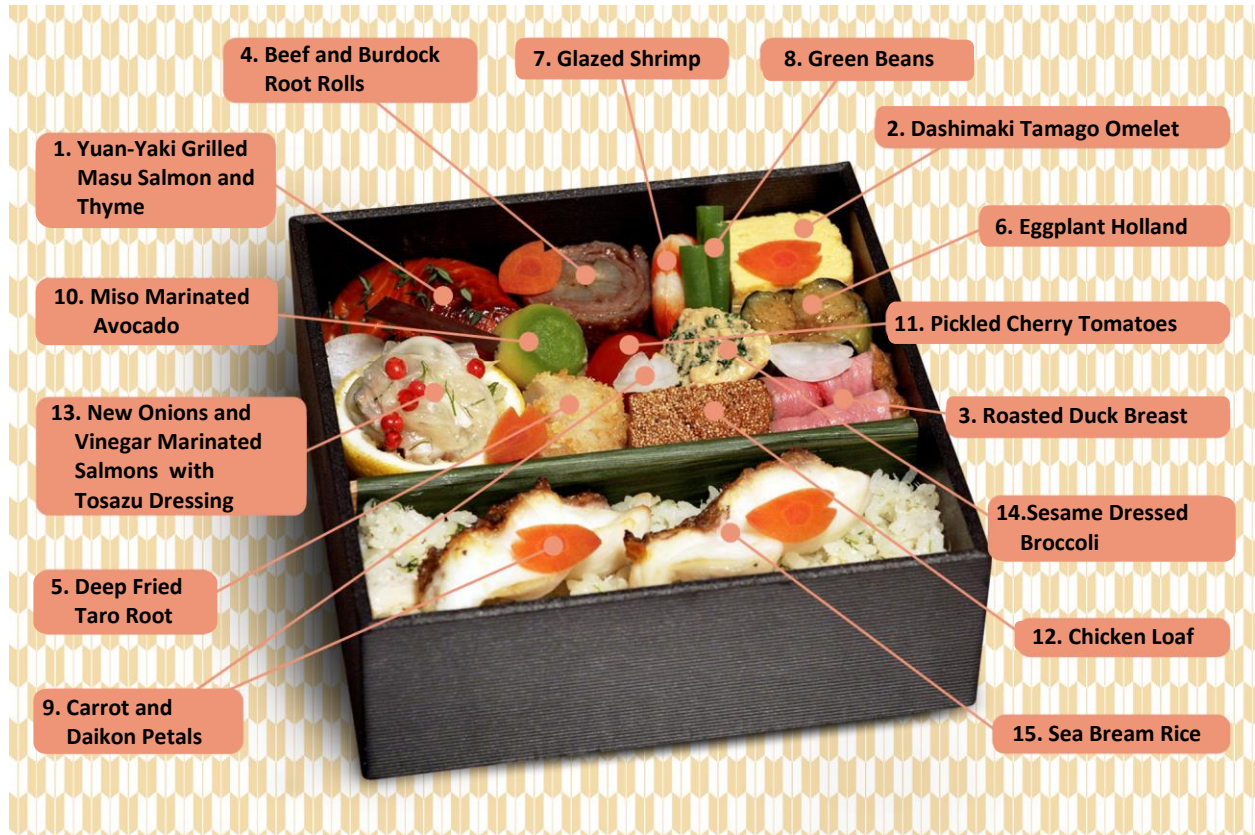


Special Bento Menu

特別折詰お献立
Tokubetsu Orizume Okondate



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Ichiban Dashi

一番出汁

Dashi is an umami-rich stock that is used in many dishes in Japanese cooking. *Ichiban* means number one.

1000 cc soft water (such as Volvic)
15 grams *kombu* (kelp)
15 grams *katsuobushi* (smoked bonito flakes)

Soak the *kombu* in the soft water overnight or at least 8 hours. This technique of soaking *kombu* in water is called *mizu-dashi*.

Simmer the *kombu* in soft water at 150°F for 60-90 minutes. Remove the *kombu* and bring the water up to 185°F. Turn off the heat and add the *katsuobushi*. Using chopsticks help the *katsuobushi* to fall to the bottom of the pot. After about ten seconds strain the *katsuobushi* through a cheesecloth or gauze.

Cured Ham and Chicken Dashi

This *dashi* draws umami from cured ham, chicken, and dried tomatoes. It can be used for Japanese cuisine.

1000 cc soft water (such as Volvic)
15 grams cured ham, fatty part removed
100 grams ground chicken breast
1-2 dried tomatoes, about 2-4 grams

Put the cured ham and dried tomatoes in soft water for half a day.

