy sauce. (Diner dips one end of rice lightly into soy sauce.) (Yield: about 30-40)

Variation: 1 lb. large shrimp may replace fish. To prevent curling, insert toothpick lengthwise along inner curves. Boil with shells, remove shells and devein. Cut shrimp three-quarters of the way through inner curves and gently spread open, butterfly fashion. Marinate shrimp in 1/2 cup vinegar syrup for about 30 minutes, turning occasionally. (Vinegar syrup, page 64)

MAKIZUSHI
(Vinegared Rice Rolled In Seaweed)

Serve as appetizers, as part of a meal on festive occasions, or on picnics. As it is time consuming to prepare, filling ingredients may be prepared a day ahead, and the rice prepared and "rolling" completed the day to be served.

Filling:
Kampyo (dried gourd strips):
2 oz. kampyo
2 cups dashi
1/3 cup sugar
1/2 tsp. salt
1 Tbsp. soy sauce
1/4 tsp. MSG

In saucepan, soak kampyo in water for about 1 hour. Bring to a boil and cook for 10 minutes. Drain water. Add dashi, sugar and salt and cook about 30 minutes. Add soy sauce and MSG and cook slowly until tender or until liquid is absorbed (about 15 to 20 minutes longer). Cut into size width of nori.

Note: Kampyo which has been stored for a long period will take longer to cook.

Shiitake (dried mushrooms):
6-8 shiitake
1 cup dashi
1/4 cup sugar
1/2 tsp. salt
1 Tbsp. soy sauce
1/4 tsp. MSG

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Soak shiitake in 1 cup warm water with 1/2 tsp. sugar for 20 minutes. Discard stems, but reserve water. Combine shiitake water and remainder of ingredients in saucepan. Add shiitake and cook until tender (about 45 minutes) or until liquid is absorbed. Slice into 3/8" strips.

Unagi (seasoned eel):
1 can, cut into strips
or
Kamaboko (steamed fish cake):
Cut into strips 3/8"x 3/8"
or
Oboro Ebi (flaked shrimp):
1 can shrimp (6 oz.)
2 Tbsp. sugar
1/2 tsp. MSG
1 drop red food coloring in
1 Tbsp. water

Drain liquid from shrimp and mash with fingers. Place in frying pan. Add food coloring, sugar and MSG. Mix well. Cook over low flame, stirring constantly until shrimp is dry and flaky.

Spinach:
1 lb. fresh or 1 package frozen

Boil spinach leaves in lightly salted water until tender, or according to package directions. Do not overcook. After it has cooled, squeeze out excess water.

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Note: Parboiled green beans or celery strips (lightly sprinkled with salt and marinated in 1/4 cup vinegar and 2 Tbsp. sugar for several hours) may be substituted for spinach.

Egg strips:
4 eggs, beaten
4 tsp. sugar
1/4 tsp. salt
dash MSG

Combine ingredients and mix well. In lightly oiled 10" skillet, fry egg mixture over low heat until eggs are almost set. Turn over, cook a few seconds longer and turn over unto cutting board. Cut into 3/8" strips.

How To Roll Makizushi:

Ingredients:
Sushi Rice (page 64), cooled
nori, 10 sheets
prepared shiitake
" kampyo
egg strips
unagi, kamaboko or oboro ebi
boiled spinach
slivered beni shoga for garnish

Vinegar water to dampen hands:
1/4 cup vinegar mixed with 1/4 cup water

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Makizushi (continued)

A sudare or bamboo mat for rolling makizushi is necessary (available at oriental stores).

Pass sheets of nori over flame on one side only. Set aside.

On bamboo mat, lay one sheet nori flush with front edge of mat. Place about 1 heaping rice bowl of sushi rice on nori and using finger tips moistened with vinegar water, spread rice evenly over nori, leaving 1" nori exposed on far end. Place prepared ingredients in rows about 1" from front edge, keeping ingredients close together. Roll into a cylinder with the help of the bamboo mat, taking care to enclose filling ingredients as you roll. When you reach the uncovered nori, sprinkle a few drops of vinegar water to seal and finish rolling. Wrap in bamboo mat, grasp firmly but do not squeeze and unroll bamboo mat.

