

# **Japanese Main Dishes**

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## **Recipe: Karaage (Japanese Fried Chicken) with Honey Mayoster Sauce**

Summary: This karaage (Japanese fried chicken) with honey mayoster sauce recipe is very easy to make and my guests always enjoy it a lot! It can be served as an appetizer or over a bed of rice as a quick weekday dinner! I usually marinate it the night before to give it more flavor, but if it's a last-minute meal you are preparing, no worries because there's still dipping sauce! Serve it with hot with shredded lettuce and a lemon wedge.

Prep Time: 15 mins | Cook Time: 5 mins | Total Time: 8 hrs 20 mins

Servings: 4

### **Ingredients:**

- 1 ½ tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- 1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 egg
- 1 cup panko bread crumbs
- vegetable oil for frying
- ½ cup Japanese mayonnaise
- 3 tablespoons mirin (Japanese sweet wine)
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon low-sodium soy sauce

### **Process:**

\* Whisk 1 1/2 tablespoons soy sauce, 1 tablespoon honey, garlic, and ginger together in a large glass or ceramic bowl. Add chicken and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 8 hours to

overnight.

- \* Remove chicken from marinade and shake off excess. Discard remaining marinade.

- \* Beat egg in a bowl until smooth. Add panko bread crumbs to a shallow bowl. Dip chicken into beaten egg. Lift up so excess egg drips back in the bowl. Press into panko until completely coated. Place the breaded chicken, unstacked, onto a plate. Repeat with remaining chicken.

- \* Heat oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C). Lower chicken carefully into the hot oil in batches. Fry until golden brown, about 5 minutes. Transfer to paper towels to drain. Repeat with remaining chicken.

- \* Whisk Japanese mayonnaise, mirin, 2 tablespoons honey, Dijon mustard, and 1 tablespoon soy sauce together in a bowl; pour sauce over chicken.

## Recipe: Smoked Salmon Sushi Roll

Summary: Homemade salmon roll made with sushi rice, nori, and smoked salmon.

This is a very basic and easy recipe for making sushi. It might take a while to learn how to make a perfect roll, but you'll have fun trying! Add wasabi (Japanese horseradish) for a good kick!

Prep Time: 30 mins | Cook Time: nan | Total Time: 5 hrs

Servings: 6

### Ingredients:

- 2 cups Japanese sushi rice
- 6 tablespoons rice wine vinegar
- 6 sheets nori (dry seaweed)
- 2 tablespoons wasabi paste
- 8 ounces smoked salmon, cut into long strips
- 1 cucumber, peeled and sliced
- 1 avocado - peeled, pitted and sliced

### Process:

- \* Soak rice for 4 hours. Drain rice and cook in a rice cooker with 2 cups of water. Rice must be slightly dry as vinegar will be added later.
- \* Immediately after rice is cooked, mix in rice wine vinegar; spread rice on a plate until completely cool.
- \* Place 1 sheet of seaweed on a bamboo mat; press a thin layer of cool rice on seaweed, leaving at least a 1/2 inch top and bottom edge of the seaweed uncovered. This is for easier sealing later. Dot some wasabi on rice; arrange smoked salmon, cucumber, and avocado on rice about 1 inch away from the bottom edge of seaweed.
- \* Slightly wet the top edge of seaweed; roll up tightly from the bottom to the top edge with the help of the bamboo mat. Cut salmon roll into 8 equal pieces and serve. Repeat for other rolls.

## Recipe: Teriyaki Rib Eye Steaks

Summary: Great Japanese teriyaki-style marinated ribeye steak with a from-scratch teriyaki sauce.

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 2 hrs 25 mins

Servings: 2

### Ingredients:

- 2 tablespoons soy sauce
- 2 tablespoons water
- 1 tablespoon white sugar
- 1 ½ teaspoons honey
- 1 ½ teaspoons Worcestershire sauce
- 1 ¼ teaspoons distilled white vinegar
- 1 teaspoon olive oil
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ■ teaspoon ground ginger
- 2 (6 ounce) lean beef rib eye steaks

### Process:

\* Whisk soy sauce, water, sugar, honey, Worcestershire sauce, vinegar, olive oil, onion powder, garlic powder, and ground ginger together in a large glass or ceramic bowl. Pierce steaks several times with a fork. Add steaks to bowl; toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator at least 2 hours.

\* Cook steaks in a hot skillet, wok, or hibachi over medium heat, 7 minutes per side for medium. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

## Recipe: Pork Gyoza

Summary: Gyoza are pan-fried Japanese dumplings which make perfect starters or nibbles. Filled with a savory mixture of ground pork and Japanese flavors.

Prep Time: 1 hr | Cook Time: 8 mins | Total Time: 1 hr 8 mins

Servings: 6

### Ingredients:

- 12 ounces ground pork
- ¼ head cabbage, shredded
- 1 egg
- 2 spring onions, sliced
- 1 tablespoon soy sauce
- 2 teaspoons sake
- 2 teaspoons mirin
- 2 teaspoons minced fresh ginger root
- 40 gyoza wrappers, or as needed
- 2 tablespoons vegetable oil
- ½ cup water
- ¼ cup rice wine vinegar
- ¼ cup soy sauce

### Process:

\* Combine ground pork, cabbage, egg, spring onions, 1 tablespoon soy sauce, sake, mirin, and ginger in a large bowl; mix well.

