

Nakayoshi Gakko 2024 Lower Cooking Recipes

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Animal Face Bento Boxes
(Panda, Saru, Kirin, and Tora)



Possible ingredients to use when making animal o-bento boxes:

Green

Lettuce
Petite peas
Parsley
Aoshiso in flat refrigerated container
Japanese cucumbers

Yellow

Egg omelette
Scrambled egg
Bamboo shoots
Baby corn

Red

Imitation crab sticks
Red kamaboko
Cherry tomatoes "100s"
Fukujinzuke in a refrigerated container

Brown

Kiri kombu
Teriyaki hot dogs (wieners)
Tempura fish cake
Canned straw mushrooms
Shiitake mushrooms
Boiled chestnut

Black

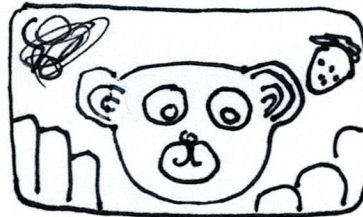
Nori
Black sesame seeds

White

Slices of hard boiled egg
Water chestnuts

Pink

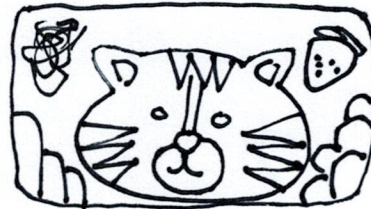
Ham with a little fat
Shoga amasu (pink ginger in brine)



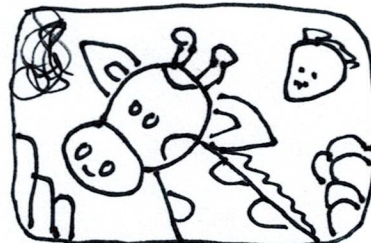
panda



monkey



tiger



giraffe

Other supplies: bento boxes or plates, scissors and knives to cut shapes, cutting boards.

Play with the ingredients to create animal faces.

Note: We didn't use all of these ingredients.

Shoyu hot dogs for animal o-bento

1 package of 8 hot dogs, cut up

Put in a non-stick frying pan with a little water

Boil until the water evaporates and they are heated through and a little browned.

Remove from heat and add 1 Tbsp. Shoyu, 1 Tbsp. Sugar and ½ Tbsp. Mirin. Can add more if you like.

Return to low heat and simmer while stirring until the sauce reduces down to a glaze. Be careful not to burn them. Good with rice balls (nigiri) for picnics.

From: Cathy Nakamura, Nakayoshi Gakko

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From: Cathy Nakamura, Nakayoshi Gakko

Goma green beans:

Buy some tender nice looking green beans.

Wash and break off the tips.

Put them into a pot of boiling water and parboil them....maybe only a few minutes....keep tasting one until it is done but still crunchy.

Drain in a colander and rinse them in cold water to stop them from cooking and stay a nice bright green color.

Slice them into pieces about 1 1/2 " on a diagonal.

Make a sauce: The proportions are : 1 1/2 Tbsp. sugar

3 Tbsp. soysauce

1/2 tsp. sesame oil

Put the sauce on the beans

Sprinkle ~ 4 Tbsp. of roasted sesame seeds you have ground up a bit.

Chill or serve at room temperature.

Good for o-bento.

Recipe from : Cathy Nakamura, cooking teacher

Nakayoshi Gakko

June 2009



EILEEN'S MICROWAVE MOCHI
(chi chi dango)

Ingredients:

1 cup sweet rice flour (mochiko)

1 cup water

1 cup sugar

Food coloring of choice-drop a few drops in water to get the color you like before combining with mochiko.

OR

1 box mochiko (1 lb.)

4 cups water

4 cups sugar

Food coloring of choice -use as above

Blend all of above, breaking up lumps. If you're blending in microwave cookware (Pyrex mixing bowls), you can cover the bowl with plastic covering (Saran wrap), poke several holes with a knife to allow steam to escape, and microwave at high for 3-4 minutes (or 8-10 minutes if cooking a whole box of mochiko).

Check the mochi. Edges should be solid and center may still be liquid. Place solid mochi in center and liquid near edges of bowl. Microwave on high for 2-3 minutes for smaller recipe (8-10 minutes for a whole box mochiko). Mochi should be solid and opaque when cooked through. Cooking time is variable depending on the microwave. High wattage and auto turntable will cook faster.