Place seam side down on platter or tray until all the rolls are made. (Store in plastic wrap in a cool place but not in refrigerator.)

To serve, cut each roll into 8 pieces. Moisten knife with vinegar water as you cut. Serve on sushi tray with slivered beni shoga. (Makes 10 rolls) Serves 20-25.

CHICKEN TERIYAKI #1

This is a very popular method of preparing chicken and delicious grilled outdoors.

2 chickens (2-1/2 lbs. each), cut up

Marinade:
1 cup soy sauce
3/4 cup sugar
2 cloves garlic, crushed
1/4 tsp. MSG
1/4 cup sake, sherry or mirin (sweet sake)
1/2 tsp. grated ginger

Combine marinade ingredients and pour over chicken pieces. Marinate 2 hours or longer, turning pieces occasionally. Place chicken on cookie sheet, bake about 35 minutes at 350°. Turn pieces over brush with drippings, and bake 40 minutes longer, or a total cooking time of 1 hour 15 minutes. To glaze, brush with drippings. (Serves 6-8)

BROILED SHRIMP ON SKEWERS

36 shrimp
1/2 cup mirin
1/2 cup soy sauce
1/4 cup sugar
bamboo skewers

Shell and devein shrimp. Set aside. In a small saucepan, combine soy sauce, mirin, and sugar. Bring to a boil, reduce heat and simmer 3-4 minutes.

Place 2 shrimp on each skewer, dip briefly in soy sauce mixture. Broil over medium charcoal heat for 2-3 minutes, dipping in sauce once or twice during broiling. Serve hot. (Serves 10-12)

SHRIMP IN SHELL

1 lb. shrimp
1/3 cup sugar
1/3 cup soy sauce
1 Tbsp. mirin or sake
dash MSG

Wash shrimp. Slit backs with sharp knife or small scissors and remove sand vein, but do not remove shell. Combine sugar, soy sauce, mirin and MSG. Marinate 15 minutes. Cook over charcoal or cook on top of stove by bringing sauce to a boil and adding shrimp. Bring sauce again to a boil, cover and simmer 5 minutes. Served cooled as part of a picnic lunch or New Year Feast.

NISHIME
(Vegetables Cooked in Seasoned Sauce)

Takenoko (bamboo shoots):
3 takenoko, sliced or cut into wedges
3/4 cup dashi
1 Tbsp. soy sauce
1 Tbsp. sugar
1/4 tsp. salt
1 tsp. mirin or 2 tsp. sake
dash MSG

Combine ingredients. Bring to a boil; lower heat and cook covered, until tender, about 15-20 minutes. Set aside.

Konnyaku (cake made from tuber root flour):
1 can konnyaku
3/4 cup dashi
2 tsp. soy sauce
1 Tbsp. sugar
1 tsp. mirin or 2 tsp. sake
1/2 tsp. salt
1/4 tsp. MSG

Place konnyaku in cold water for 1/2 hour. Slice, place in saucepan with remainder of ingredients. Bring to a boil, lower heat and cook until liquid is almost completely absorbed.

Carrots:
3 carrots
2 cups dashi
1/2 tsp. salt
1 Tbsp. sugar
1 Tbsp. soy sauce
1 tsp. mirin or 2 tsp. sake
dash MSG

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Nishime (continued)

Scrape carrots and cut 5 V-shaped grooves lengthwise down each carrot. Slice about 1/2" thick (chrysanthemum carrot). Combine with remainder of ingredients in saucepan and bring to a boil. Lower heat and cook until carrots are tender.