Add the minced chicken to 100 cc of the soft water and mix well to soften the ground chicken. Add the mixture to the cured ham and dried tomatoes water in a pot.

Heat the pot and stir gently so that the bottom of the pot does not burn. Stop stirring when the ground chicken floats to the top. Simmer for five minutes.

Strain the stock and cool down in an ice bath. Skim the fat from the stock.

1. Yuan-Yaki Grilled Masu Salmon and Thyme

鱈タイム幽庵焼き

Masu Taimu Yuan-Yaki

1 *masu* salmon filet (about 50 grams), skin removed

**masu* (*Oncorhynchus masou*) cherry salmon or *masu* salmon

(Spanish mackerel, yellowtail, or black cod could be substituted)

thyme

Yuan Marinade

100 cc *nikiri* saké, saké that has been heated once to rid it of alcohol

100 cc mirin

80 cc soy sauce (*koikuchi shōyu*)

grated garlic, small amount

grated ginger, small amount

thyme, minced

Combine the *nikiri* saké, mirin, soy sauce, grated garlic and ginger in a bowl. Add the *masu* salmon filet to the Yuan marinade and marinate for three hours in the refrigerator.

Remove the *masu* salmon from the Yuan marinade and pat dry. Skewer the fish and grill until cooked through. Brush some mirin on the grilled fish to give it a glaze. Sprinkle the minced thyme over the fish.

2. Dashimaki Tamago Omelet

だし巻き玉子

Dashimaki Tamago

5 eggs

150 cc *ichiban dashi* (recipe on page 1)

12-15 cc light-colored soy sauce (*usukuchi shōyu*)

0.8 grams potato starch (*katakuriko*)

Equipment: a *tamagoyaki-ki* is a square or rectangle-shaped pan for rolling Japanese omelet

Crack the eggs into a bowl and using chopsticks mix well to break up the egg whites. Mix the whole egg mixture. Mix the *katakuriko* starch with *dashi* until the starch dissolves and add to the eggs. Add the light-colored soy sauce to the eggs. Mix thoroughly.

In the *tamagoyaki* pan add a small amount of oil and with a paper towel spread the oil so it covers the pan and the edges. Add a small amount of the egg mixture to cover the pan, cook until the egg mixture is firm and roll the thin layer of cooked egg from the back towards the front. Push the cooked egg roll to the back of the pan. Continue to layer the egg mixture in small amounts and roll, adding a small amount of oil as needed. The finished *tamagoyaki* can be shaped with a wooden roller sushi mat (*makisu*).

3. Roasted Duck Breast

鴨ロース

Kamo Roosu

1 duck breast
Japanese mustard (*karashi*)

Duck Breast Marinade

300 cc saké
300 cc water
120 cc soy sauce (*koikuchi shōyu*)
40 grams sugar
1/3 burdock root (*gobō*), sliced thin
1/5 carrot, sliced thin

Equipment: pan with a tight-fitting lid

Remove any excess skin and clean the duck breast. Using a knife score the skin side of the duck with a cross-hatch pattern. Cook the duck breast skin-side down in a frypan until the skin turns a golden color. Remove the duck breast and set aside.

In a pot with a tight-fitting lid add the Duck Breast Marinade saké, water, soy sauce, sugar, burdock root, and carrots and bring the pot to a boil. Once it comes to a boil let it cook for 2-3 minutes to cook off the alcohol. Turn off the heat and add the duck to the marinade. Cover with a thick paper towel as a drop-lid.

Put the tight-fitting lid on the pot to retain the heat. Keep the pot on the stove and leave for 90 minutes. Move the duck and marinade to a non-reactive container and marinate overnight, or at least eight hours, in the refrigerator.

It is important to use a pot with a tight-fitting lid to retain the heat and to keep the pot on the stove to allow the duck to cook through. Garnish with Japanese mustard when serving.

4. Beef and Burdock Root Rolls

牛肉八幡巻き

Gyūniku Yawatamaki

Yawatamaki is a traditional local dish from Kyoto of beef wrapped around burdock root cooked in a teriyaki sauce.

Beef Yawatamaki

4 thin slices of beef, about 40 grams
1 burdock root (*gobō*)
flour

Burdock Root Sakairi Marinade

100 cc saké
100 cc water
5 cc soy sauce (*koikuchi shōyu*)
2.5 cc mirin

Teriyaki Marinade

30 cc soy sauce (*koikuchi shōyu*)
60 cc mirin
30 cc saké
2 grams sugar
10 cc balsamic vinegar

Cut the burdock root to 8-inch length. If the burdock root is very thick then cut into quarters lengthwise. If the burdock root is thinner then cut in half lengthwise.