\* Place approximately 1 to 2 teaspoons of the pork mixture in the center of each gyoza wrapper. Moisten your fingers with water and rub around the edges of each wrapper. Fold wrappers in half over filling, creating a semi circle. Take one side of the wrapper and make crimps along the edges for a decorative pattern (like pleats of a skirt) and press along the edges to seal the two sides

together. Ensure there isn't much excess air caught inside the dumpling. Repeat until all the pork mixture is used.

\* Heat vegetable oil in a large skillet over medium-high heat. Place as many gyoza in the skillet as fit in a single layer and fry until the bottom is browned, about 3 to 5 minutes. Add water to skillet and reduce heat. Cover and allow gyoza to steam until all the water has evaporated, about 5 minutes. Repeat with the remaining gyoza.

\* Mix rice vinegar and soy sauce together for a dipping sauce and serve with the gyoza.

ChefJackie



## Recipe: Instant Pot Tonkotsu Ramen Broth

Summary: Tonkotsu ramen is a noodle dish where the broth is made from pork bones. The broth is the heart and soul of the dish. Traditionally, the broth takes hours, or up to an entire day to make. But with an Instant Pot, that time drops. This recipe makes a creamy pork broth that serves as the perfect base to your tonkotsu ramen dish. Flavor the broth however you'd like, but this recipe suggests using soy sauce, miso, and a Japanese fish bouillon (in granules) called "dashi."

Prep Time: 20 mins | Cook Time: 1 hr 30 mins | Total Time: 2 hrs

Servings: 4

### Ingredients:

- 1 pound pork bones, with meat
- 1 tablespoon olive oil
- 2 small leeks, chopped
- 1 onion, roughly chopped
- 3 large cloves garlic, minced
- 5 cups water, divided
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon dashi granules
- 1 tablespoon soy sauce
- 1 tablespoon shiro miso (white fermented soybean paste)
- ¼ cup fresh spinach
- 2 (3 ounce) packages ramen noodles, or to taste

### Process:

\* Place the pork bones into a large pot and cover with water. Bring to a boil over medium-high heat and cook at a rolling boil for 5 minutes. Drain the pork

bones into a colander in the sink and rinse well until water against the bones runs clear; this is the most important step of the process.

- \* Turn on a multi-functional pressure cooker (such as Instant Pot) and select Saute function. Warm the olive oil in the pot. Add leeks, onion, and garlic. Saute until onion is clear and has begun to brown, 7 to 10 minutes. Turn Saute mode off.

- \* Place the cleaned pork bones into the inner pot on top of the onion mixture. Add 4 cups of water. Place the lid onto the Instant Pot, with the vent set to Sealing. Select high pressure according to manufacturer's instructions; set timer for 45 minutes. Allow 10 to 15 minutes for pressure to build.

- \* Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes, or turn vent to Venting.

- \* Remove lid and carefully remove the inner pot. Strain the stock in a cheesecloth-lined colander that is placed on top of a large saucepan. Set aside. Remove any remaining meat from bones and set aside.

- \* Season strained broth with salt and pepper. Add in dashi and remaining 1 cup water. Stir in soy sauce. Bring broth to a slow boil over medium-low heat; turn heat down to a simmer. Scoop out 1/3 cup of the broth into a bowl. Add the miso into the bowl and "soften" the miso with a spoon, dissolving it into the broth. Return this paste to the saucepan. Mix paste into the broth and combine well. Add spinach to the broth. Continue simmering for 10 minutes (do not bring to a boil).

- \* Meanwhile, bring water to a boil in a pot. Add ramen noodles and cook until soft, about 2 minutes. Drain and rinse and place a good handful into a serving bowl. Pour tonkotsu broth into the bowl using a ladle. Add the pulled meat from the bones atop the noodles; add the spinach.

## Recipe: Spicy Tuna Sushi Roll

Summary: A great tasting spicy sushi roll, for those who like extra pizzazz. You can use cooked or raw tuna to your preference to achieve great flavors. Great for a filling Japanese meal. Tastes great with a wasabi soy dip.

Prep Time: 40 mins | Cook Time: 20 mins | Total Time: 1 hr 45 mins

Servings: 4

### Ingredients:

- 2 cups uncooked glutinous white rice
- 2 ½ cups water
- 1 tablespoon rice vinegar
- 1 (5 ounce) can solid white tuna in water, drained
- 1 tablespoon mayonnaise
- 1 teaspoon chili powder
- 1 teaspoon wasabi paste
- 4 sheets nori (dry seaweed)
- ½ cucumber, finely diced
- 1 carrot, finely diced
- 1 avocado - peeled, pitted and diced

### Process:

- \* Bring the rice, water, and vinegar to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Let stand, covered, for about 10 minutes to absorb any excess water. Set rice aside to cool.
- \* Lightly mix together the tuna, mayonnaise, chili powder, and wasabi paste in a bowl, breaking the tuna apart but not mashing it into a paste.
- \* To roll the sushi, cover a bamboo sushi rolling mat with plastic wrap. Lay a sheet of nori, rough side up, on the plastic wrap. With wet fingers, firmly pat

a thick, even layer of prepared rice over the nori, covering it completely.