Use a wooden spoon or "surikogi" (wooden rod) to beat the cooked mochi until it is very sticky and you can hear the popping sound. Mochi is ready for eating - with or without anko.

To make mochi squares using 1 box mochiko recipe, spray 13" x 9" pan with PAM or line the pan with cornstarch. Pour hot mochi mixture into pan and let it cool completely. Then turn out on a cornstarched cutting board and cut into desired size. One recipe can make about 40 rectangular pieces ~1" x 2 1/2". To minimize sticking, use plenty of cornstarch on your hands. Pat excess off before serving. Servings can be placed in muffin paper liners then into ziplocs. Stays fresh for 2-3 days.

You can adjust the amount of water and sugar to you liking. This recipe will remain soft for a few days but it takes awhile to set. When in a hurry, reduce water and sugar to harden them sooner. **(For class demo we used 3 1/2 cups water and 3 1/2 cups sugar and 1 box of mochiko)**

Recipe from: Eileen Fujikawa

From: Cathy Nakamura/ Nakayoshi Gakko



Chirashi-Zushi

Can also be called Gomoku-zushi. Vinegared sushi rice can be mixed or garnished with a variety of ingredients. "Chirashi" literally means to scatter. (Sushi at Home by Kay Shimizu)

Make sushi rice: Wash and soak 3 cups rice with 3 cups of water. Cook in rice cooker. One hour after starting rice cooker, turn rice out into a bowl and pour 1 recipe of "su" over it. Gently fold the rice over and fan to cool.

Recipe for "su":
½ cup rice vinegar
½ cup sugar
2 tsp. salt
Heat in microwave to dissolve sugar. Set aside until rice is ready.

Ingredients to prepare for garnishes:

Egg strips: 1 egg
dash salt
2 tsp. sugar
Cook in non-stick frying pan, with a little oil or PAM, making a thin omelette to slice into strips.

Shiitake: Soak dry black mushrooms. Cut off stems. Cook in shoyu and sugar and a little mirin. Slice into thin strips.

Sugar peas: Parboil with a little salt in water. Slice into thin strips.
(frozen petite peas can be used instead)

Carrots can be cooked after being cut into flower shapes or strips of carrot can be cooked with a little sugar and salt and kids can cut later.

Shrimp: You can use raw prawns, boiled in salt water. Precooked baby salad shrimp are easier, cheaper and milder flavored for children.

Nori strips: Take ajitsuke nori and cut into little strips with scissors.

Red pickled ginger: Buy already prepared and cut into strips.

Bamboo strips: Chop or slice canned bamboo tips, boil with shiitake water, sugar and shoyu. Omitted this for Nakayoshi since other dishes had bamboo shoots and it doesn't add any color.

Broiled eel: Omitted for Nakayoshi. One recipe had bamboo shoots and eel mixed into the rice. I tried this but the canned eel is expensive \$7.25/7 oz. and is mushy, strong tasting and fishy. It broke up into the rice and looked very messy. I think it would be good to serve the frozen teriyaki unagi on the side. It has a better texture and sweeter taste kids like.

Tonkatsu (Pork Cutlet)

1 lb. boneless pork tenderloin, cut into slices about ½" thick
2 eggs plus 1 tsp. water, beaten
1 cup or more Japanese-style bread crumbs (Panko)
All-purpose flour for dusting
Vegetable oil for deep frying
Salt and pepper

Tonkatsu sauce: 1 Tbsp. Worcestershire sauce, 4 Tbsp. Heinz ketchup,
2 tsp. sugar, 2 Tbsp. water

Or Bull Dog brand tonkatsu sauce

Kids also liked it plain or with ketchup or shoyu or A-1 sauce

1. Flatten and tenderize the meat with a meat mallet.
2. Sprinkle with salt and pepper.
3. Dip in flour and shake off excess.
4. Dip into beaten eggs.
5. Coat with Panko and press bread crumbs into the meat.
6. Heat oil to 340 degrees for deep-frying. Cook on each side until golden brown.
7. Drain excess grease on paper towel.
8. Slice and serve with tonkatsu sauce.
9. Garnish with 1 small cherry tomato, parsley and lemon twist.

