



Japanese Cooking Survival Guide

Samantha Wolfe & Nicholas Benson

Japanese Cooking Survival Guide Outline

- Cooking safety
- Seasonal foods in Japan
- Ingredients to keep on hand
- Easy recipes for first time Japanese cooks
- Quick and easy dinners
- The Magical Wonderfulness of Rice-Cookers
- The Wonderful World of Vegetables
- How to make great bento
- The taste of home
- Resources for Japanese recipes





Cooking Safety

- Never leave a pot or a pan on a burner attended
- Always move the handle of pot or pan to the side
- Never try to grab a falling knife
- When cooking with hot oil, do not drop items from a height
- If there is a fire in a pan or pot, cover it and turn off the burner
- Salt is a good way to stop small grease fires (Do NOT use flour or water)
- Know where the fire extinguisher is
- If a fire gets out of control, get out and call 119



Winter

Seasonal Food



Spring

Seasonal Food



Summer

Seasonal Food



Autumn

Seasonal Food

Ingredients to keep on hand

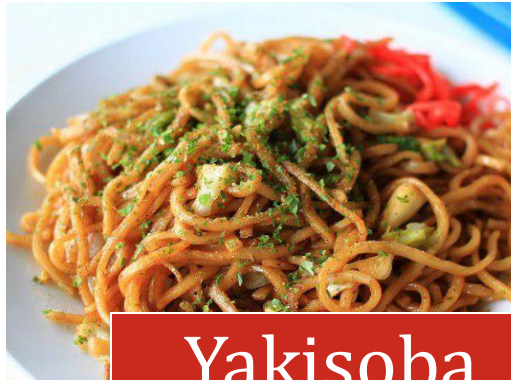
- Soy Sauce
- Mirin
- Sugar
- Mayonnaise
- Ketchup
- Salt & Pepper
- Cooking Sake
- Ponzu



Easy recipes for first time Japanese cooks



Curry and Rice



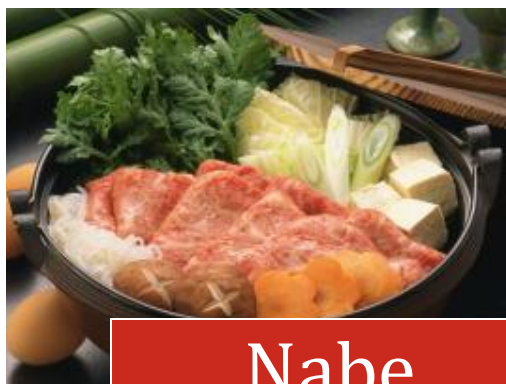
Yakisoba



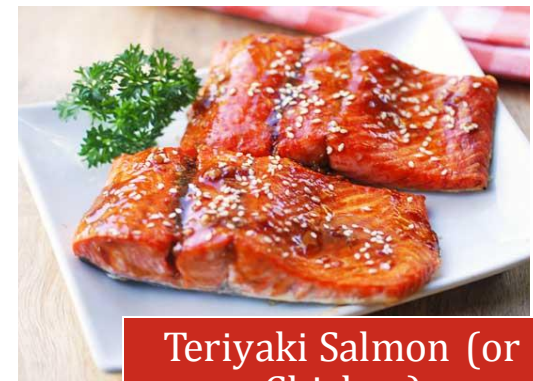
Miso Soup



Onigiri



Nabe



Teriyaki Salmon (or
Chicken)

Quick and easy dinners



新! 大人の
黒麻婆 出た!