Place about 1 tablespoon each of diced cucumber, carrot, and avocado in a line along the bottom edge of the sheet, and spread a line of tuna mixture alongside the vegetables.

\* Pick up the edge of the bamboo rolling sheet, fold the bottom edge of the sheet up, enclosing the filling, and tightly roll the sushi into a thick cylinder. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly. Cut each roll into 6 pieces, and refrigerate until served.

## **Recipe: Cucumber and Avocado Sushi**

Summary: Make avocado rolls at home with this easy vegetarian sushi recipe. Serve with wasabi, pickled ginger, and soy sauce.

Prep Time: 35 mins | Cook Time: 25 mins | Total Time: 1 hr 5 mins

Servings: 6

### **Ingredients:**

- 1 ¼ cups water
- 1 cup uncooked glutinous white rice (sushi rice)
- 3 tablespoons rice vinegar
- 1 pinch salt
- 4 sheets nori (dry seaweed)
- ½ medium cucumber, sliced into thin strips
- 1 medium avocado - peeled, pitted and sliced

### **Process:**

- \* Combine water and rice in a saucepan and bring to a boil. Cover, reduce the heat to low, and simmer until rice is tender and water has been absorbed, about 20 minutes. Remove from the heat, stir in vinegar and salt, and set aside to cool for at least 5 minutes.
- \* Cover a bamboo sushi mat with plastic wrap to keep rice from sticking. Place one nori sheet over the plastic. Spread rice evenly onto nori sheet, leaving about a 1/2 inch uncovered at the bottom. Arrange cucumber and avocado across the center of the rice. Lift the mat, roll over cucumber and avocado once, and press down. Unroll, then roll again towards the uncovered end of the nori to make a long roll. Seal roll with a little water if necessary. Repeat to make remaining rolls.
- \* Use a sharp, wet knife to slice each roll into 6 pieces.

## Recipe: Mom's Sushi Rice

Summary: This is my mom's simple and easy recipe for sushi rice. Can be modified to your taste.

Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 1 hr 5 mins

Servings: 10

### Ingredients:

- 2 ¼ cups Japanese sushi-style rice
- 1 (4 inch) piece konbu dried kelp (Optional)
- 3 cups water
- ¼ cup rice vinegar
- ¼ cup white sugar
- 1 ¼ teaspoons salt

### Process:

- \* Place rice into a large, deep bowl. Fill with cold water and rub rice together with hands until water turns milky white. Pour off cloudy water, being careful not to pour out rice. Repeat 3 or 4 times until you can see rice through 3 inches of water.
- \* Drain rice in a fine strainer, then place into a saucepan along with konbu and 3 cups water. Allow to stand for 30 minutes. Stir together rice vinegar, sugar, and salt until dissolved in a small bowl; set aside.
- \* Cover, and bring rice to a boil over high heat, then reduce heat to low, and simmer for 15 minutes. Remove from heat and allow to stand, covered, for 5 minutes.
- \* Scrape rice into a bowl; remove and discard konbu. Stir in vinegar mixture until well incorporated and no lumps of rice remain. Allow to cool at room temperature. For a shinier appearance, use an electric fan to cool rice rapidly.

## Recipe: Buffalo Chicken Sushi Roll

Summary: I made this Buffalo chicken sushi recipe for my wife, who is not into raw sushi fish. Now, the whole family is totally hooked on it!

Prep Time: 25 mins | Cook Time: nan | Total Time: 25 mins

Servings: 4

### Ingredients:

- 8 ounces fully cooked breaded chicken breast tenderloins
- ¼ cup hot pepper sauce
- 4 sheets nori (dry seaweed)
- 4 cups cooked sushi rice
- 1 carrot, peeled and cut into 4-inch matchsticks
- 1 celery stalk, cut into 4-inch matchsticks
- ¼ cup spicy mayonnaise
- ¼ cup French-fried onions (such as French's)

### Process:

- \* Combine chicken and hot sauce in a bowl; toss to coat.
- \* Place 1 nori sheet onto a bamboo sushi rolling mat. Spread 1 cup rice onto nori, leaving a 1/2-inch strip along 1 edge. Place 1/4 each chicken, carrot, and celery in a line near bottom edge of rice. Roll nori sheet around rice and fillings, using the mat to help. Moisten remaining nori edge with a finger dipped in water; press to seal. Repeat with remaining nori, rice, chicken, carrot, and celery.
- \* Slice each roll into 8 pieces using a sharp, wet knife. Top each piece with a dollop of mayonnaise and a small amount of onion.

## Recipe: Tonkatsu Shoyu Ramen (Pork Cutlet Soy Sauce Ramen)

Summary: If you have ever wanted to make Japanese noodle house ramen, this tonkatsu recipe is for you. This everyday meal is great for singles with some cooking experience; it may take longer than the overall time without cooking experience. To save time, I rarely measure each ingredient's amount due to the large number of small measurements in the recipe.

