

## Nakayoshi Gakko 2024 Upper Cooking Recipes

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Buta no Hikiniku no Mochigomemushi  
(Pork Balls Rolled in Sweet Rice)

1 cup mochigome (sweet rice)  
1/4 cup soy sauce  
 $\frac{3}{4}$  cup water

MEAT MIXTURE

1 pound ground pork  
1 egg, beaten  
1 tablespoon grated ginger  
2 tablespoons sake (rice wine)  
 $\frac{1}{2}$  teaspoon salt  
1  $\frac{1}{2}$  teaspoons soy sauce  
3 medium shiitake, minced—if dried ones used soften in lukewarm water and drain before mincing  
1 green onion

Wash the mochigome until the water is clear; drain well. Mix together the soy sauce and water, then add the mochigome and soak for 4 hours. Drain well.

Combine all of the ingredients for the meat mixture, mix well and shape into bite-size balls. Roll the meatballs in the sweet rice, coating evenly. Steam the meatballs over gently boiling water for 20-25 minutes. Serve with mustard and soy sauce if desired. Makes approximately 20 balls.

Irene Nishimoto

Nakayoshi Gakko 2012

# Car Sushi

(for 1 roll)

4 1/3" (11 cm.) Japanese cucumber (only need 1/2 of one)

4 1/3" (11 cm.) simmered gourd (see kampyo recipe)

1 hot dog

Small piece of cooked carrot

3-4 tablespoons egg sprinkles (see recipe)

10 oz. sushi rice (about 1 3/4 cups)

Roasted nori

Trim the hot dog down to 4 1/3" (11 cm.) long. Mix the egg sprinkles with 1/2 cup rice.

## Windows

Slice the cucumber in quarter lengthwise. Place the gourd strip between two of the quarters and roll in a 1/2 sheet nori.

## Tires

Slice the hot dog in half lengthwise. Wrap each half in 1/2 of a half sheet of nori. Trim extra nori.

Place a half sheet of nori vertically on the rolling mat. Form 1/2 of the yellow rice into a block 2 1/3 inches across. Place at the top of the nori. Place the cucumber windows 3/8" (1 cm.) from the top of the rice.

Cover the cucumbers with the remaining yellow rice.

Use the mat to cover the car shape with the nori. With the seam side down, press the car into shape with the mat. Spread 1 oz. of white rice over the hood. Wrap with plastic wrap and press the entire package into a square shape with the rolling mat.

Wet the edge of 1/2 of half sheet and attach onto 1 half sheet of nori. Leaving 1 1/2" at both ends, spread about 3/4 cup rice on the nori. Remove the wrap from the car package and place it upside down in the center of the rice. Place the two tire packages on the car, flat side down, and spread 1/2 oz. of the rice between the tires. Holding the mat in your hand, bring the two sides together. Spread the remaining 1 1/2 oz. of rice on top and fold the nori over.

Place the roll seam side down and form into a tunnel shape. Slide the sushi to the ends of the mat to flatten the edges.

Slice into 4 pieces, wiping the blade with a wet towel after each slice.

Cut carrots to make headlights and place on the car.

Adapted from *The Encyclopedia of Sushi Rolls* by Ken Kawasumi  
Irene Nishimoto, Nakayoshi Gakko 2012

## **Egg Sprinkles (Fast and Easy Method)**

**(for bright yellow sushi rice for car sushi)**

To make egg sprinkles:

In a microwaveable bowl:

Beat 1 egg and 3 yolks

Stir in 1 Tbsp. sugar

1 Tbsp. sake

1 Tbsp. mirin (sweet sake)

1 tsp. salt

Cook in microwave uncovered on high for 2 minutes, turn the bowl around and cook for 1 more minute. It will be all puffy and done but not browned. Turn the little cake over because it could still be wet on the bottom. Cook another 1-2 minutes until it's dry. Blot it with a paper towel to make it dry. Cool it uncovered in the refrigerator. Peel off any brown edges and discard. Break the "cake" into 4 pieces and put into a food processor. Pulse it on high until it is finely chopped into "sprinkles". It makes about 6 Tbsp of egg sprinkles.