Put the sliced burdock root in a pot with the Burdock Root Sakairi Marinade saké and water and cook until the burdock root becomes soft. Then add the soy sauce and mirin and simmer until the liquid dissipates while moving the burdock root around as it cooks. Be careful not to let the burdock root burn. Remove from heat and let the burdock root cool down.

On a cutting board spread out the thinly sliced beef to an 8-inch square. Place the cooled down burdock root on the front edge of the beef. Roll the burdock root in the beef. Sprinkle the beef and burdock root roll with flour.

Put a little oil in a sauté pan with the the beef and burdock roll and cook while moving it around. Cook until it is browned and the beef is cooked. With a paper towel remove any excess oil. Add the Teriyaki Marinade soy sauce, mirin, saké, sugar, and balsamic vinegar. Heat the teriyaki sauce until it thickens and glazes the roll. Turn off the heat.

5. Deep-Fried Taro Root

小芋のパン粉揚げ

Koimo no Panko Age

2 taros
10 grams *katsuobushi* (smoked bonito flakes)

flour
egg
panko Japanese bread crumbs

Taro Root Marinade

500 cc *ichiban dashi* (recipe on page 1)
45 cc light-colored soy sauce (*usukuchi shōyu*)
45 cc mirin
17 grams sugar

Peel the taro root and place in a heat-resistant container.

In a pot add the Taro Root Marinade *dashi*, light-colored soy sauce, mirin, and sugar and bring to a boil. Pour the hot teriyaki marinade over the peeled taro root in a heat-resistant container.

Wrap the *katsuobushi* in cheesecloth or gauze and place over the taro root like a drop-lid. Cover the heat-resistant container with plastic wrap and place in a steamer. Steam for 30 minutes.

Check with a skewer that the taro root is cooked through. If it is cooked through remove from the steamer. Cool down at room temperature until the interior temperature of taro root drops to 120°F and then quickly lower the temperature in the refrigerator. Marinate the taro root for one day to allow the flavor to be incorporated.

Cut the taro root into small pieces, about 25 grams each. Make a batter with an egg and flour. Lightly toss the taro root in the batter and then cover with *panko* Japanese bread crumbs.

Fry the taro root in oil at 350°F. Set aside to cool down and then cut the taro root in half.

Simmered Dishes

炊き合わせ

Takiawase

Takiawase are simmered dishes that are prepared separately to best retain the flavor of the ingredients. The three simmered dishes for the bento box are Glazed Shrimp, Eggplant Holland, and Green Beans.

6. Eggplant Holland

茄子オランダ

Nasu Oranda

Eggplant Holland is eggplant that is fried and marinated. The name Holland refers to Western-style cooking. It can be traced to the port of Nagasaki which was a flourishing port in the 16th and 17th centuries.

1 Japanese eggplant (smaller than Western eggplants)

Eggplant Marinade

400 cc *ichiban dashi* (recipe on page 1)

40 cc light-colored soy sauce (*usukuchi shōyu*)

10 cc soy sauce (*koikuchi shōyu*)

50 cc mirin

5 grams *katsuobushi* (smoked bonito flakes)

Put the Eggplant Marinade *dashi*, light-colored soy sauce, soy sauce, and mirin in a pot and bring to a boil. Turn off the heat and add the *katsuobushi* and set aside to cool down. After it cools down put the Eggplant Marinade in a bowl and cool down in an ice bath.

Cut the Japanese eggplant into 2-inch pieces. Using a knife score the eggplant skin with parallel cuts. Fry the eggplant in 350°F oil and set aside to drain of excess oil. Add the fried eggplant to the cooled Eggplant Marinade. Marinate the eggplant for one day in the refrigerator to allow the flavor to be incorporated.

7. Glazed Shrimp

海老の艶煮

Ebi no Tsuyani

4 shrimp (25-35 grams each)

Shrimp Marinade

225 cc saké

225 cc water

50 cc light-colored soy sauce (*usukuchi shōyu*)

45 cc mirin

1 knob ginger, peeled and sliced thin

Remove the head and vein of the shrimp and place the shrimp on wooden skewers in a C shape.

In a pot add the Shrimp Marinade saké, water, light-colored soy sauce, mirin, and ginger and turn on the heat.

Once the Shrimp Marinade alcohol has dissipated add the skewered shrimp and cook for 2 to 2 ½ minutes. Remove the shrimp and set aside to cool down.