Prep Time: 30 mins | Cook Time: 45 mins | Total Time: 1 hr 15 mins

Servings: 1

### Ingredients:

- 1 large egg
- 1 ½ teaspoons spicy sesame oil
- 2 (1x3-inch) boneless pork chop slices
- 2 tablespoons olive oil, divided
- 1 tablespoon black sesame seeds, divided
- 2 leaves fresh basil, chopped, divided
- 1 leaf fresh sage, chopped, divided
- 1 (3 ounce) package instant ramen noodles (such as Shirakiku®), seasoning packet discarded
- 3 tablespoons shredded dried kombu
- 1 ¾ tablespoons bonito soup stock (such as Hondashi®)
- 1 ¾ tablespoons soy sauce (shoyu)
- ½ teaspoon white miso paste with dashi
- 4 1/3-inch slices fish paste stick (naruto)
- 1 tablespoon tonkatsu sauce
- 1 tablespoon sushi ginger (shoga), finely chopped
- 1 green onion, thinly sliced
- 1 pinch ground black pepper



## Process:

- \* Fill a small pot halfway with water. Bring to a boil; add egg and cook in boiling water for 15 minutes. Drain. Run cold water over egg and set aside to cool.
- \* Pour sesame oil into a large skillet. Lay pork slices in oil. Cover pork with 1 tablespoon olive oil, 1/2 tablespoon sesame seeds, 1/2 of the basil, and 1/2 of the sage. Flip and cover pork with these remaining ingredients: 1 tablespoon olive oil, 1/2 tablespoon sesame seeds, basil, and sage.
- \* Cook pork, covered, over medium-low heat, until evenly browned on the bottom, about 5 minutes. Flip and continue cooking until second side is browned, about 5 minutes more. Remove from heat.
- \* Bring a large pot of water to a boil. Cook ramen noodles in boiling water until tender, about 3 minutes. Drain in a colander set in the sink; rinse noodles until water runs clear. Return noodles to the pot.
- \* Stir kombu, bonito stock, soy sauce, and miso paste into noodles. Cook, stirring with chopsticks, over medium heat, until miso paste is dissolved, 3 to 5 minutes. Transfer noodles to a serving bowl.
- \* Peel and cut egg in half lengthwise. Place egg, pork slices, and fish paste slices over noodles. Garnish with tonkatsu sauce, ginger, green onion, and black pepper.

## Recipe: Yaki Udon

Summary: Yaki Udon is a classic Japanese stir-fry dish with udon noodles and lots of vegetables in a soy-based sauce. Feel free to add meat or tofu.

Prep Time: nan | Cook Time: 15 mins | Total Time: 35 mins

Servings: 4

### Ingredients:

- ¼ cup oyster sauce
- 3 tablespoons soy sauce
- 2 tablespoons mirin
- 1 tablespoon unseasoned rice vinegar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon packed light brown sugar
- 1 teaspoon Sriracha sauce
- 1 medium garlic, grated
- 1 medium (5-oz.) bunch scallions
- 2 tablespoons canola oil
- 12 ounces sliced mixed wild mushrooms (such as cremini, oyster, and shiitake) (about 6 cups)
- 2 medium heads baby bok choy, thinly sliced
- 1 (10 ounce) package carrots, cut into match-stick size pieces
- ½ cup water, divided
- 1 (14 ounce) package pre-cooked udon noodles (such as KA-ME)
- Optional garnishes: thinly sliced nori, cilantro, lime wedges, furikake seasoning

### Process:

\* Whisk together oyster sauce, soy sauce, mirin, rice vinegar, Worcestershire, sesame oil, sugar, Sriracha, and garlic in a small bowl; set aside. Remove root ends from scallions and discard. Chop whites and light greens into 2-inch pieces and quarter pieces lengthwise; set aside. Thinly slice remaining dark greens of scallions and reserve for garnish.

\* Heat oil in a large skillet or wok over medium-high heat. Add mushrooms in a single layer and cook, undisturbed, until browned on first side, about 3 minutes. Stir and continue to cook, stirring occasionally, until mushrooms are tender and golden brown on both sides, about 4 more minutes. Add bok choy, carrots, sliced whites and light greens of scallions, and 1/4 cup water to pan with mushrooms. Cook, stirring occasionally, until vegetables are just tender, about 3 minutes.

\* Add udon noodles and remaining 1/4 cup water and cook, gently separating noodles with tongs or spoon. Add reserved oyster sauce mixture and cook, stirring constantly, until noodles and vegetables are well-coated, about 1 minute. Divide among serving bowls and garnish with reserved sliced greens of scallions and optional garnishes. Serve immediately.

## Recipe: Japanese Beef Stir-Fry

Summary: Tender beef strips are quickly stir-fried with crisp and colorful vegetables to make this delicious restaurant-style dinner in your own kitchen.