Usually use 3-4 Tbsp. of egg sprinkles with plain or sushi rice to get yellow rice. Can adjust for color intensity.

From Cathy Nakamura

June 2010

## Kampyo (simmered gourd)

7/8 oz. kampyo (dried gourd strips)

1 tsp. salt

1 cup dashi stock

5 tablespoons sugar

1 tablespoon sake

1 tablespoon mirin

4 tablespoons soy sauce

1. Rinse the kampyo and rub with the salt to soften. Rinse again, then soak for 10 minutes in fresh water.
2. Boil 15-20 minutes or until you can pierce the gourd with a fingernail. Drain, let cool, and squeeze well.
3. Return the gourd to the pot with all remaining ingredients and stir.
4. Bring to a boil. Partially cover, or use a wooden lid that fits inside the pot. Reduce the heat to a simmer.
5. Stirring occasionally, continue simmering until the liquid is reduced by three-quarters. Remove from heat and let cool in the liquid.

## Mochiko Chicken

2 lb. chicken thighs, boneless and skinless  
4 tablespoons mochiko flour  
4 tablespoons cornstarch  
4 tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
5 tablespoons shoyu  
2 eggs  
3 tablespoons green onions, chopped  
2 garlic cloves chopped

### *Coating*

Flour  
Eggs, beaten  
Panko  
Oil

Mix all ingredients and marinate chicken overnight. Either keep the thighs whole or cut into bite-size pieces.

Coat marinated chicken in flour, then eggs, and finally panko before frying.

Fry at low heat until golden brown. It can be eaten with tonkatsu sauce, shoyu, or alone

From *Otoki Senshin Buddhist Temple Cookbook*  
Irene Nishimoto, Nakayoshi Gakko 2012

# Sukiyaki

1 lb. sliced beef sirloin or ribeye sukiyaki meat

4 green onions

1 round onion

10 oz. nappa cabbage

3 oz. spinach

6-7 mushrooms

1  $\frac{1}{2}$  tofu

10 oz. shirataki noodles

$\frac{3}{4}$  can bamboo shoots

2 stalks celery

Handful of bean sprouts

1 cup dashi stock

1/3 cup shoyu

1/2 cup mirin

5 tablespoons sugar

1  $\frac{1}{2}$  tablespoon sake

1. Slice green onions
2. Cut round onion in half and then slice
3. Slice nappa cabbage
4. Slice mushrooms



5. Cut tofu in cubes
6. Slice celery
7. Mix dashi, shoyu, mirin, sugar, and sake together and pour in pan.
8. Heat sukiyaki sauce until it starts bubbling. Cook meat, vegetables, and noodles in broth keeping them separate in the pan.
9. Cook for 10 minutes.

## Sushi Rice

Wash and soak 3 cups of rice with 3 cups of water. (Makes 9 cups of cooked rice) 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"

$\frac{1}{2}$  cup rice vinegar

$\frac{1}{2}$  cup sugar

2 tsp. salt

Heat in microwave or in a saucepan on the stove to dissolve sugar. Set aside until rice is ready.

# Temaki Sushi

1  $\frac{1}{2}$  cups of sushi rice per person

4--1/2 sheets of roasted nori per person

## Ingredients

*Imitation crab	Spinach
Tuna sashimi	Avocado
Seasoned egg	Takuan
Cucumber	Spicy tuna sauce (mayonnaise,
**Parboiled carrots	Sriacha, shoyu)

Take one half sheet of nori. Place about 1/3 cup of sushi rice in the middle of the nori. Make a well in the rice and place any combination of ingredients. Wrap forming a cone shape and eat.

\*We dipped the imitation crab in tempura batter and fried it.

\*Carrots were parboiled in a sauce of dashi, shoyu, and sugar