Recipe from: Cathy Nakamura
Nakayoshi Gakko
June 2002



Stuffed Age with Somen Salad

36 seasoned prepared age

3 bundles somen

Japanese cucumber, julienned (optional)

Imitation crabmeat (shredded) or kamabuko (julienned)

Seaweed salad

Seasoned egg (julienned)

Toasted sesame seeds (you can mix in salad or just sprinkle on top)

Dressing:

3 T sugar

4 ½ T rice vinegar

3 T sesame oil

1. Prepare age according to package instructions.
2. Cook somen
3. Prepare other ingredients and add to somen. Add dressing to taste and mix
4. Stuff age with somen salad mixture. Refrigerate until ready to serve

From Mieko Nakano
August 2017

Ohagi

"An" sweet bean paste:

1. Cover 1 lb. dry azuki beans with plenty of water and bring to a boil.
2. Lower the heat to medium and continue to cook.
3. When the beans have absorbed water and the wrinkles of the bean skins have disappeared, drain the beans in a colander. Change the water.
4. Cover the beans with plenty of water again using three times as much water as beans. Bring to a boil. Lower the heat to medium low and cook, removing any scum and adding water as needed to keep the beans covered until they have cooled and are very tender. (About 1 ½ hour).
5. Drain the beans in a colander with a dish towel lining it. Gather up the ends of the towel and squeeze out the water. Sometimes smooth "an" settles as sediment in the bottom of the pot of water that has drained through the cloth. You can use this once you pour off the water, too.
6. Whirl the beans in a blender or food processor until they become a smooth paste.
7. Place the bean puree in a large pot, add 1 ¾-2 cups sugar and 1/8 tsp. salt, and cook over medium heat, stirring with a wooden spoon. First the sugar will dissolve and make the "an" thin but as it cooks it will become thick again. Keep stirring as you cook. Cool and use for ohagi or freeze for other manju. Makes about 5-6 cups of "an."

Note: You can also buy it already made as "red bean paste mushed" in plastic bags. I have used Takaokaya Brand.

Rice: Wash 2 ½ cups sweet rice and ½ cup Nishiki medium grain rice. Add a dash of salt when you add back 3 cups of water. Cook. When cool make small rice balls and cover with "an".

Recipe From: Cathy Nakamura
Nakayoshi Gakko
June 2002



Teppo sushi (hosomaki)

O-sushi rice:

1. Wash 3 cups of medium grain rice (Nishiki brand) in cold water. Drain excess water. Add 3 cups of cold water. Soak several hours in a plastic or glass bowl.
2. Recipe for "su":
 - ½ cup rice vinegar
 - ½ cup sugar
 - 2 tsp. saltHeat in a small pot or in the microwave until dissolved.
3. Pour all water and soaked rice into a rice cooker and turn it on. After 1 hour, turn rice out into a big plastic or wooden tub. Pour 1 batch of "su" over it while still hot. Cover with a large cloth for 10 minutes. With a wet rice paddle gently turn the rice over while fanning. Cool the rice off as rapidly as you can. This rice can be used for any kind of sushi. One batch can make about 17 rolls of teppo sushi. Each roll makes 6 pieces.
4. To roll the teppo sushi you will need:
 - a bamboo sushi mat
 - 1 pkg of sushi nori (sheets cut in half)
 - bowl of water or rice vinegar
 - cucumber, takuan (pickled radish) or raw tuna
 - cut into stripsTo roll: Place nori on mat shiny side down. Spread rice evenly over $\frac{3}{4}$ of nori covering three edges but leaving an inch open at the top. Place strip of cucumber or takuan or tuna in the middle.. Bring mat up and rice over to meet edge of rice. Use mat to tuck and make a roll. Wet the edge of the nori and finish rolling. Place seam side down. Cut into 6 pieces. You can first cut it into thirds then each piece on a diagonal to get a slanted cut.
- 1.
5. Serve with pickled pink ginger, wasabi and shoyu. Garnish with parsley.