Prep Time: 30 mins | Cook Time: 15 mins | Total Time: 45 mins

Servings: 8

### Ingredients:

- 2 pounds boneless beef sirloin or beef top round steaks (3/4" thick)
- 3 tablespoons cornstarch
- 1 (10.5 ounce) can Campbell's® Condensed Beef Broth
- ½ cup soy sauce
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 4 cups sliced shiitake mushrooms
- 1 head Chinese cabbage (bok choy), thinly sliced
- 2 medium red peppers, cut into 2"-long strips
- 3 stalks celery, sliced
- 2 medium green onions, cut into 2" pieces
- Hot cooked regular long-grain white rice

### Process:

- \* Slice beef into very thin strips.
- \* Mix cornstarch, broth, soy and sugar until smooth. Set aside.
- \* Heat 1 tablespoon oil in saucepot or wok over high heat. Add beef in 2 batches and stir-fry until browned. Set beef aside.
- \* Add 1 tablespoon oil. Add the mushrooms, cabbage, peppers, celery and green onions in 2 batches and stir-fry over medium heat until tender-crisp. Set vegetables aside.

\* Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return beef and vegetables to saucepot and heat through. Serve over rice.

## Recipe: Tamagoyaki Bento Box

Summary: A traditional Japanese tamagoyaki bento box is a delicious lunch alternative to sandwiches and chips. The onigiri can be formed into cute shapes or animal figures to surprise your kids with a fun lunch.

Prep Time: 30 mins | Cook Time: 30 mins | Total Time: 1 hr 15 mins

Servings: 1

### Ingredients:

- ½ cup uncooked short-grain white rice
- ¾ cup water
- 1 sheet nori (dry seaweed), or as needed
- 2 teaspoons bonito flakes, divided
- 1 teaspoon white sesame seeds
- 1 teaspoon black sesame seeds
- 2 large eggs
- 1 teaspoon mirin (Japanese sweet wine)
- 1 teaspoon tamari
- 1 teaspoon vegetable oil
- 2 tablespoons tamari
- 1 teaspoon freshly grated ginger
- 1 teaspoon wasabi paste
- ½ cup cooked shelled edamame
- ¼ cup steamed broccoli florets

### Process:

\* Rinse rice with cool water until the water runs clear; drain. Bring rice and ¾ cup water to a boil in a pot; reduce heat. Simmer until water is absorbed, about 15 minutes. Cool 10 to 20 minutes.

- \* Cut nori sheet into two 1-inch strips; reserve remaining sheet for tamagoyaki.
- \* Form cooled rice into 4 equal portions using wet hands, keeping hands wet to keep rice from sticking. Create an indentation in 1 rice portion using your thumb; fill indentation with 1 teaspoon bonito flakes. Top with another rice portion to enclose onigiri. Form into an oval shape; wrap middle with 1 nori strip. Repeat to make a second onigiri with remaining rice portions and bonito flakes. Sprinkle white and black sesame seeds on top of onigiri. Place in a bento box.
- \* Whisk eggs, mirin, and 1/8 teaspoon tamari together in a bowl; divide into 3 portions. Cut remaining nori sheet into four 1/2-inch strips.
- \* Heat oil in a small saucepan or square tamagoyaki pan over medium-high heat. Add 1/3 egg mixture; cook until almost firm, 2 to 3 minutes, if omelet is too firm, it won't stick together very well. Slide flat omelet onto a plate. Add 4 nori strips to the pan with some space between each.
- \* Add 1/3 egg mixture to the pan; cook until almost firm, 2 to 3 minutes. Roll up carefully in the pan with nori strips. Slide rolled omelet onto edge of first unrolled omelet. Repeat cooking with remaining 1/3 egg mixture, roll it up and slide on top of second omelet. Cool until cool enough to touch, about 5 minutes.
- \* Roll entire layered omelet together with nori inside. Cut into 4 pieces. Place alongside onigiri in bento box.
- \* Combine 2 tablespoons tamari, ginger, and wasabi paste in a bowl; transfer to a portable container and place into bento box. Add edamame and steamed broccoli to bento box.

## Recipe: Sukiyaki

Summary: Serve this simple Japanese beef sukiyaki stir-fry recipe over thin Japanese noodles or rice, if desired.

Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins

Servings: 6

### Ingredients:

- 1 tablespoon vegetable oil
- 1 ½ pounds beef sirloin strips
- ½ cup soy sauce
- 2 teaspoons monosodium glutamate (MSG)
- ½ cup chicken broth
- ½ cup white sugar
- 3 small onions, sliced
- 2 cups chopped celery
- 1 (14 ounce) can bamboo shoots, drained and chopped
- 4 green onions, sliced
- 1 (4.5 ounce) can mushrooms, drained
- 1 (8 ounce) can water chestnuts, drained
- 1 teaspoon cornstarch

### Process:

\* Heat oil in a large skillet or wok over medium-high heat. Brown beef in hot oil, then stir in soy sauce, MSG, broth, and sugar. Mix in onion and celery, and cook until tender. Stir in bamboo shoots, green onions, mushrooms, and water chestnuts. Reduce heat to medium, stir in cornstarch, and simmer until sauce is thickened.



## Recipe: Instant Pot Japanese Curry

Summary: Japanese curry is easily one of the top national dishes of Japan, behind sushi, ramen, and miso soup. It is distinctly Japanese, varying enough from Indian or Thai curries to be its own. Making Japanese curry in the Instant Pot ensures the texture is perfect, and the meat, if used, is tender and juicy.

