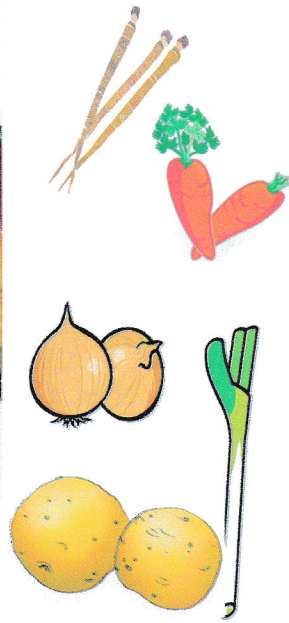
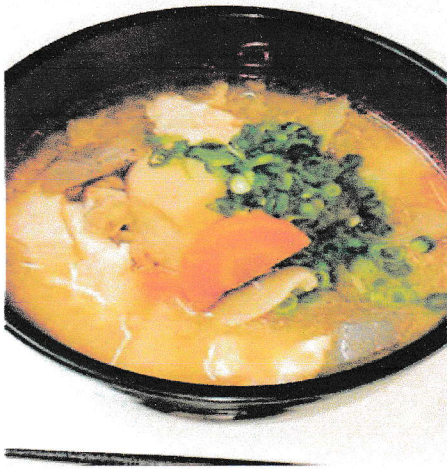


Easy to cook using Japanese vegetables.

BUTAJIRU

lean pork soup made with pork and vegetables, flavoured with Miso.



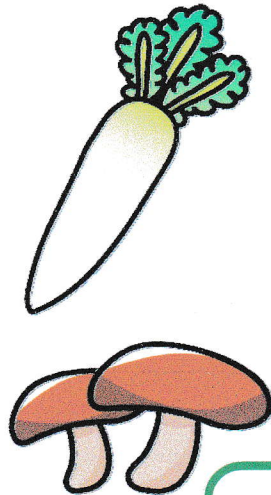
For **7-8** portions.

Sliced pork back ribs **200g**
Gobo (Greater burdock root) **80g**
Carrot **100g**
Potato **150g**
Shiitake Mushroom **3** pieces
Miso (Recommend to use "MARUKOME") **180g**
Leek **some**
Water **1, 200ml**

For cancer prevention
improve diabetes and
whitening effect

1. Vegetable to cut into slice
2. Put water, pork and vegetables in a pot then heat.
3. Add the miso to pot then boil well then ready to eat.

Simmering of Daikon radish



For **2** portions

Daikon radish **200-250g**
Water **1/2** cup
Japanese soysauce **1.5** tablespoon
Sugar **1** tablespoon
Chicken meat **100g**
Shiitake Mushroom **3** pieces

For Healthy & improve immune strength

1. Cut Daikon radish to thickness of 2cm and wearing the skin then cut to half.
2. Put water, sugar, soy sauce, Daikon, chicken, Shiitake mushroom to pot then cook over a strong fire.
3. Simmer until the color stick (same as photo) after boiling.

KINPIRA GOBO

(Burdock root and Carrot cooked Kimpira style)



For **4** portions

Gobo **200g**

Carrot **1** piece (small size)

Sesame oil **1** tablespoon

Japanese soy sauce **3** tablespoon

Sugar **2** tablespoon

Chili pepper proper quantity

Water **4** tablespoon

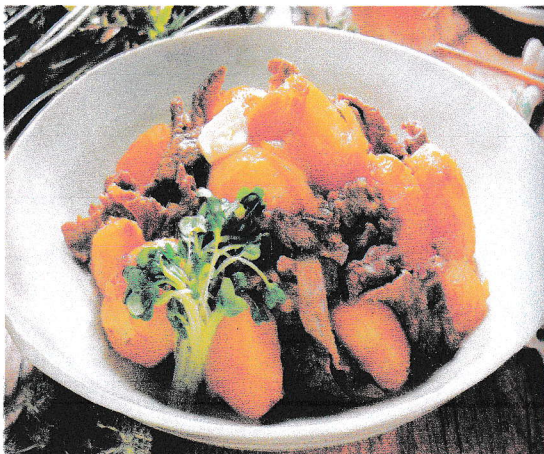
For improve constipation



1. Remove the skin from Gobo, cut to same as a matchstick then soak Gobo into water about 5 minutes.
2. Remove the skin from Carrot cut to same as Gobo (size to be matchstick). Put Sesame oil to pan then sauté well Gobo first.
3. When Gobo sauté well, put carrot and another seasoning to pan then when water disappear ready to eat.

NIKUJAGA

(is a Japanese dish of meat, potatoes and onion stewed in sweetened soy sauce, and vegetables.)



For **4** portions

Sliced lean beef **200g**

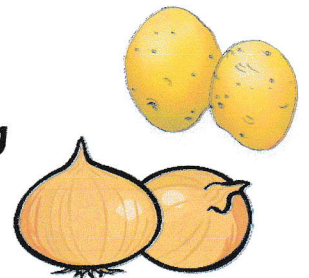
Potato **4-5** pieces

Onion **2** pieces

Katsuo Dashi (Recommend to use instant dashi such as "HONDADHI" or "DASHINOMOTO") **2** tablespoon

Sugar **3** tablespoon

Japanese soy sauce **3** tablespoon



1. Remove the skin from potato then cut to 4-6 pieces. Cut onion to 8 pieces. Cut sliced lean beef to width 3-4cm.
2. Put potato and onion into pan then pour water same level as vegetable. Cook with the gas turned "medium". When water boiled, put sugar and soy sauce.
3. When potato to be soft, put lean beef to pan then when water disappear, ready to eat.