Recipe from: Cathy Nakamura
Nakayoshi Gakko 2012

Tamago Yaki

Beat 15 large eggs plus 10 Tbsp of sugar plus $\frac{1}{2}$ tsp. salt. One batch makes 3 rolls using a little less than 1 cup each. Use canola oil and a square electric non-stick frying pan set at 275 degrees. Tilt the pan to spread it evenly. Oil between each one. Cook until its almost done. It really has to be slightly sticky but not gooey on top because once its turned it doesn't cook in between anymore. If too dry then the rolls come apart. Use two plastic spatulas to fold it so it makes a flat rectangular roll. Cool then chill covered in plastic wrap and slice into 1" pieces.

Recipe from Cathy Nakamura
Nakayoshi Gakko 2012

Second recipe:

34 eggs= 1 $\frac{1}{2}$ quarts eggs
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup mirin
1 tsp Hondashi
1 Tbsp salt
2 tsp shoyu
 $\frac{1}{4}$ cup water

Microwave a little and taste it to see if it needs more seasoning.

Cook $\frac{3}{4}$ cup in non stick frying pan with a little oil. $\sim 250^\circ$

Roll it up when its almost dry on top. Slice and serve cold.

*cover with lid
to help set the top.*

Spiral Sushi

This makes 1 roll, cut into 8 pieces.

2 ½ cup sushi rice
2 sheets nori

1/5 medium carrot
5 green beans
1 tablespoon red or pink pickled ginger
4 dried shiitake mushrooms, reconstituted in 1 cup of water
1 tablespoon mirin
1 tablespoon sake
2 tablespoons soy sauce

We also used canned bamboo shoots for the kuma class and fried egg strips for color

Lightly toast the nori.

Parboil the carrot and slice into matchsticks.

Parboil the green beans.

Simmer shiitake in mirin, sake and soy sauce until liquid is absorbed. Cut into ½ “ slices. Join 2 sheets of nori by dampening the adjacent edges and overlapping them about ½ inch. Place this double sheet on a rolling mat. Part of the nori will extend beyond the mat. Spread the rice evenly over the nori (shiny side down), leaving about ¼ inch of nori showing on both ends. Arrange each ingredient in rows at even intervals across the bed of rice. Then roll the sushi up “like a sleeping bag” so the nori will look like a spiral when cut. Moisten the last edge with water before completing the roll. Slice into 8 pieces with a very sharp wet knife, wiping the blade clean with a damp towel after each cut.

Recipe adapted from: Vegetarian Sushi Made Easy by Fukuhara and Takahata
From: Cathy Nakamura, Cooking teacher at Nakayoshi Gakko



UMANI
(chicken/ vegetable dish)

10 chicken thighs, skinless, boneless
1 (14oz.) can chicken broth
1 red and white kamaboko, slices about 1/4" thick
1 (15oz.) can bamboo shoot tips, cut into wedges
10 small shiitake mushrooms, soaked, stems removed and cut up
1 lb. of baby carrots, peeled
1 small daikon, peeled and cut into chunks
1 (7 oz.) boiled lotus root, sliced
1 (8.8 oz.) konnyaku, cut into slices, slit and turned into twists
1 (5 oz.) atsugage (nama age) "tofu cutlet" cut into squares

Put all ingredients into a large pot with sauce: 2/3 cup sugar
2/3 cup shoyu
1/3 cup mirin

Cook slowly, turning frequently for 1 hour. Add napa cabbage, cut into 1" pieces, at the last minute and cook until just tender. Serve with rice. Makes about 20 cups of Umani.

Recipe from Cathy Nakamura/Nakayoshi Gakko

Sandy's Manju

2 ½ cup flour

1 Tbsp. sugar

½ tsp. salt

1 cup vegetable oil

6 Tbsp. ice water

1 can koshi or tsubushi an (small 12 oz. can) or 17.6 oz plastic bag of Red Bean Paste Mushed

Combine flour, salt, and sugar, blend throughly. Add oil and ice water and mix well. Shape into 12 small balls using tablespoon. Flatten dough to form circle. Place generous spoon of an in center of each circle and pinch edges together to seal. Place on ungreased cookie sheet, pinched side down. Brush top of manju with beaten egg before baking for glazed look. For Nakayoshi we could shape into other shapes or paint a design on it with red food coloring. Bake at 400 degrees for 25-30 minutes. Makes 12 manju. You can make more dough or freeze extra an.

Recipe from: Sandra Kumabe

From: Cathy Nakamura/Nakayoshi Gakko

June 2001