What I was taught growing up: always, always use the roux as a base. Serve with rice!

Prep Time: 30 mins | Cook Time: 35 mins | Total Time: 1 hr 15 mins

Servings: 6

### Ingredients:

- 1 ½ tablespoons canola oil
- 1 onion, chopped
- 1 ½ pounds beef, cut into 1/2-inch or 1-inch cubes
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 2 medium potatoes, peeled and cubed
- 2 carrots, peeled and chopped into 1/2-inch pieces
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 ½ cups beef broth
- 1 small apple, grated
- 1 tablespoon ketchup
- 1 tablespoon soy sauce
- 1 (3.5 ounce) container Japanese curry roux

### Process:

\* Turn on a multi-functional pressure cooker (such as Instant Pot) and select Saute function. Heat oil in the pot. Add onion; saute until almost translucent,

about 3 minutes. Add beef, garlic, and ginger; saute until beef begins to brown, about 3 minutes more. Mix in potatoes and carrots. Cook, stirring constantly, for 2 minutes. Season with salt and pepper.

- \* Pour beef broth, apple, ketchup, and soy sauce into the pot. Break up curry roux into blocks and place on top of the beef mixture. Do not mix the blocks into the broth.

- \* Turn Saute function off. Close and lock the lid. Seal valve. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

- \* Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove the lid. Stir broth to incorporate all the curry roux blocks, which should have melted over the top.

## Recipe: My Fly Stir-Fry

Summary: My mom taught me how to make this very tasty stir-fry. My boyfriend loves it so much I make it at least once a week! You can use virtually any combination of vegetables and meat you like, but the combination of sauces is essential. Serve over steamed rice or noodles.

Prep Time: 20 mins | Cook Time: 15 mins | Total Time: 35 mins

Servings: 4

### Ingredients:

- 4 center cut pork chops, thinly sliced
- ¼ cup mirin (Japanese sweet wine)
- ¼ cup rice vinegar
- ½ cup soy sauce
- ½ cup mushrooms, sliced
- 1 green bell pepper, sliced
- 1 bunch green onions
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger root
- 1 tablespoon sesame oil

### Process:

\* Slice pork as thinly as possible. Working with partially frozen chops makes this easier. In a medium bowl, mix pork with mirin, rice vinegar, and soy sauce. Cover, and let marinate in refrigerator while you prepare the remaining ingredients.

\* Slice mushrooms, green pepper, green part of green onions, and set aside. Mince white part of green onions, garlic, and ginger.

\* Heat wok or large skillet over medium heat, then coat with sesame oil. Saute minced green onion, garlic, and ginger until fragrant. Increase heat to high. Squeeze marinade off pork, and place pork into wok. Reserve marinade. Cook and

stir until pork is no longer pink, about 4 minutes. Stir in mushrooms, green pepper, and sliced green onion. Cook, stirring, until vegetables are tender, about 4 minutes. Stir in reserved marinade, and cook about 2 minutes.

## Recipe: Japanese Curry

Summary: Japanese curry is different from Indian or Thai curries. It is more of a brown stew and it can be mild or spicy, depending on your tastes. It can be served over white rice or with udon noodles. This recipe is very flexible; it can easily be made for more or less people.

Prep Time: 30 mins | Cook Time: 1 hr 10 mins | Total Time: 1 hr 40 mins

Servings: 8

### Ingredients:

- 1 tablespoon vegetable oil, or more as needed
- 1 ¾ pounds beef chuck, cut into 2-inch cubes
- 3 onions, quartered
- 1 tablespoon ketchup
- 1 ½ teaspoons Worcestershire sauce
- 1 pinch cayenne pepper, or to taste (Optional)
- water to cover
- 4 carrots, cut into 2-inch pieces
- 1 cube chicken bouillon (Optional)
- 3 medium potatoes, cut into 3-inch chunks
- 1 ½ (3.5 ounce) containers Japanese curry roux, or more to taste

### Process:

\* Heat oil in a 6-quart pot over medium-high heat. Add beef and saute until brown, 5 to 7 minutes. Add onions and cook until starting to soften, about 3 minutes. Add ketchup and Worcestershire sauce. Stir to coat. Add cayenne pepper. Pour in water to cover mixture by 1 or 2 inches. Add carrots and bouillon.

\* Simmer, skimming fat off the surface of the broth as needed, for 30 minutes. Add potatoes. Stir in 1 package of curry roux and let dissolve; add remaining curry as needed to achieve desired thickness. Continue simmering until beef and vegetables are tender, about 30 minutes more.

## **Recipe: Ashley's Chicken Katsu with Tonkatsu Sauce**

Summary: A recipe for delicious Japanese fried chicken and an accompanying Tonkatsu sauce. Serve with your choice of shredded cabbage, rice, or even mashed potatoes.

