

Japanese Eats

Dango

Ingredients

Dango

- 100g Joshinko Rice flour
- 100g Shiratamako Rice Flour
- 150-160g warm water

Glaze

- 4 Tablespoon Sugar
- 2 Tablespoon Mirin
- 2 Tablespoon Soy Sauce
- 2 Tablespoon Corn/Potato Starch
- 150ml Water

Recipe

1. Combine flours in a bowl, then stir in water small bits at a time while mixing with chopsticks. In a pan, mix the sauce ingredients, then bring heat up to medium-high whisking constantly.
2. Once flour has clumped into one mass, mix and knead with hands until a smooth ball forms. Divide into ~15 taut balls
3. Drop balls into a boiling pot of water, stirring gently but constantly so as to not let the dango stick to the pan. Dumplings will float once they are finished, transfer finished dumplings to an ice bath.
4. Skewer 3 balls to a bamboo stick, drizzle on sauce.

Ebiyaki

Ebiyaki Mix

- 1 ½ Large Eggs, Lightly Beaten
- 2 ⅛ Cups of Cold Water
- 2 Teaspoons of Instant Dashi
- 2 Teaspoons of Soy Sauce
- ½ Teaspoon of Salt
- 1 ¼ Cups of All Purpose Flour (About 300g)

Ebiyaki Filling

- ½ Pounds of Pan Fried Shrimp, Chopped into Cubes
- 1 Bunch of Green Onions, Sliced

- 1 Cup of Tempura Bits (or Rice Krispies)

Ebiyaki Toppings

- Mayo (preferably Japanese/Kewpie Brand)
- Tonkatsu Sauce
- Bonito Flakes
- Aonori (Dried Seaweed Bits)

Recipe

1. Beat the eggs and add the water and dashi. Add the egg-water-dashi mixture to the flour and salt and mix well. Heat up your pan and oil the individual pan holes.
1. When the pan is hot, pour the batter into the individual compartments up to the top. Don't worry if the batter overflows a bit.
2. Add green onions, your protein, and tempura bits/rice krispies.
3. After a few minutes, the bottom of the takoyaki will be cooked through. You can use a skewer/toothpick(s) to turn them over 90 degrees. If you can't turn the takoyaki easily, it probably needs to cook for a bit longer. If needed, add a bit more batter to the balls to fill them up. Let cook for a minute or so and then do another 90 degree turn.
4. The takoyaki are done when they're lightly brown and crispy on the outside and they turn easily in their holes.

Nailed It

Miso Soup

Ingredients

Dashi:

- 1 Liter Filtered Water
- 10g Konbu, Dried Kelp Seaweed
- 20g Bushi, Dried Bonito Flakes

Miso Soup

- 1 Teaspoon Miso paste
- Green Onions for Topping

To follow along during the panel, do Step 1 ahead of time.

Recipe

1. To make the dashi, soak the konbu in cold water and leave for at least 30 minutes.
2. Heat the water with konbu with low heat and bring it to a simmer. Take the konbu out then remove the heat.
3. Add the bonito flakes to the heated water and wait until it sinks.
4. Put a paper towel in a mesh straightener and filter out the bonito flakes. You can fold the paper towel and lightly press the moisture out of the bonito flakes, but do not squeeze them.
5. Warm up the dashi in the middle heat and dissolve the the miso paste into the dashi using spoonfuls at a time and chopsticks. Do not boil the miso soup so it does not lose the aroma.
6. Add in any extra ingredients you want.

Tempura

Ingredients

Your Choice to Fry:

- Shrimp, deveined
- Pumpkin
- Green Veggies
- Honestly whatever you want

Batter:

- 50mL Water
- 25g Wheat Flour

Dipping Sauce

- 40mL of Dashi
- 10mL Dark Soy Sauce
- 10mL Mirin

Recipe

1. Make the batter by stirring the flour into the water. Use cold water, and be careful not to mix or gluten will form.
2. Power your ingredients with wheat flour.
3. Heat up oil in a frying pan until it gets to 350 degrees F. Dip the powdered ingredients into the batter and deep-fry them until cooked throughout. You can tell when the bubbles around the frying food become smaller because there is less water in it.
4. Remove from the oil onto a plate lined with a paper towel.

Octopus Sausages

Ingredients

- Sausages (Japanese sausages are typically 3 inches, so for the cute bento make sure to cut yours to a 3 inch length)

Recipe

1. Holding the sausages sideways, slice down from halfway on one side. Rotate 90 degrees and do it again, so the sausage has four little “legs”.
2. Cut between the slits to make eight legs. Be careful not to cut yourself. (Optional: Cut a little face in it too. :))
3. In a small frying pan, heat a bit of oil and cook sausages on medium heat. When the sausages are cooked through, the “legs” will start to open up.