Satoimo (Taro Root):
1 lb. satoimo
2 cups dashi
3 Tbsp. sugar
2 Tbsp. soy sauce
1 tsp. mirin or 2 tsp. sake
1/4 tsp. MSG
1/4 tsp. salt

Wash satoimo and cover with cold water in saucepan. Boil 5-10 minutes. Remove one satoimo, place under cold running water and if outer skin slips off easily, take saucepan off stove. Drain, add cold water and remove outer skins of remainder of satoimo. Cut large satoimo in halves.

Combine dashi, sugar, soy sauce, salt and MSG in saucepan and bring to a boil. Add satoimo. Cover and simmer slowly until tender, about 15-20 minutes. Toss to stir.

Combine cooked vegetables in a deep serving bowl, keeping each separate.

Variations: 1 package Honporo-maki (dried kelp rolls) may be included. Cook according to directions on package.
6 shiitake, quartered, may be included. Cook according to directions on page 66.

Jean Eto

PLUM BLOSSOM EGGS
(Ume Tamago)

Plum blossoms (also pine and bamboo branches) are symbolic of the New Year.



3 eggs, hard boiled
red food coloring
5 chopsticks (disposabl
potato, 1" slice

Place eggs in saucepan with water to cover and when water begins to boil, stir a few seconds to center the yolks. Simmer about 15 minutes. Pour cold water over eggs and remove shells while still warm. Place in water containing red food coloring until eggs turn pink. Remove from dye and place in a form.

To make form, use potato slice as base and insert 5 chopsticks into a circle large enough to hold eggs snugly. The sides touching chopsticks will make slight inden tations in eggs. To keep chopsticks in place, secure with a rubber band (see illu tration). Place in refrigerator until egg are chilled. Cut into slices 1/2" thick and use as garnish.

PINEAPPLE KANTEN
(Pineapple Gelatin)

2 sticks Kanten (agar-agar)
2-1/4 cups water
2 cups sugar
2 tsp. lemon extract
13-1/2 oz. can crushed pineapple, drained well

Rinse Kanten and squeeze out water. Break into small pieces and soak in water for 30 minutes. Boil until dissolved. Add sugar and cook 10 to 15 minutes or until mixture comes to a boil. Remove from heat. Strain through fine sieve; add extract and pineapple. Pour into a flat pan 8"x 8" or 9"x 11". Cool (may be placed in refrigerator). Cut into slices and serve.
(Serves 10-12)

Note: Agar-agar (kanten) is similar to unflavored gelatin but does not melt at room temperature.

Asako Morioka

SUNOMONO

Sunomono, or vinegared dishes, are the equivalent of salads and an important part of a Japanese meal. Sunomono, made with fresh, raw or boiled vegetables and often combined with shell fish, are flavored with vinegar, sugar and salt. A squeeze of lemon may be added for flavor and zest. Japanese vinegar is preferred; however, cider or white vinegar may be substituted. If white vinegar is used, dilute by adding 1 part water to 2 parts vinegar.

DAIKON AND CARROT SUNOMONO
(Radish & Carrot in Vinegar Dressing)

This recipe is part of the traditional New Year Feast.

1 lb. daikon (Japanese radish), 1/2"x 1-1/4"x 1/4" or shredded
1 carrot, julienne or shredded
2 cups water
1-1/2 tsp. salt

Sauce:
1/2 cup Japanese vinegar or 1/3 cup white vinegar and 3 Tbsp. water
1/2 cup sugar
1/4 tsp. MSG

Combine water and salt; add daikon and carrot. Soak 30 minutes. Squeeze liquid from vegetables. Set aside.

Combine sauce ingredients. Add vegetables. Serve in large bowl.

KUROMAME
(Sweetened Black Beans)

A new year dish symbolizing good health

2 cups (12 oz. bag) kuromame (black soy beans)
1-1/2 cups sugar
1 cup water
1-1/2 tsp. salt
2 Tbsp. soy sauce

Wash beans and soak overnight in 6 cups water. The next day bring to a boil, cook over medium heat until beans become quite soft (1 to 1-1/2 hours). Test by mashing a bean between thumb and finger--it should mash easily and feel smooth textured.

