

Chirashi Zushi

Ingredients for 8 persons:

- Rice[rice 5C, *sake*(Japanese wine) 5T]
- *Awasezu*[vinegar 6–7T, *mirin*(sweetened *sake*) 2T, salt 5t, sugar 2–2.5T]
- Cooked carrots
- Cooked *kanpyo*(dried gourd shavings)
- Cooked *takenoko*(bamboo shoots)
- *Kouya doufu*
- Cooked eggs

Procedure:

1. Wash rice and add water and *sake*, then cook.
2. Mix vinegar, sugar, *mirin*, and salt. (→ *awasezu*)
3. Put in a wide-brimmed container and sprinkle *awasezu* carefully on hot rice, then combine well. Cool with fan to glaze rice.
4. Mix the above *sushi* rice, cooked carrots, *kanpyo*, *takenoko*, *kouya doufu*. And add eggs on the top.

Hohrenso no Goma-ae(**Spinach Salad**)

Ingredients for 8 persons:

- Spinach 2 packs
- Dressing[soy source 3T, sesame 4T, sugar 1T, broth 3T]

Procedure:

1. Wash spinach and boil in salted water. Then squeeze it.
2. Cut it in 2 inches long.
3. Mix spinach and dressing before serving.