Rolled Eggs

Ingredients

- 1 Egg
- 1 Tablespoon Dashi
- ½ Teaspoon Light Soy Sauce
- Optional: Use a Square Egg pan if possible, if not then a small frying pan

Recipe

1. Whisk the egg, then add the dashi and soy sauce and mix well
2. Pour half the egg mixture to the oiled heated pan to cover its surface. Cook until you can roll it up back to the front.
3. Pour the rest of the egg mixture and repeat. Make sure to lift up the cooked egg so the second half of the egg mixture can make it underneath.

Anime Eatin'

Okonomiyaki

Ingredients:

Okonomiyaki:

- ¼ Cup of Pickled Red Ginger, Chopped
- 3 Green Onions, Chopped
- ½ Head of Cabbage, Shredded
- 1 Cup Cake Flour
- 1 ½ Teaspoon Baking Powder
- 1 Cup Dashi Broth
- 1 Japanese Mountain Yam, Grated
 - Optionally: If you can't find one, use ½ Cup of Milk with 1 Teaspoon of Baking Powder
- 4 Large Eggs
- ½ Cup Fried Tempura Scraps
- Slices of Pork Belly
 - Optionally: Bacon, if Pork Belly is not your thing
- Dried Bonito Flakes
- Dried Green Seaweed (Aonori)

Sauce:

- 1 Tablespoon White Sugar
- 2 Tablespoon Oyster Sauce
- 4 Tablespoon Ketchup
- 3 ½ Tablespoon Worcestershire Sauce

Japanese Mayo (For Topping, if you can't find Japanese Mayo):

- 1 Cup of Mayo
- 1 Tablespoon of Sugar
- 1 Tablespoon Rice Wine Vinegar

Recipe:

1. Combine the cake flour and baking powder in a bowl. Grate the Japanese Mountain Yam (or add the substitute ingredients) into the bowl. Add the dashi broth, whisk to combine and place in the fridge for 30 minutes.
2. Lightly beat 4 large eggs and add into the mixture once removed from the fridge. Add in the pickled red ginger, chopped green onions, fried tempura scraps, and

most of your chopped cabbage. Fold and mix until everything is combined, then add the remaining cabbage and finish mixing it together.

3. In a large non-stick skillet, heat up 2 Tablespoons of olive oil over medium heat. Add half of your mixture into the pan. Use 2 rubber spatulas to get the okonomiyaki to the proper shape, 1 inch thick and 8 inches around. Top with your pork belly or bacon, and cover for 5 minutes.
4. Remove the top and flip the okonomiyaki, covering and cooking for another 5 minutes.
5. Remove from heat and transfer to a plate. Brush the top with a large layer of sauce, then stripe with mayonnaise.
6. Top with dried bonito flakes, aonori, scallions, or anything else you desire.

Potato Chip Fried Rice

Ingredients:

- 200g of Rice (Cooked the day before is best)
- ¼ White Onion
- ⅔ Cup of Green Onions
- 3 Eggs
- 1-2 Tablespoon of Sesame Oil
- 2 Teaspoons of Soy Sauce
- ½ Teaspoon of Mirin
- ½ Teaspoon Chicken Stock
- ¼ Teaspoon of Sugar
- 1 Teaspoon of Grated Ginger
- Pea Shoots (Optionally if you cannot find any, Micro Greens work)
- Potato Chips (Salt flavored, Optionally Salt and Seaweed)

To follow along during the panel, have Step 1 done beforehand.

Recipe:

1. Chop your white onion and green onions
 - a. If you have them, cut off the roots of the pea shoots, and cut the shoots into 2cm pieces
2. Separate one egg yolk from the egg white into separate bowls. Place your other two eggs into the bowl with the egg white.
3. Mix together your soy sauce, mirin, chicken stock, and sugar to make a teriyaki mixture
4. Add oil and grated ginger to a pan and simmer on low heat.
5. Once the ginger is fragrant, add the chopped onions and cook on medium heat until soft.

6. Move the onions to one side of the pan and scramble your 2 ½ eggs on the other side. Then mix the onions in with the eggs.
7. Move all ingredients to the side again, and add the teriyaki mixture made and let it boil down for a moment before mixing the ingredients in.
8. Turn off the heat to add the rice and mix well. Once everything is mixed evenly, turn the heat back on to high.
9. Add in your pea shoots or microgreens and potato chips and mix.
10. Pour your fried rice into a bowl. Make a dimple on top. Add the egg yolk in the dimple, and more chips and pea shoots around.

