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
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

- Japanese daikon
- Specialty carrot
- Purple daikon
- Radish
- Cabbage
- Lotus root
- Broccoli with sesame sauce

← 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

What makes a great bento?
A balanced diet, color, and a little bit of art
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