

Japanaese Main Dishes

**Craving for a Japaneses cuisine food and want to cook in home?
Here is some recommendation recipes you can make at home**

Cooking meals is much cheaper than eating outside You'll save money – and the kitchen will stay cleaner. Here is our base url =

<https://www.allrecipes.com/recipes/17491/world-cuisine/asian/japanese/main-dishes/>

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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

Servings: 2 hrs 25 mins | Yield: 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: Grilled Chicken Teriyaki Skewers with Miso Ranch

Summary: A delicious recipe for teriyaki chicken skewers. If "teri" means "shine," and "yaki" refers to grilling, then these chicken skewers are the perfect example of teriyaki. Marinated in soy sauce, sake, and mirin, the chicken is grilled to sweet, smoky perfection and dipped in a refreshing, herby miso "ranch" sauce that'll send your summer cookout guests into a frenzy. The only bottles not invited to this party are bottled teriyaki sauces! Garnish with sesame seeds if desired.

Prep Time: 30 mins | Cook Time: 15 mins | Total Time: 2 hrs

Servings: 2 hrs 45 mins | Yield: 12

Ingredients:

- 12 bamboo skewers
- 2 pounds skinless, boneless chicken thighs
- ½ cup soy sauce
- ½ cup sake
- ■ cup mirin (Japanese sweet wine)
- ¼ cup brown sugar
- 2 tablespoons minced green onions
- 2 teaspoons finely grated ginger
- 1 tablespoon vegetable oil
- ¾ cup mayonnaise
- ■ cup buttermilk
- ¼ cup sour cream
- 1 tablespoon white miso paste, or to taste
- 1 tablespoon minced green onion
- 1 clove garlic, crushed
- 1 tablespoon finely chopped fresh tarragon

- 1 tablespoon finely chopped fresh dill
- 1 tablespoon finely chopped fresh chives
- freshly ground black pepper to taste
- 1 pinch cayenne pepper

Process:

- * Soak bamboo skewers in water.
- * Prepare the chicken skewers: Cut chicken thighs in half lengthwise along the creases and halve the thicker portions to get 3 or 4 pieces each. Place chicken in a bowl. Pour in soy sauce, sake, mirin, brown sugar, green onions, ginger, and oil. Toss by hand until well combined and brown sugar is dissolved. Cover top in plastic wrap and marinate in the refrigerator for 2 to 6 hours.
- * Make the dressing: Combine mayonnaise, buttermilk, sour cream, and miso in a bowl. Add green onion, garlic, tarragon, dill, and chives. Season with black pepper and cayenne. Whisk dressing until thoroughly combined.
- * Thread chicken pieces onto skewers. Strain marinade into a saucepan and bring to a boil to make the glaze.
- * Preheat a grill for medium-high heat. Grill skewers, basting with some of the reserved marinade, until meat firms up and springs back to the touch, 4 to 5 minutes per side.
- * Serve skewers next to the miso ranch dressing and brush with reserved glaze.

Chef John

Recipe: Japanese Curry Chicken

Summary: Unlike Indian or Thai curry, Japanese curry is more savory than spicy. This chicken recipe uses Golden Curry brand curry cubes that can be found in the Asian section of any grocery store. It's the definition of umami! Oishii desu ne!? (Delicious, isn't it?)

Prep Time: 20 mins | Cook Time: 55 mins | Total Time: 1 hr 15 mins

Servings: 6 | Yield: nan

Ingredients:

- 1 ½ pounds skinless, boneless chicken breast, or more to taste
- 1 tablespoon olive oil, or as needed
- salt and ground black pepper to taste
- 5 ■ cups water, divided
- 1 (7.75 ounce) package curry sauce mix (such as S&B Golden Curry)
- 1 (15 ounce) can peas, drained
- 5 new potatoes, halved
- 1 (8 ounce) package sliced cremini mushrooms
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 2 cups jasmine rice (such as Mahatma)

Process:

* Place chicken in a large, deep skillet. Drizzle with olive oil and season with salt and pepper on both sides. Add 1/3 cup water to the skillet, cover, and cook over medium heat until no longer pink in the center and the juices run clear, about 20 minutes.

* While chicken is cooking, pour 2 cups water into a microwave-safe bowl. Break curry sauce mix into pieces and add to water. Heat in the microwave on high for 3 minutes and 30 seconds; remove and stir until sauce mix is completely dissolved.

* Remove chicken from the skillet. Cut into cubes, return to the skillet, and pour curry sauce over top. Stir in peas, potatoes, mushrooms, carrots, and onion. Bring to a boil, then reduce heat and simmer until vegetables are tender, about 30 minutes.

* Meanwhile, bring remaining 3 cups water and rice to a boil in a medium saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.

* Scoop rice into bowls and serve curry chicken on top.

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: 10 mins

Servings: 1 hr 15 mins | Yield: 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: Yakisoba Chicken

Summary: Japanese buckwheat flour noodles with chicken at their best! Noodles can be found in an Asian foods market.

