

Cooking name Ishikari nabe(石狩鍋)

Ingredients (4 servings)

400g salmon
A few milt
A pinch of salmon roe
1 tofu
1 piece of konnyaku
150 g radish
100 g carrot
4 shiitake mushrooms
50 g burdock root
3 leeks
100 g spinach
4 pieces of Chinese cabbage
50 g pea shoots
3 30g pieces of dashi kelp
A dash of kelp broth
100 g miso
2 tablespoons mirin (sweet cooking sake)
A pinch of sugar
A pinch of salt
A pinch of powdered Japanese pepper

Nutritional information (4 servings)

Calories 1500kcal
Protein 100g
Fat 50g
Total salt 12.5g
Total vegetables 950g

Preparation

- 1 Cut the salmon into chunks, cut the milt into pieces, and take the musuko out of its skin and cut it into pieces.
- 2 Cut tofu into cubes, konnyaku into bite-sized pieces, daikon, carrot and shiitake mushrooms into half-moon or chunks, burdock root into thin strips, and green onion into diagonal slices.
3. Boil Chinese cabbage and spinach, wrap spinach around a core of Chinese cabbage, tie in 3~4 places with thinly cut kombu (kelp) and cut into 2~3 cm pieces. Cut the stringy part of the string beans, fold them by hand, and boil them green.
4. Place kombu in an iron or earthenware pot, add miso paste (mix miso, mirin, sugar, and salt) in the center, and place salmon, milt, sujiko, tofu, konnyaku, vegetables, etc. around the miso paste.