

Vegan Japanese Meal

ビーガンの日本食



It is simple to prepare a Japanese meal as a vegan. There is no dairy in traditional Japanese cooking, and few dishes require eggs. Also you can create wonderful "Umami" with *Kobu* seaweed, dried *Shiitake* mushrooms and soy sauce without fish or meat. Japanese call rice "main food," and "one soup and three dishes" accompanying rice is the basic structure of a Japanese meal. The three dishes are often a combination of cooked dishes, cooked but cold vegetables and pickles.

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.

FOOD

Chikuzen-Ni—Gobo dish cooked with variety of vegetables.

Gohan—cooked rice or a meal.

Miso Shiru—soup with *Miso* (soy bean paste.)

Natto—fermented soy beans. Some eat it as a breakfast food. *Nattō* may be an acquired taste because of its powerful smell, strong flavor, and slimy texture.

Ohitashi—cooked green leaf-vegetables with Japanese dressing

Sunomono—seaweed or vegetables with vinegar mix

INGREDIENTS

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

Genmai—brown rice.

Gobo—burdock.

Kome—uncooked rice.

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

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

Mirin—is an essential condiment used in Japanese cuisine. It is a kind of rice wine similar to *Sake*, but with a lower alcohol content and higher sugar content. The content is a complex carbohydrate formed naturally via the fermentation process; it is not refined sugar.

Miso—fermented soybean paste.

Sake—Japanese rice wine.

Wakame— seaweed, often used with *Miso* soup.

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MENU

Rice	Japanese steamed rice	<i>Chikuzen-Ni</i>	burdock, <i>Shiitake</i> mushroom
Miso soup	<i>Wakame</i> seaweed, Tofu	<i>Ohitashi</i>	cooked spinach with dressing
		<i>Natto</i>	fermented soy beans

INGREDIENTS—4 Servings

Rice

4 Cups	Japanese White Rice (“Kagayaki”)
4 ¾ Cups	Water

Kobu Dashi (Soup Broth)

4 ¼ Cups	Water –for 4 Cup of broth
3” x 3”	<i>Kobu</i>

Dried Shiitake Mushroom Dashi (Soup Broth)

4 Cups	Water –for 4 Cup of broth
1 oz	<i>Shiitake</i> mushrooms

Miso Shiru (Miso Soup)

4 Cups	<i>Dashi</i> (Broth)
3 Tb	<i>Miso</i>
½ Package	Soft Tofu, cut ½ “ square
1 oz	Cut <i>Wakame</i> (cut/dried Seaweed)
1	Green Onion, thinly sliced

Boiled Spinach

1 Bunch	Spinach, cut 2” long
8 Cups	Water
1tsp	Salt
Soy Sauce Mix (Optional)	
1 Tb	Soy Sauce
1 Tb	<i>Mirin</i>

Chikuzen Ni (Gobo Dish)

1 Lb	<i>Gobo</i> , chopped into chunk
½ Lb	Carrots, chopped into chunk
1	<i>Konnyaku</i> , tear into bite size
8	Dried Shiitake Mushrooms
1 oz	Snow Peas (optional)
1 Tb	Vegetable Oil
2 Tb	<i>Sake</i> (rice wine)
2 Cups	Water
3 Tb	Dried <i>Shiitake</i> Mushroom <i>Dashi</i>
1 Tb	Sugar
2 Tb	<i>Mirin</i>
3 Tb	Soy Sauce

Natto

1	Green Onion, thinly sliced
¼ tsp	Japanese Mustard
¼ tsp	Soy Sauce

TABLE SETTING

- If possible, serve each dish in individual dishes for each person.
- There should be a rice bowl, soup bowl, burdock dish, spinach dish, *Natto* dish, pickles and chopsticks for individual servings.
- Table soy sauce— for spinach dishes.
- Usually napkins are not included with a Japanese table setting.