Reheat the Shrimp Marinade to a boil and set aside to cool down. Strain the marinade and put in a bowl with the ginger. Return the cooked shrimp to the strained marinade. Marinate the shrimp for one day in the refrigerator to allow the flavor to be incorporated.

8. Green Beans

いんげん

Ingen

4 green beans

100 cc *ichiban dashi* (recipe on page 1)

1.5 grams salt

Bring the *dashi* and salt to a boil and set aside to cool down. Then chill the *dashi* in an ice bath.

Cut the green beans into 1 ½ inch length and boil in water. Put the green beans in the *dashi* and salt liquid. Marinate for one day in the refrigerator to allow the flavor to be incorporated.

9. Carrot and Daikon Petals

花びら大根・人参

Hanabira Daikon to Ninjin

Carrot Petals

carrots cut into 5-cm length

Carrot Marinade

150 cc *ichiban dashi* (recipe on page 1)

15 cc light-colored soy sauce (*usukuchi shōyu*)

7.5 cc mirin

Equipment: *nukigata*, a small cutter (looks like a cookie cutter) in the shape of a petal

Cut the carrot into a petal shape using a knife or with a petal-shaped *nukigata*. Slice the petal-shaped carrot into thin petals.

In a pot add the *dashi* and the petal-shaped carrots and heat up. Once it warms up add the soy sauce and mirin and turn off the heat. Marinate for one day in the refrigerator to allow the flavor to be incorporated.

Daikon Petals

daikon cut into 3-cm length

Amasu Pickle Marinade

Amasu means sweet vinegar and is a classic sweet and sour marinade for pickles.

300 cc water

100 cc rice vinegar (*komé-zu*)

55 grams sugar

Put the *Amasu* Pickle Marinade water, rice vinegar, and sugar in a pot. Heat over low heat and stir until the sugar dissolves. Do not allow the marinade to come to a boil. Set aside until it cools down.

Cut the daikon into petal-shaped thin slices like the carrot. Add the petal-shaped daikon to 3% salt and water mixture and set aside for 30 minutes. Remove the daikon from the salt water and rid of excess liquid. Marinate the daikon in the cooled *Amasu* Pickle Marinade for one day in the refrigerator to allow the flavor to be incorporated.

10. Miso-Marinated Avocado

アボカド味噌漬け

Abocado Misozuke

½ avocado

Saikyō miso

**Saikyō* miso is a delicate and sweet miso from Kyoto rice vinegar (*komé-zu*)

kushi wooden skewer

equipment: melon baller scoop

Remove the seed from the avocado and using a melon baller scoop out ball-shaped pieces of avocado. Add a little rice vinegar to hot water and blanch the avocado in the hot vinegar water. Remove the avocado from the hot vinegar water and chill the avocado in ice water. Pat the avocado dry and set aside.

Put some *Saikyō* miso in a non-reactive pan. Spread a cheesecloth or gauze over the miso and put the avocado balls on the cheesecloth. Put another cheesecloth over the avocado and cover it with more miso. Marinate the avocado in the miso for 24 hours.

11. Pickled Cherry Tomatoes

トマト甘酢

Tomato Amasu

4 cherry tomatoes

Remove the stem from the tomato. Marinate the tomato in the *Amasu* Pickle Marinade (recipe above) for one day to allow the flavor to be incorporated.

Skewer a miso-marinated avocado and a pickled tomato onto a wooden skewer.

12. Chicken Loaf

鶏松風

Tori Matsukaze

Sakairi Ground Chicken

315 grams ground chicken thigh

100 cc saké

40 cc soy sauce

35 grams sugar

2 grams *sanshō* pepper, Japanese prickly ash (*kona-zanshō*)
Chicken Loaf

315 grams ground chicken breast
4 eggs
10 grams sesame paste (*neri goma*)
30 cc soy sauce (*koikuchi shōyu*)
25 grams sugar
50 cc saké

10 grams ginger, minced
5 grams sesame seeds

white poppy seeds (*keshinomi*)

**Neri goma* is roasted sesame paste and comes in white (or beige) or black. For this recipe use white. Do not substitute tahini, made with unroasted sesame seeds, for *neri goma*.

Equipment: *nagashi kan*, a rectangular metal mold, about 6 by 4 inches and 2 inches deep. A glass or non-stick pan can be used in place of a *nagashi kan*.

In a nonstick pan add the *Sakairi* Ground Chicken ground chicken thigh, saké, soy sauce, sugar, and *sanshō* and mix to combine. Turn on the heat and cook until the meat is cooked through in and in small pieces. Cook until the liquid dissipates.