欲開食全王

黒麻婆豆腐用

あらびき肉

赤麻婆

白麻婆

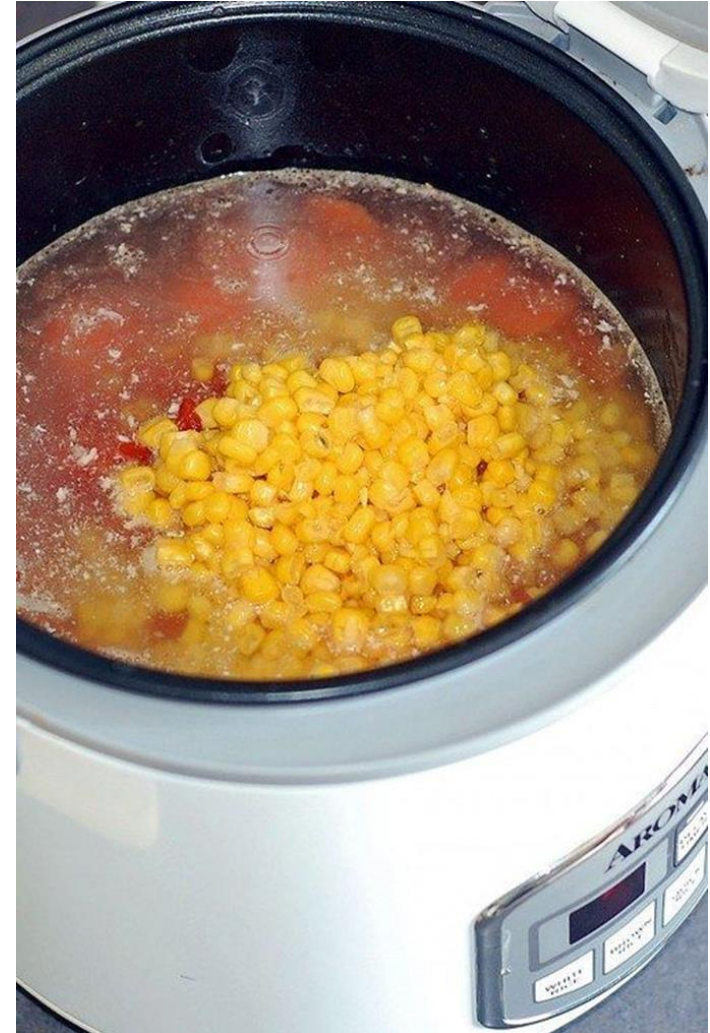
甘麻婆

麻婆茄子

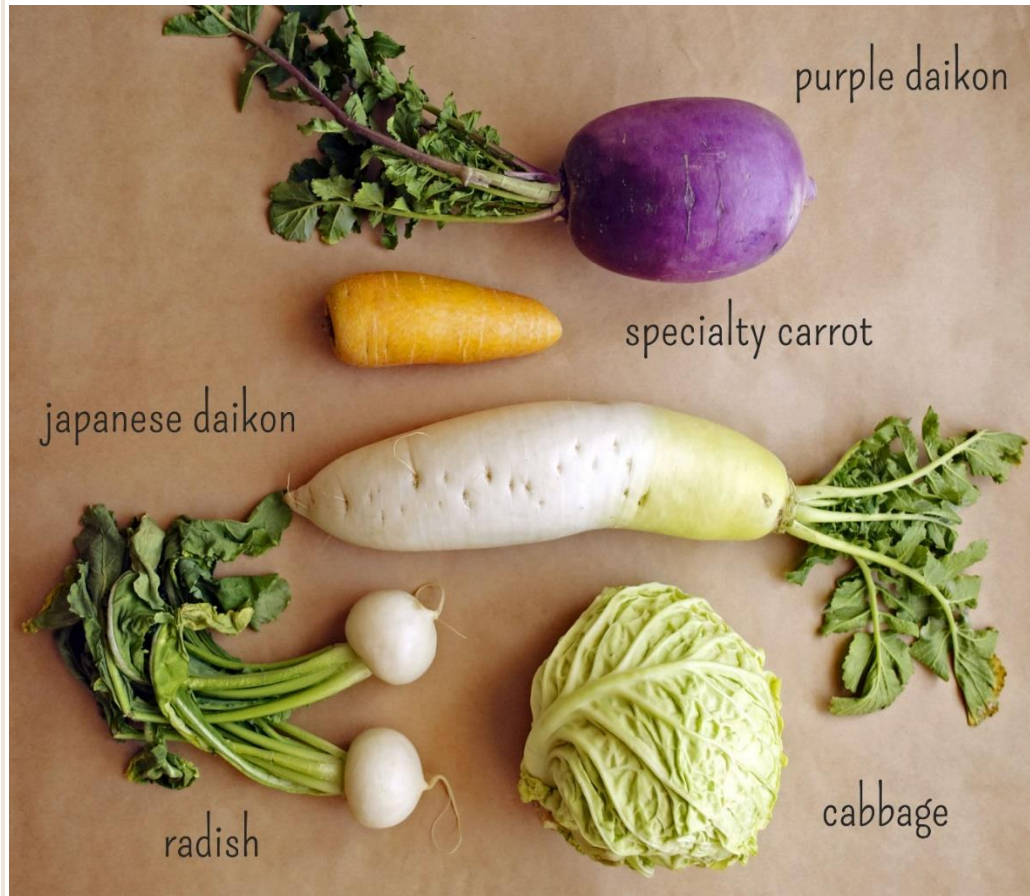


The Magical Wonderfulness of Rice-Cookers

- Rice cookers steam whatever treasures you put inside. This includes rice, meat, veggies, potatoes, gyouza, curry, sauces, bananas, old boot leather (if times are tight), etc.
- It is the simplest way to cook veggies when you're feeling lazy or physically incapable of leaving your kotatsu.
- *Magic Secret:* Cook the rice first (or cook it halfway before adding meat or frozen vegetables). Sauces and fresh veggies come just need to be heated!



The Wonderful World of Japanese Vegetables



← Whatever
this is...

How to make great bento



Awesome tricks for sides

- Pre-made sides
- Frozen foods



Easy décor for bento

- Bento picks
- Onigiri wrapping paper





Kara-age bento

Contents:

- Kara-age
- Octopus hotdog
- Tamago-yaki
- Onigiri with plum seasoning
- Onigiri with salmon and seaweed
- Mikan
- Frozen sweet potato side
- Frozen green bean side

The taste of home

Where to find foreign ingredients



Resources for Japanese recipes

Japanese Cooking 101



Just One Cookbook



Thank you

