

2019 JETAA Cooking Workshop

CURRY RICE

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients (4 Servings):

Steamed Rice	2 carrots
½ lb beef (cut for stew)	3 potatoes
2 onions	1 Tbsp oil
3 ½ cups water (840ml) or see package for amount of water	
1 box of curry sauce mix (4oz)	

Instructions:

- 1- Cut vegetables into bite sized pieces.
- 2- Heat oil and brown meat in pot, then take meat out
- 3- In the same pot, fry onions until browned. Add carrots and potatoes, then add cooked meat.
- 4- Add water to the pot. After it boils, skim fat and reduce heat to low. Cover and cook for 45 minutes until meat is tender.
- 5- Remove from heat and add curry sauce mix. Stir well so the pieces of the mix dissolve.
- 6- Let it simmer for 10-15 minutes (cook longer if you'd like it thicker). Pour the curry over rice.

ONIGIRI RICEBALL

Ingredients:

Steamed Rice
Salt
Dried bonito flakes (Katsuobushi) mixed with soy sauce
Roasted seaweed

Instructions:

- 1- Put some rice in a rice bowl.
- 2- Wet hands with water and add salt. Place rice in one hand, press and form into a triangle shape.
- 3- Make a well in the middle of the rice ball and put in katsuobushi mixture. Close the well.
- 4- Reshape and wrap with a sheet of roasted seaweed.

MISO SOUP with ONION, TOFU, GREEN ONION

Prep Time: 5 minutes

Cook Time: 12 minutes

Ingredients (4 Servings):

4 cups Dashi (fish broth)(960ml)	1 Soft Tofu
1 onion and 1 green onion	4-5 Tbps miso paste

Instructions:

- 1- Slice onion thinly and cut tofu into bite size pieces (1/4" thick.)
- 2- Bring Dashi to a boil, and add onions. Cook until softened. Add tofu.
- 3- Reduce heat to low and dissolve miso paste in the Dashi. Remove from heat and serve hot. Add green onions as desired.