

# Ozooni: Traditional Japanese New Year's Soup with Mochi

## お雑煮



The New Year is the most important holiday in Japan, and *Ozooni*, a soup with *Mochi* is one of the most significant dishes for Japanese to celebrate the New Year with. Most often, the East of Japan uses clear soup with rectangular *Mochi* and the West uses *Miso* with round *Mochi*. Each family has its own style of *Ozooni*. I will teach how to make traditional Eastern Japanese style *Ozooni* with my original. I also explain how to enjoy *Mochi* in many different ways.

### GLOSSARY

#### GREETINGS

**Itadakimasu**—Japanese greeting before the meal. It expresses gratitude to the person who prepared the meal, the person who grew the ingredients, and the privilege to be able to have food.

**Gochisosama**— Japanese expression of thanks after a meal.

#### INGREDIENTS

**Dashi**—broth made with *Katsuobushi*, or *Kobu* or both. It can be made with *Shiitake* mushrooms.

**Kobu Dashi**—broth made only with *Kobu*. Vegetarian.

**Ichiban Dashi**—number one broth made with *Kobu* and high quality *Katsuobushi*.

**Niban Dashi**—number two broth made with *Kobu* and *Katsuobushi* after number one *Dashi* was made.

**Shiitake Dashi**—broth made with Dried *Shiitake* mushroom soaked water which has strong *Umami* from Dried *Shiitake* mushrooms.

**Katsuobushi**— Japanese name for dried, fermented, and smoked skipjack tuna or bonito fish.

**Kinako**—roasted soy flour.

#### FOOD

**Daikon Oroshi**—grated *Daikon* radish. Usually used to garnish grilled fish or add to dipping sauces.

**Kaiware or Kaiware Daikon**—*Daikon* radish sprouts.

**Mochi**—rice cake made of *mochigome*, a short-grain japonica glutinous rice.



**Osechi**—Traditional Japanese New Year's dish

**Ozooni**—Traditional Japanese New Year's soup with *Mochi*.

## Ozooni: Traditional Japanese New Year's Soup

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## INGREDIENTS—10 Servings

**Ozooni**

1LB Chicken Thigh, cut 1" x 2"  
 10 Cut *Mochi*  
 1 Bunch Green Onions, thin sliced

**Boiled Spinach**

1 Bunch Spinach, cut 2" long  
 8 Cups Water  
 ½ tsp Salt

**Dashi**

10 ½ Cups Water –for 10 Cup of broth  
 6" x 8" *Kobu*  
 4 Oz *Katsuoibushi*  
 8 - 10 Dried *Shiitake* Mushrooms  
 ½ Cups Dried *Shiitake* Soaking Water

1 Tb Salt  
 1 tsp Soy Sauce

## DIRECTION

*Ozooni with Mochi, Dried Shiitake Mushrooms, Spinach, Chicken and garnished with Green Onions*

1. Lightly rinse the *Kobu*. Soak it in water in a large pot for one hour.
2. Rinse dried Shiitake mushrooms. In a bowl, soak it in water and cover for about one hour until they become tender. Put a plate over them to keep the mushrooms under the water.
3. When the mushrooms are tender, rinse them to clean again, gently squeeze out the extra water and keep the soaked water. Cut the stems off and slice them ½" wide.
4. Slice the green onions into very thin slices.
5. Slice chicken thigh into about 1"x 2" pieces.
- Boiled Spinach**
6. Boil water in a large pan.
7. Rinse the spinach well in a large bowl.
8. Prepare ice cold water in a large bowl to cool the spinach instantly.
9. Put salt into the boiling water.
10. Put the roots of the spinach first in the boiling water, and boil it about 5 seconds until spinach is cooked.
11. Drain the spinach and quickly dip it into the ice cold water to stop further cooking.
12. Change the water if necessary.
13. Put the roots of spinach together and gently squeeze water out of the spinach and cut it into 2" length.
- Ichiban Dashi (number one soup broth)**
14. After soaking the *Kobu*, put on medium heat to bring it to a gentle boil, taking 8 -10 minutes, then turn off the heat and take the *Kobu* out. Never boil it rapidly.
15. Add 1 Tbsp of water to the pot and add *Katusobushi* (bonito fish flakes). Bring it to boil gently with medium heat.
16. When *Katsuoibushi* starts floating to the top of the water, count 4 seconds and turn off the heat. Drain it with a mesh colander.
- Ozooni**
17. Put the broth back to the pan and add the sliced dried Shiitake mushrooms with ½ cup of soaking water from the mushrooms and bring it to a gentle boil. Cook Shiitake for five minutes from boiling point.
18. Add salt and soy sauce.
19. Add chicken and cook it for five minutes after the boiling point.
20. Scoop the chicken and Shiitake mushrooms out to keep it in a container. This is to prevent the chicken from losing the flavor. If the chicken was kept in the soup it would lose the good *Umami* into the soup.
21. Heat up a toaster oven to 400 – 500 degrees.
22. Bake 4 – 6 *Mochi*.
23. While baking *Mochi*, put spinach, chicken and Shiitake mushrooms into the individual bowls.
24. When *Mochi* is puffy and ready to eat, put them in the bowls and pour the soup over it.
25. Garnish the soup with green onions and serve it when it is hot.

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**VRIETY WAYS OF HAVING MOCHI***Mochi with Nori seaweed**Mochi with Kinako (roasted soy flour) and sugar mix**Mochi with Grated Daikon radish, Nori, Kaiware**Mochi with sweet Azuki bean soup*

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**UTENSILS & EQUIPMENTS**

Mesh Colander



Mesh Ladle

*Daikon Grater***INGREDIENTS***Mochi**Kobu**Katsuobushi***STORES****Kim's Oriental Market**

689 Snelling Ave., N St. Paul, MN 55104

**Mississippi Market**

1500 West 7th Street (Just South of Otto)

740 East 7<sup>th</sup> Street

622 Selby Ave. (Corner of Selby and Dale)

**United Noodles Asian Supermarket**2015 E 24<sup>th</sup> St., Minneapolis, MN 55404**KIMIKO MOLASKY**

Kimiko's Japanese Home Cooking

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