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

Servings: 6 | Yield: 6 servings

Ingredients:

- ½ teaspoon sesame oil
- 1 tablespoon canola oil
- 2 tablespoons chile paste
- 2 cloves garlic, chopped
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- ½ cup soy sauce
- 1 onion, sliced lengthwise into eighths
- ½ medium head cabbage, coarsely chopped
- 2 carrots, coarsely chopped
- 8 ounces soba noodles, cooked and drained

Process:

* In a large skillet combine sesame oil, canola oil and chili paste; stir-fry 30 seconds. Add garlic and stir fry an additional 30 seconds. Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink, about 5 minutes. Remove mixture from pan, set aside, and keep warm.

* In the emptied pan combine the onion, cabbage, and carrots. Stir-fry until cabbage begins to wilt, 2 to 3 minutes. Stir in the remaining soy sauce, cooked noodles, and the chicken mixture to pan and mix to blend. Serve and enjoy!

Recipe: Miso Braised Pork

Summary: Japanese comfort food! The smell will draw you in!

Prep Time: 15 mins | Cook Time: 3 hrs 30 mins | Total Time: 3 hrs 45 mins

Servings: 12 | Yield: 12 servings

Ingredients:

- 1 tablespoon canola oil
- 5 pounds pork butt (shoulder roast) cut into 2-inch slices
- 2 tablespoons minced garlic
- 1 teaspoon minced ginger
- 2 cups water, more if needed
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 3/4 cup white (shiro) miso

Process:

* Heat canola oil in a large Dutch oven over medium-high heat until hot. Sear pork slices until well browned on both sides, then remove. Stir in the garlic and ginger, cook until fragrant, about 30 seconds. Add the water, soy sauce, brown sugar, and miso; bring to a simmer, scraping the bottom of the pan to dissolve the caramelized juices.

* Place pork into pot, add additional water if needed to cover pork with the sauce. Then, reduce heat to medium-low, cover, and simmer for 3 hours until the pork is tender, and the sauce has thickened.

Recipe: Homemade Sushi

Summary: Sushi rolls can be filled with any ingredients you choose. Try smoked salmon instead of imitation crabmeat. Serve with teriyaki sauce and wasabi.

Prep Time: 40 mins | Cook Time: 25 mins | Total Time: 1 hr 5 mins

Servings: 8 | Yield: 4 cut rolls

Ingredients:

- 1 ■ cups water
- ■ cup uncooked short-grain white rice
- 3 tablespoons rice vinegar
- 3 tablespoons white sugar
- 1 ½ teaspoons salt
- 4 sheets nori seaweed sheets
- ½ pound imitation crabmeat, flaked
- 1 avocado - peeled, pitted, and sliced
- ½ cucumber, peeled, cut into small strips
- 2 tablespoons pickled ginger

Process:

* Bring water to a boil in a medium pot; stir in rice. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.

* Heat nori in the preheated oven until warm, 1 to 2 minutes.

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 | Yield: 8 servings

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: Beef Teppanyaki

Summary: Teppanyaki is a Japanese style of cooking using a teppan (a flat iron plate or griddle) and "yaki" means cooked. How do you cook beef teppanyaki without a teppan? I do not own a teppan so this is a bit of a cheat — I use a regular skillet but it works!

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

Servings: 1 hr 20 mins | Yield: 4

Ingredients:

- 3 tablespoons soy sauce
- 2 tablespoons sweet cooking wine (mirin)
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- ½ teaspoon ground ginger
- 1 pound beef chunks, very thinly sliced
- 3 tablespoons vegetable oil
- 1 tablespoon sweet cooking wine (mirin)

Process:

* Combine soy sauce, mirin, garlic powder, black pepper, and ground ginger together in a bowl. Add sliced beef and mix well. Leave to marinate at least 1 hour.

* Heat oil in a frying pan over medium-high heat. Fry beef slices, about 10 minutes, and place on a serving dish.

* Pour leftover marinade into the same frying pan over low heat. Add mirin and simmer until sauce is slightly thickened, 1 to 2 minutes. Pour sauce over beef and serve.

Recipe: Gyoza

Summary: I learned this gyoza recipe while living in Japan. These pot stickers can be served hot or cold, with or without the dipping sauce.

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

Servings: 10 | Yield: 30 gyoza

Ingredients:

- 1 tablespoon sesame oil
- 2 cups chopped cabbage
- ¼ cup chopped onion
- ¼ cup chopped carrot
- 1 clove garlic, chopped
- ½ pound ground pork
- 1 large egg
- 1 (10 ounce) package wonton wrappers
- 1 tablespoon vegetable oil
- ¼ cup water
- ¼ cup soy sauce
- 2 tablespoons rice vinegar

Process:

* Heat sesame oil in a large skillet over medium-high heat. Add cabbage, onion, carrot, and garlic; cook and stir until cabbage is limp, 3 to 4 minutes. Add ground pork and egg; cook and stir until pork is browned and crumbly, 5 to 7 minutes.

* Make the gyoza: Place about 1 tablespoon pork mixture into the center of a wonton wrapper. Fold wrapper in half over filling, then seal the edges with moistened fingers. Repeat to make remaining gyoza.

* Heat vegetable oil in a large skillet over medium-high heat. Cook gyoza in the

hot skillet until lightly browned, about 1 minute per side. Add water to the skillet, reduce the heat, cover, and steam gyoza until water is gone. Remove from the heat.

* Mix soy sauce and rice vinegar together in a small bowl. Serve as a dipping sauce with gyoza.