Prep Time: 20 mins | Cook Time: 10 mins | Total Time: 30 mins

Servings: 2

### **Ingredients:**

- ½ cup Worcestershire sauce
- ¼ cup ketchup
- 2 tablespoons soy sauce
- pepper to taste
- 2 cups vegetable oil, for deep-fat frying
- ½ cup all-purpose flour
- ½ cup panko bread crumbs
- salt and pepper to taste
- 1 egg, beaten
- 2 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1 green onion, thinly sliced

### **Process:**

- \* For the sauce, stir together the Worcestershire sauce, ketchup, and soy sauce, and a pinch of pepper to taste. Set aside.
- \* Heat oil in deep-fryer to 350 degrees F (175 degrees C).
- \* Place flour and panko bread crumbs onto separate plates and season with salt and pepper. Place the beaten egg in a medium bowl. Dip flattened chicken pieces first into flour, then egg, and lastly bread crumbs.
- \* Fry breaded chicken breasts in preheated oil until golden brown and no longer pink in center, about 8 minutes. Transfer to a paper towel-lined plate to absorb

excess oil. Slice chicken into thin strips and top with a drizzle of sauce and a sprinkling of sliced green onions. Serve remaining sauce on the side for dipping.

## Recipe: Gyoza (Japanese Potstickers)

Summary: Gyoza are the Japanese version of jiaozi, or Chinese potstickers. This version is pan-fried but they work well deep-fried or steamed too.

Prep Time: 40 mins | Cook Time: 15 mins | Total Time: 55 mins

Servings: 6

### Ingredients:

- ½ pound ground pork
- ½ head napa cabbage, shredded
- 3 green onions, thinly sliced
- 1 large egg
- 1 (2 inch) piece fresh ginger, grated
- 1 small clove garlic, minced
- 1 tablespoon soy sauce
- 1 teaspoon Sriracha sauce, or more to taste
- ¼ teaspoon sesame oil
- 30 gyoza wrappers, or as needed
- 1 tablespoon vegetable oil, or as needed
- 1 cup water, divided
- 2 tablespoons soy sauce
- 2 tablespoons seasoned rice vinegar
- 1 ½ teaspoons sesame oil
- 1 dash Sriracha sauce, or to taste

### Process:

\* Prepare the potstickers: Combine ground pork, napa cabbage, green onions, egg, ginger, garlic, soy sauce, Sriracha, and sesame oil in a bowl.



\* Arrange gyoza wrappers on a flat work surface. Place 1 teaspoon of pork mixture in the middle of each wrapper. Wet edges with your finger or a brush. Fold up sides to form a semicircle; pinch edges to seal.

\* Heat oil in a heavy skillet over medium-high heat. Add 12 to 15 gyoza to the skillet. Cook until golden brown on the bottom, about 2 minutes. Pour in 1/2 cup water; cover and cook until water is absorbed, 5 to 7 minutes. Transfer gyoza to a plate. Repeat with remaining gyoza.

\* Make the dipping sauce: Mix soy sauce, rice vinegar, sesame oil, and Sriracha together. Serve dipping side alongside gyoza.

## Recipe: Karaage (Japanese Fried Chicken)

Summary: The only karaage recipe you'll ever need. Learn two methods of frying that produce moist, flavorful, boneless, skinless Japanese fried chicken with a super-thin coating that's incredibly crispy and crunchy. Serve with lemon or lime wedges.

Prep Time: 20 mins | Cook Time: 10 mins | Total Time: 1 hr 45 mins

Servings: 4

### Ingredients:

- 1 clove garlic, finely grated
- 1 tablespoon finely grated fresh ginger
- 3 tablespoons soy sauce
- 3 tablespoons sake
- 1 tablespoon mirin
- 1 teaspoon sesame oil
- ¼ teaspoon ground black pepper
- 1 pinch cayenne pepper
- ½ teaspoon white sugar
- ¼ teaspoon kosher salt
- 1 ¼ pounds boneless, skinless chicken thighs, cut into 2-inch pieces
- 1 cup potato starch
- 1 quart canola oil, or as needed

### Process:

\* Mix garlic, ginger, soy sauce, sake, mirin, sesame oil, black pepper, cayenne, sugar, and salt in a medium bowl.

\* Place chicken in the marinade and mix until thoroughly and evenly coated. Cover and refrigerate for 1 to 10 hours.

- \* Set up your dredging station: Place a wire rack over a foil-lined baking sheet. Add potato starch to a wide, shallow bowl.
- \* Remove chicken from the refrigerator. Stir to coat with marinade. Toss 2 or 3 pieces at a time in the potato starch until evenly coated. Shake off any excess starch and place chicken on the wire rack. Repeat to dredge remaining pieces.
- \* Tap the rack on the baking sheet to remove any loose chunks of starch, then transfer the baking sheet and rack of chicken to the refrigerator for 15 to 30 minutes.
- \* Heat oil in a deep fryer to 350 degrees F (175 degrees C).

## Recipe: Japanese Egg Salad Sandwich

Summary: This is my take on the Japanese egg salad sandwich (tamago sando) which is world-famous, plus I'm going to show you how to make a version of a mayonnaise so addictive, it literally has a cult following. If that wasn't enough, I'm also going to tease an upcoming video for the world's most critically-acclaimed milk bread.

