

MIZUTAKI: Japan's Favorite Winter Dish



GLOSSARY

Enoki mushrooms—long and thin white mushrooms that have a mild flavor.

Gochisosama—Japanese greeting after 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.

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.

Konbu or Kobo—seaweed often used to make broth, sold dry.

Mizutaki—one of the most popular Nabe which has chicken and variety of vegetables. **Sukiyaki** and **Shabu Shabu** are other popular Nabe dishes.

Nabe—means “cooking pot” in Japanese; however, it also means any dishes cooked at the eating table and eaten directly from the pot.

Ponzu—dipping sauce with some kind of citrus fruit base.

Shirataki—noodle made from Konnyaku potato (scientific name is *Amorphallus konjac*.)

Shun-giku—edible chrysanthemum greens which have a distinct herbal flavor.

UTENSILS & EQUIPMENTS

Long cooking/serving chopsticks

Serving spoon with holes & ladle

Pot—preferably a clay pot

Portable burner – gas or electric

Zojirushi EP-RAC50 Gourmet d'Expert Electric Skillet



\$85 – \$99

STORES

Kim's Oriental Market

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

Mississippi Market

1500 West 7th Street (Just South of Otto)

622 Selby Ave. (corner of Selby and Dale)

United Noodles Asian Supermarket

2015 E 24th Street, Minneapolis, MN 55404

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INGREDIENTS—4 to 6 servings

8 Pieces	Konbu 2" x 2"	1 Package	Tofu—medium firm (Kim's), cut ½" thick and 2" x 1"
4 - 5 Cups	Water		
1/2	Napa Cabbage, cut 2"– 4" long	1 Lb	Boneless Skinless Chicken Thigh, cut into 4 pieces
1 Bunch	Shun-giku (Kim's), cut 2" – 3" long		
1 Bunch	Mizuna, cut 2" – 3"	1 Lb	Cod or White Fish (or Shrimp, Oyster), cut into 2"
1 Bunch	Spinach, divide stems and leaves		
1 ½ Bunches	Green Onion, cut 2" – 4" long	Ponzu Sauce	
½ Bunches	Green Onion, thinly sliced	1 – 2	Lemon or Lime, cut into 8
1 Medium	Daikon Radish, cut 1/8" thick	1 Cup	Soy Sauce—Japanese soy sauce
3	Carrots, cut diagonally 1/8" thick	-And-	Soup broth (small amount)
8	Shiitake Mushrooms, cut off stems	Rice Soup	
1 Package	Shimeji Mushrooms(Kim's)	3	Eggs
1 Package	Enoki Mushrooms (Kim's)	2 Cups	Cooked Rice
1 Package	Shirataki Noodle (Kim's) , cut in ½	Pinch	Salt

DIRECTIONS

1. Have a portable burner on a table ready to use.
2. Fill the pot 2/3 with water, add the kobu, and leave it.
3. Boil water in an extra pot or a kettle to add hot water to mizutaki when the broth is low. mizutaki pot needs to have about 2/3 of pot of broth to keep cooking.
4. Have the cut lemon, thinly slices green onions on individual small plates and soy sauce on the table to make ponzu sauce.
5. Have a medium size bowl on the table filled with water and has a ladle and a serving spoon in it. (The ladle is used for skimming off fat and foam from the mizutaki and to serve the broth. The serving spoon with holes is for scooping tofu and fish from the cooking pot.)
6. Prepare the vegetables and arrange them on a large serving plate. Keep extra vegetables in another container for second servings.
7. Add tofu and shirataki to the vegetable plate.
8. Prepare chicken and fish and arrange them on a large serving plate.
9. Boil the water with the kobu on the burner on medium heat for 5 minutes.
10. Add chicken and fish. Chicken needs to be cooked at least 5 minutes after the boiling point. Cod needs to be cooked for at least 3 minutes.
11. Clear the surface fat and foam that comes from cooking the chicken and fish.
12. After chicken and fish is cooked, put in all other ingredients.
13. While cooking, prepare individual Ponzu sauce mixing about 1 slice of squeezed lemon, 1 Tb soy sauce, 1Tb broth. Add sliced green onion for preference.
14. Dip the cooked food in the sauce to eat it. Daikon radish and carrots take longer to cook.
15. After finish eating, take out all the food from the pot then put cooked rice to make rice soup.
16. Bring it to a boil and add salt then pour lightly beaten eggs over the rice soup to cover it. The eggs should be cooked shortly then turn off the heat immediately.
17. Add thin sliced green onions for preference.