In a food processor put in the Chicken Loaf ground chicken breast, eggs, sesame paste, soy sauce, sugar, and saké and process until combined. Move the mixture to a bowl and add the cooked *sakairi* ground chicken crumbles, minced ginger, and sesame seeds and mix until evenly distributed.

Put the mixture into a *nagashi kan* pan and spread the mixture evenly. Sprinkle *keshinomi* white poppy seeds over the mixture. Substitute sesame seeds if white poppy seeds are not available.

Bake in a 300°-320°F oven for 45 minutes.

13. New Onions and Vinegar Marinated Sardines with Tosazu Dressing Presented in a Lemon

新玉ねぎと鰯酢の土佐酢和え

Shin Tamanegi to Iwashi Sujime no Tosazu Ae

1 lemon
1 new onion
dill

4 sardines, canned sardines may be substituted

Rice Vinegar Marinade

100 cc rice vinegar
100 cc water
100 grams sugar

Tosazu Dressing

300 cc *ichiban dashi* (recipe on page 1)
100 cc rice vinegar (*komé-zu*)
45 cc light-colored soy sauce (*usukuchi shōyu*)
3 grams sugar
5 grams *katsuobushi* (smoked bonito flakes)

In a pan bring the *Tosazu Dressing dashi*, rice vinegar, light-colored soy sauce, and sugar to a boil. Turn off the heat and then add the *katsuobushi*. Let the dressing cool down and then strain.

Slice the new onions and put into the *Tosazu Dressing*.

Cut the *iwashi* sardines into two filets. Sprinkle the sardine filets with 3% salt of the weight of the sardines. Marinate the sardines in the salt for 24 hours. After 24 hours marinate the salted sardine filets in the Rice Vinegar Marinade for about 1 hour.

Remove the sardines from the Rice Vinegar Marinade and cut into 1-inch rod shapes.

Add the sardines to the onions and *Tosazu Dressing* and garnish with dill.

Prepare a lemon as a vessel. Cut open a lemon and remove the fruit. Put the sardines and onions *Tosazu* in the lemon vessel.

14. Sesame Dressed Broccoli

ブロッコリーの胡麻和え

Burokkorii no Goma Ae

½ head of broccoli

Sesame Dressing

50 grams toasted sesame seeds

5 grams sugar

12.5 cc soy sauce (*koikuchi shōyu*)

10 cc *ichiban dashi* (recipe on page 1)

5 cc olive oil

Boil the broccoli until cooked, but still firm. Do not rinse in water and let it cool quickly.

Put the sesame seeds in a food processor, or in a mortar and pestle, and grind until about half of the seeds are ground. Move to a bowl and add the sugar and soy sauce and mix until combined. Add the olive oil and the *dashi* and mix until the sesame paste is thinned out.

Dress the cooled broccoli with the sesame dressing.

15. Sea Bream Rice

鯛めし

Tai Meshi

Takikomigohan is a traditional dish of cooking rice with ingredients such as seafood or vegetables. If sea bream is not available other white fish such as sea bass, red snapper, tilefish, or orange roughy may be substituted. It is important to grill the sea bream filet before adding to the rice pot.

280 grams rice

sea bream filets without bones, salted to 1.2% of the weight of the filets, grilled

30 grams chives, minced

1 ½ Tablespoons unroasted sesame oil (*taihakuyu*), can substitute canola oil or rice bran oil

330 cc sea bream *dashi* (recipe below)

30 cc saké

2.3 grams salt

10 cc light-colored soy sauce (*usukuchi shōyu*)

Sea Bream Dashi

900 cc water
100 cc saké
100 grams sea bream bones, roasted
10 grams *kombu* (kelp)

Prepare the Sea Bream Dashi. Put the water, saké, roasted sea bream bones, and *kombu* in a pot and simmer for 15 minutes. Remove any scum while the bones are simmering. Strain after 15 minutes.

Sea Bream Rice

Rinse the rice until the water almost runs clear. Set the rice aside in a strainer for 1 hour.

Put the rinsed rice in a pot with Sea Bream Dashi, saké, salt, and light-colored soy sauce. Cover the pot with a tight-fitting lid. Turn the heat to high and once it comes to a boil add the grilled sea bream over the rice, return the lid, and turn the heat to low. Simmer for 10 minutes. Turn off the heat and without opening the lid let the pot sit for 10 minutes to allow the rice to continue to steam.

With about 2 minutes left in the steaming time bring the unroasted sesame oil to heat in a pan until it almost smokes. Open the lid to the rice pot, sprinkle the minced chives over the fish and add the hot oil. Return the lid to the pot and let it steam for one more minute. Stir the mixture to incorporate the fish and chives into the rice and let it cool down.