Combine sugar, water and salt in small saucepan and heat until sugar is dissolved. Add to beans and continue cooking for 10 to 15 minutes; remove from heat and let stand several hours or overnight.

Add soy sauce and cook until most of the liquid is absorbed. (If refrigerated, beans can be stored for 2 weeks)

Note: (Sweetened Kuromame) may be purchased in cans at Japanese food stores.

Misa Izumi

KAZUNOKO
(Herring Roe in Soy Sauce)

A new year dish, symbolizing abundance

4 oz. kazunoko
1/3 cup soy sauce
dash MSG
katsuobushi (shaved bonito)

If dried kazunoko is used, soak in water for 1 week, changing water daily. Kazunoko is recently available in plastic bags. Wash with salt to remove membranes. Rinse with water and break into small pieces; add soy sauce and MSG. Garnish with katsuobushi.

KIMPIRA GOBO
(Fried Burdock)

1/2 to 1 lb. gobo
1/4 cup soy sauce
2 Tbsp. vegetable oil
2 Tbsp. sugar
1/4 tsp. MSG
chili pepper or pepper (optional)

Cut gobo into thin julienne strips. Soak in water for 30 minutes or longer, changing water often. Drain. In skillet, add oil and fry gobo for 5 minutes over medium high heat. Add soy sauce, sugar and MSG and cook 5-8 minutes longer. Add chili pepper or pepper, if desired. Gobo should be tender but crisp. (Serves 6-8)

Note: Canned Kimpira Gobo is available at oriental stores.

DARUMA TAMAGO
(Dharma Egg)

Dharma was a famous priest in China centuries ago. In dedication to his teachings and in memory of his penance and sufferings, his image in the shape of the Dharma doll (without legs and arms) is found in nearly every home in Japan.



How to make daruma tamago: Hard boil egg by turning occasionally during cooking to center yolk. Shell and dye red. Slice a piece off one end so it will stand. Then cut out a portion from top of egg (see illustration) so as to expose some of the yolk for the mouth. Use black sesame seeds (or cloves) for eyes. Use as garnish.

KAKI MOCHI

Suzume no Gakko

3 c. flour (sift)
2 c. mochiko (sweet rice flour)
4 Tbsp. sugar (optional)
1 1/2 tsp. baking powder
2 Tbsp. black goma (sesame seeds)
1 3/4 c. water

Add water to dry ingredients. Mix together. Roll thin on floured board and cut into little squares. Fry in deep fat until crisp.

Sauce:

Heat and boil:

1 c. sugar (3/4 c. for less sweet)
7/8 c. shoyu and 1/8 c. water (to make 1 c.)
2 Tbsp. Karo light syrup
1 tsp. ajinomoto (MSG)

Pour sauce over kaki mochi and mix well. Bake in 250° oven for about 45 minutes to 1 hour to dry. Stir occasionally.

Suggestion: Put the sauce in a large Tupperware bowl and add the kaki mochi. Shake it until it is coated. Do a little at a time. Remove with a slotted spoon. Also, recommend using Pam on the baking pan since it will be easier to wash the pan later.

MOM'S DARUMA EGGS

Courtney Paige Mia Iwanaga

Hard boil as many eggs as you need. Place immediately in cold water so it will peel easily. Roll each peeled egg in red food coloring. Slice a section of egg off and there should be a little yolk showing.

Put 2 black sesame seeds for eyes with the yolk part as the mouth. Slice a bit off the bottom so the egg can stand. If it turns out right, it should look like this.





Courtney
Paige
Mia
Iwanaga

April 24-

Jose Appt

Xmas Bush - Aqua

Kit - cut in 4

Bush Nest (hot)

1 TSP in 4 pots

(h ∩ wet Foam when

+ ⌒ round

5C = 86¢

1C = 17

+ cut cross - pinch pods

+ pink Cotton

Decorate with red + green shapes

Insert & Ribbon

TRIPPO MAXI - Orange Coral

Midi Joint rough sides only

+ place Nest on

rough side

5 CS = 2 rolls