



KONAN WOMEN'S UNIVERSITY

甲南女子大学



November Washoku Month Project

Traditional Japanese Cuisine (Washoku) Preservation Program



**Ikuo Hamaguchi Seminar,
third-year students
Konan Women's University**

A Hearty, Nutritious Breakfast to Warm Your Body and Soul!

Group 1 : Chisaki Nakami ,Mako Fukumoto,
Yu Yamamoto

Breakfast with Lots of Ginger to Warm You Up!

Group 2: Yuiko Noda, Aika Fukuda,
Hana Takada, Yukari Hirakata

A Veggie-Filled Breakfast Packed with Sweet Potatoes!

Group 3: Sakura Naito, Manaka Chikazawa,
Aoi Matsumoto



A Hearty, Nutritious Breakfast to Warm Your Body and Soul!



- Chisaki Nakami
- Mako Fukumoto
- Yu Yamamoto

Menu

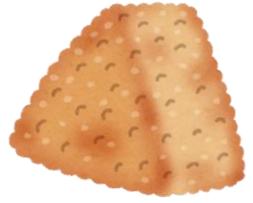
1. Colorful Grilled Onigiri
with the Aroma of Bonito
2. Vegetable-Rich
Crisp Kinpira Gobo



I. Colorful Grilled Onigiri with the Aroma of Bonito

◆Ingredients (for 4 servings)

- Rice: 300 g
- ★Shibazuke pickles: 40 g
- ★Bonito flakes (katsuobushi): 16 g
- ★Light soy sauce: 20 g
- ★Dried whitebait (shirasu): 40 g
- ★Mirin: 10 g
- Water (for cooking rice): 420 g



Instructions:

- ① Rinse the rice, add the water, and cook the rice.
- ② Add the cooked rice to the starred (★) ingredients and mix them together.
- ③ Shape the mixture into rice balls (onigiri) and then cook them in a heated frying pan until both sides are nicely browned.
- ④ Serve the grilled onigiri on a plate with green onions and shredded nori.



Variation:

Make a bonito dashi (bring 350 g of water to a boil, add bonito flakes, boil the water and bonito flakes and then turn off the heat, let stand for 10 seconds, and then strain).

Combine it with a dashi from dried shiitake mushrooms used in kinpira. Season with a pinch of salt and 5 g of light soy sauce. It can be enjoyed as ochazuke after eating grilled rice balls.

2. Vegetable-Rich Crisp Kinpira Gobo

◆ Ingredients (for 4 servings)

- Lotus root: 80 g
- Carrot: 50 g
- Burdock root: 100 g
- Dried shiitake mushroom: 3 pieces
- ★ Sugar: 10 g
- ★ Sake: 30 g
- ★ Mirin: 25 g
- ★ Dark soy sauce: 15 g
- Sesame oil: 10 g
- White sesame seeds: 5 g
- Vinegar: 20 g



Instructions:

- ① Peel the lotus root and cut it into quarter slices. Soak the sliced lotus root in water with vinegar.
- ② Peel the burdock root and shave it into thin strips. Like the lotus root, soak it in water with vinegar.
- ③ Cut the carrot into quarter slices without peeling, and then rehydrate the dried shiitake mushrooms in water slice them thinly.
- ④ Mix the starred (★) seasonings.
- ⑤ Heat the sesame oil in a frying pan, add the ingredients from steps ① to ③, and cook until heated all the way through. Add the starred (★) seasonings and stir-fry until the liquid evaporates.
- ⑥ Add the white sesame seeds, mix well, and serve.

Breakfast with Lots of Ginger to Warm You Up!



- Yuiko Noda
- Aika Fukuda
- Hana Takada
- Yukari Hirakata

Menu

1. Ginger Rice
2. Okra and Mozuku Seaweed Sticky Soup



I. Ginger Rice

◆ Ingredients (for 4 servings)

- Rice: 300 g
- Water: 100 g
- Ginger: 50 g
- Carrot: 100 g
- Enoki mushrooms: 140 g
- Abura-age (fried tofu): 2/3 sheet
- Dashi stock: 230 g
- ※ Kombu (kelp): 20 g
- ※ Bonito flakes (katsuobushi): 20 g
- ※ Water: 1220 g



(※The dashi stock made with kombu, bonito flakes, and water is also used for the Okra and Mozuku Seaweed Sticky Soup recipe.)