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 1 hr 25 mins

Servings: 2

### Ingredients:

- 4 large eggs
- ½ cup mayonnaise
- ¼ teaspoon kosher salt
- ¾ teaspoon white sugar
- 1 teaspoon Dijon mustard
- 3 dashes hot sauce, or to taste
- 1 teaspoon freshly squeezed lemon juice
- 2 teaspoons rice vinegar
- ½ teaspoon kosher salt, or to taste
- ¼ teaspoon white sugar
- 1 pinch cayenne pepper
- 1 tablespoon heavy cream
- 4 slices soft white bread
- 1 tablespoon unsalted butter, softened

### Process:

\* Place eggs in the bottom of a saucepan. Add 1/4 inch of water. Heat over medium-high heat and bring to a boil. Cover and steam for 11 minutes. Turn off the heat and drain water carefully; pour cold water over and let cool.

\* Mix mayonnaise, salt, sugar, mustard, hot sauce, lemon juice, and vinegar for Kewpie-style mayonnaise together. Cover with plastic wrap and refrigerate until needed.

\* Peel eggs. Mash in a shallow bowl with the side and back of a fork until desired texture is reached. Add salt, sugar, cayenne, heavy cream, and 3 tablespoons Kewpie-style mayonnaise. Stir to combine. Wrap and refrigerate until well chilled, at least 1 hour. Taste and adjust seasonings.

## Recipe: Japanese Pan Noodles

Summary: This is a great recipe to make any time. Lots of flavor. Top with cilantro and bean sprouts.

Prep Time: 25 mins | Cook Time: 25 mins | Total Time: 50 mins

Servings: 4

### Ingredients:

- 1 (10 ounce) package fresh udon noodles
- ½ teaspoon sesame oil, divided, or to taste
- 2 cups chopped broccoli
- ½ green bell pepper, cut into matchsticks
- 2 small carrots, cut into matchsticks, or to taste
- ½ zucchini, thinly sliced
- 2 tablespoons soy sauce
- 2 tablespoons mirin (Japanese sweet wine)
- 1 tablespoon chili-garlic sauce
- ¾ teaspoon minced ginger

### Process:

\* Bring a large pot of lightly salted water to a boil. Cook udon in boiling water, stirring occasionally, until noodles are tender yet firm to the bite, 10 to 12 minutes. Drain and rinse with cold water. Stir in a few drops of sesame oil.

\* Heat the remaining sesame oil in a large skillet over medium heat. Cook broccoli until bright green and still crunchy, about 5 minutes. Add green bell pepper and carrots; cook and stir until slightly softened, about 2 minutes. Add zucchini; cook until slightly softened, about 2 minutes more. Add soy sauce, mirin, chili-garlic sauce, and ginger; stir to combine. Mix in the noodles; cook and stir until noodles absorb some of the sauce, 1 to 2 minutes more.

## **Recipe: Crispy Shrimp Tempura**

Summary: Crispy, Japanese-style tempura shrimp made with homemade tempura batter. Serve them as an appetizer, main dish, or finger food at your next party.

Prep Time: 15 mins | Cook Time: 20 mins | Total Time: 35 mins

Servings: 4

### **Ingredients:**

- 2 cups vegetable oil for frying
- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1 pinch salt
- 1 cup water
- 1 large egg yolk
- 2 large egg whites, lightly beaten
- 1 pound medium shrimp, peeled and deveined, tails left on

### **Process:**

\* No steps found

## Recipe: Japanese-Style Deep-Fried Shrimp

Summary: These deep-fried shrimp are coated with crispy panko crumbs to make the easiest, tastiest deep-fried shrimp ever!

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Servings: 4

### Ingredients:

- 1 pound medium shrimp, peeled (tails left on) and deveined
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 1 cup all-purpose flour
- 1 teaspoon paprika
- 2 large eggs, beaten
- 1 cup panko crumbs
- 1 quart vegetable oil for frying

### Process:

\* No steps found



## Recipe: Spicy Tuna Rolls

Summary: Even if you're new to sushi making, this recipe for spicy tuna rolls is easy to make at home.

Prep Time: 30 mins | Cook Time: nan | Total Time: 30 mins

Servings: 4

### Ingredients:

- 4 sheets nori (dry seaweed)
- ½ pound sashimi-grade tuna, finely chopped
- 4 tablespoons mayonnaise
- 2 green onions, chopped
- 1 tablespoon hot chile sauce
- 2 ½ cups prepared sushi rice
- 1 tablespoon sesame seeds

### Process:

- \* Cut off the bottom quarter of each nori sheet; reserve for another use.
- \* Combine chopped tuna, mayonnaise, green onions, and hot sauce in a bowl.
- \* Center 1 sheet of nori on a bamboo sushi mat. Wet your hands. Spread a thin layer of rice on the nori using your hands; press into a thin layer, leaving a 1/2-inch space at the bottom edge. Sprinkle with sesame seeds. Arrange 1/4 of the tuna mixture in a line across the rice, about 1/3 of the way down from the top of the sheet.
- \* Wet the uncovered edge of the nori. Lift the top end of the mat and firmly roll it over the ingredients. Roll it forward to make a complete roll. Repeat with remaining ingredients.
- \* Slice the rolls into 3/4-inch pieces using a wet knife. Serve immediately or refrigerate until serving.