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DIRECTION

Rice

1. Measure the rice accurately and discard any foreign objects such as little pebbles.
2. In a colander in a large bowl, rinse the rice by changing water four times to remove the starch.
3. For the first bowl of water, quickly whisk rice 3 – 4 times by hand. Then drain the water immediately to prevent the rice from absorbing the smell of rice bran.
4. From second bowl of water, rinse the rice with greater force to remove the starch.
5. Drained it with a colander and leave it for 30 to 60 minutes.
6. Add measured water and rice to a cooking pot. With both a rice cooker and regular pot, it takes about 35 to 40 minutes to cook.
7. **To cook with a regular pot**, tightly close the lid. Start cooking with medium heat to bring it to a boil, then lower the heat to medium low and cook it for 6-7 minutes, and turn down the heat again to simmer for 10 minutes. Turn off the heat after making sure that all the water is gone. Leave it for 10 more minutes with the lid on to keep steaming.

Kobu Dashi

1. In a soup pan put water and Kobu 30 minutes to one hour ahead of time.
2. Turn on the heat to boil but turn it off just before the boiling point, then take *Kobu* out.

Dried Shiitake Mushroom Dashi

1. Rinse the mushroom to clean them.
2. Soak it in the water 30 to 45 minutes.

Miso Shiru

1. Mix *Miso* with *Kobu Dashi* in a pot.
 2. Add tofu and *Wakame*.
 3. Cut green onion into thin.
 4. When the whole meal is ready to serve, turn on the heat but turn off the heat right before the boiling point.
 5. Garnish *Miso* soup with thinly sliced onions after serving the soup in individual bowl.
- ✓ Never boil *Miso* soup. Boiling the *Miso* soup makes the soup too salty and makes it lose the sweet fragrance of *Miso* paste.

Chikuzen Ni (Gobo Dish)

1. Rinse dried Shiitake mushrooms to clean, soak them 30 – 45 minutes till they become tender. Gently squeeze out the water. Take the stems and cut into quarters.
2. Peel burdock with the back of the knife and chop into about 1" chunks and soak in water to prevent its color from becoming brown.
3. Chop carrots into about 1" chunks.
4. Tear *Konnyaku* into about 1" bite size pieces by a tea spoon or hands.
5. Heat the pan with a high heat and heat the oil and stir fry burdock, then carrots, *Shiitake* mushrooms.
6. Add *Konnyaku* and stir fry another 5 minutes, then put the Tofu back to a pan.
7. Add *Sake* and stir it well.
8. Add water to cover the all the ingredients (about 2 cups), soy sauce, *Mirin* and sugar, and bring it to a boil.
9. Then turn it down to medium high heat, and cook it until the liquid evaporates.

Boiled Spinach

1. Rinse the spinach well in a large bowl.
2. Boil water in a large pan.
3. Prepare ice cold water in a large bowl to cool the spinach instantly.
4. Put salt into the boiling water.
5. Boil the spinach about 5 seconds until spinach is cooked. Put the roots in the boiling water first.
6. Put the spinach into the colander and drain it.
7. Dip the spinach into the ice cold water to stop further cooking.
8. Change the water if necessary.
9. Gently squeeze water out of the spinach.
10. Cut it into 2" long.

Natto (fermented soy beans)

1. Garnish it with thin sliced green onion. Mustard and soy can be added.

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UTENSILS & EQUIPMENTS



Electric Rice Cookers
\$151.89 Zojirushi
Stainless Steel Micom
5.5-Cup Rice Cooker and
Warmer NP-HBC 10 @
Amazon



Mesh Colander



\$98.95
Zojirushi 5.5 Cups
Rice Cooker NS-RNC 10
@ Amazon



Daikon Grater

INGREDIENTS



KAGAYAKI Rice



Kobu



Cut Wakame

STORES

Kim's Oriental Market
Mississippi Market
Shanghai Market
United Noodles Asian Supermarket

KIMIKO MOLASKY

Kimiko's Japanese Home Cooking
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