- ★ Light soy sauce: 30 g
- ★ Mirin: 14 g
- Sake: 14 g

Instructions:

- ① Prepare a dashi stock with kombu and bonito flakes (soak the kombu in the water for over 30 minutes, heat it up, remove the kombu before the water begins to boil, add the bonito flakes, boil and then turn off the heat, wait 10 seconds, and strain). Finely chop the kombu used for the dashi.
- ② Rinse the rice. Add the rice, dashi, starred (★) seasonings, and water to a rice cooker and lightly stir them to distribute the flavors evenly.
- ③ Blanch the abura-age in hot water to remove excess oil and then cut it into strips.
- ④ Trim the base of the enoki mushrooms and cut the mushrooms in half. Wash and peel the carrot and ginger and then julienne them.
- ⑤ Place the carrot, ginger, enoki mushroom, and abura-age on top of the rice and cook it.
- ⑥ Once cooked, divide the rice in half. Shape half of it into rice balls and top them with bonito flakes.
- ⑦ Mix the chopped kombu into the other half of the rice and shape the mixture into rice balls.
- ⑧ Arrange on a plate and serve.

2. Okra and Mozuku Seaweed Sticky Soup

◆ Ingredients (for 4 servings)

- Okra: 80 g
- Ginger: 10 g
- Mozuku seaweed: 120 g
- Onion: 100 g
- Enoki mushrooms: 60 g
- Ground pork: 200 g
- Dashi stock: 800 g
- ★ Light soy sauce: 4 g
- ★ Salt: 2 g
- Sesame oil: 7 g



Instructions:

- ① Wash the okra and slice it into rounds. Peel and slice the onion thinly. Peel and julienne the ginger. Trim the base of the enoki mushrooms and cut the mushrooms in half.
- ② Heat the sesame oil in a pot over medium heat and stir-fry the ground pork.
- ③ Once the pork changes color, add the onion, ginger, okra, and enoki mushrooms. Stir-fry the ingredients, being careful not to let them stick to the pot.
- ④ When the vegetables are partially cooked, add the dashi and starred (★) seasonings, and continue cooking.
- ⑤ Add the mozuku seaweed and simmer on low heat.
- ⑥ Serve in bowls.

A Veggie-Filled Breakfast Packed with Sweet Potatoes!



- Sakura Naito
- Manaka Chikazawa
- Aoi Matsumoto

Menu

1. Sweet Potato Rice Cooked with Dashi
2. Vegetable-Rich Miso Soup with Sake Lees



I. Sweet Potato Rice Cooked with Dashi

◆ Ingredients (for 4 servings)

- Rice: 300 g
- Sweet potato: 180 g
- Chirimen jako (small dried fish): 50 g
- Black soybeans (Tambaguro edamame): 200 g
- Sake: 20 mL
- Mirin: 30 mL
- Salt: a pinch
- Dashi stock: 350 mL
- ※ Kombu (kelp): 20 g
- ※ Bonito flakes (katsuobushi): 20 g
- ※ Water: 1000 mL



(※The dashi stock made with kombu, bonito flakes, and water is also used for the Vegetable-Rich Miso Soup with Sake Lees recipe.)

Instructions:

- ① Prepare a dashi stock with kombu and bonito flakes (soak the kombu in water for over 30 minutes, heat it up, remove the kombu before the water begins to boil, add the bonito flakes, boil and then turn off the heat, wait 10 seconds, and strain).
- ② Cut the sweet potato into 1.5 cm cubes, soak in water, and drain.
- ③ Briefly boil the black soybeans and then remove them from the pods.
- ④ Place the rice, seasonings, and dashi in a rice cooker, and level the rice.
- ⑤ Add the sweet potato and black soybeans on top and cook.
- ⑥ Once cooked, add the chirimen jako and gently mix.
- ⑦ Shape into rice balls and top with bonito flakes.

2. Vegetable-Rich Miso Soup with Sake Lees

◆ Ingredients (for 4 servings)

- Pork belly: 50 g
- Sweet potato: 60 g
- Daikon radish: 80 g
- Carrot: 50 g
- Shimeji mushrooms: 100 g
- Green onion: to taste
- Dashi stock: 470 mL
- Miso: 25 g
- Sake lees: 20 g
- Salad oil: as needed



Instructions:

- ① Cut the daikon and carrot into quarter slices. Remove the bases of the shimeji mushrooms and separate into smaller clusters. Slice the sweet potato with the skin on and soak it in water for 5 minutes.
- ② Heat a pot over medium heat and stir-fry the pork belly.
- ③ When the pork changes color, add the vegetables from step ① and the dashi and set the heat to high.
- ④ Once it is boiling, reduce the heat to medium and cook for about 5 minutes.
- ⑤ When the vegetables are cooked through, lower the heat, add the miso and sake lees, and stir to combine.
- ⑥ Serve in bowls and garnish with chopped green onions.