Tribute to Food Wars

Sumire Karaage Roll

Ingredients

- 2 Chicken Thighs
- ⅛ Cup Each of Apple and Onion
- Frying Oil
- Potato Starch
- 4 Teaspoons Sesame Oil
- Cooking Oil
- Cilantro
- Green Perilla Leaves
- Lettuce Leaves
- Black Pepper
- Optional: Hot Sauce

Batter Seasonings:

- ¼ Teaspoon Chicken Bouillon
- 2 Tablespoon of Soy Sauce and Sake
- ½ Teaspoon Salt
- ¼ Teaspoon of Black Pepper and Cayenne Pepper

Banh Xeo Batter

- 100 Grams of Flour
- 100 Grams of Joshinko Rice Flour
- 1 Teaspoon Turmeric
- 6.5 oz of Coconut Milk
- 8.5 oz of Water

Recipe

1. Cut the chicken thighs, onion, and apple into bite sized pieces. Do not peel the apple.
2. Put the apple and onion into a food processor, and add the rest of the seasonings for the batter and puree.
3. Put the mixture from the food processor into a plastic bag and add the chicken. Rub the meat well and then let it sit in the refrigerator overnight to marinate. For shorter time periods, rub the meat for 5 minutes, then marinate for 20.
4. Heat frying oil to 350 degrees F. Lightly coat the chicken with potato starch and deep-fry for 5 minutes or until golden brown. While frying, use a skimmer to scoop the meat out of the oil briefly one or two times to air giving it the effect of being “twice fried”.

5. Make the Banh Xeo Batter by putting the weak flour, rice flour and turmeric into a bowl. Mix the flours together slowly. Then add coconut milk and water and beat into a batter with a mixer.
6. Heat the cooking oil in a frying pan and add $\frac{1}{4}$ of your batter. Quickly spread it thinly across the pan and cook on low heat. Once the edges start turning up, add one teaspoon of sesame oil all the way around the edges and cook until crispy. Quickly flip with a spatula, briefly cooking the other side. Move to a plate, then cook the remaining portions in the same way.
7. Place the cilantro, green perilla leaves, and lettuce leaves on the Banh Xeo. Add the chicken and wrap it up. Top with black pepper (and hot sauce if you wish).

Hokkaido Lecture Emblem Special Gousetsu Udon

Ingredients

- Perilla Leaf
- Chopped Green Onion
- Flour (for dusting)

Noodles

- 100 g of Potatoes
- 100 g of All-Purpose Flour
- 100 g Potato Starch
- $\frac{2}{3}$ Teaspoon Salt
- 4 oz Water

Udon Broth

- 20 oz Soup Stock
- 2 Tablespoons Light Soy Sauce
- 2 Tablespoons Mirin
- 1 Teaspoon Salt

Imo Mochi Potato Cake

- 1 Large Potato
- 2 Tablespoons Potato Starch
- $\frac{1}{2}$ Teaspoon Salt
- Canola Oil

To follow along during the panel, finish Step 1 beforehand.

Recipe

1. Peel the potatoes and cut them into bite-sized pieces.
2. Put them in a microwave safe container, pour 2 tablespoons of water over top, cover and microwave on high for 2 minutes in a 600 W microwave

3. Mash the potatoes while they are still hot. Add in the flour, potato starch, salt, and water. Mix until it forms a uniform dough
4. Split the dough in half and form each half into a rough ball. Dust a clean counter surface with flour. Put one of the dough balls in the middle and press down with the palm of your hand. Use a rolling pin to roll the dough out until it is about 5 millimeters thick. Fold the dough into three layers and use a knife to cut thin strips of noodles. Repeat this process with the second ball of dough.
5. Separate the noodles and dust them with flour. Fill a large pot with water and bring to a rolling boil. Add the noodles, and once they start to float, boil for about 5 minutes. Drain and rinse with running water.
6. To make the Imo-Mochi Potato Cakes. Peel the potato and cut it into bite-sized pieces. Put it in a microwave-safe container, pour 2 tablespoons of water over top, cover and microwave on high for 2-3 minutes.
7. Mash the potato while it is still hot. Mix in the starch and salt until it forms a dough. Mold the dough into balls of any size you like, and use the palm of your hand to flatten them into discs.
8. Pour a generous amount of canola oil into a heated frying pan and fry the cakes until both sides are a crispy golden brown.
9. Pour the ingredients for the broth into a pot and bring to a boil. Put the noodles into a bowl and pour in the hot broth. Top with an imo-mochi potato cake, perilla leaf, and some chopped green onion.