

*Plenty of  
Recipes*

2022

# Gochiso

Ultimate Japanese Gourmet Magazine

**Onigiri**  
(Rice Balls)

**Wagashi and Tea**  
(Traditional Japanese Sweets)

**Nabe** With Nijiya Hot Pot Soup  
(Japanese Hot Pot Dish)

**Shirasu and Chirimen**  
Goya (Bitter Melon)  
Okowa & Takikomi Rice  
Winter Desserts

Gindara (Black Cod)  
Japanese Cuisine Recommendations  
Accompaniments Featuring Vegetables

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Ultimate Japanese Gourmet Magazine

Gochiso

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Opening our first store in San Diego back in 1986, we at NIJIYA Market have come a long way to prove not only that we can provide the best in high quality foods, but to provide the whole concept of LIVING. Our services do not stop at the exit of our stores. They actually begin the moment the customer purchases our food and sets in on their kitchen counter. We care about the outcome of the dinner they prepare, the taste and freshness, and how healthy it all adds up to.

Currently we have twelve stores in total and some stores have eat-in space.

Our parent company, JINON Corp. is an enterprise that encompasses an ORGANIC FARM that produces wholly grown organic vegetable of different varieties.





# Onigiri (Rice Balls)

*Onigiri* make an easy and satisfying meal, perfect for sunny picnic outings, lunchtime on a busy workday, nighttime cravings, or when you just want a bite to eat.

While the classic *shio musubi* (rice balls flavored with salt) is always delicious, we offer some recipes for unconventional and unique flavors as well as some tips for making the perfect *onigiri*.

## Tips for Making Perfect Onigiri

- **Cook rice with slightly less water than usual.**

Rice should be a bit firm.

- **Add salt when cooking rice.**

When making salted rice or white rice with ingredients, it is recommended to add salt before cooking the rice, as the saltiness will spread evenly throughout. The amount of salt to add is about 1/4 to 1/2 teaspoon per 1 rice cup.

- **Add vegetable oil when cooking rice.**

If you eat the rice balls after cooling them, add vegetable oil before cooking the rice so that you can enjoy the soft texture even after it has cooled. The amount of vegetable oil to add is about 1/2 teaspoon per 1 rice cup.

- **Once cooked, fluff up the rice immediately.**

When the rice has finished cooking, open your rice cooker and take out the whole inner pot, emptying all the rice into a separate container (a wooden *sushi oke*, or mixing bowl, is ideal). Fluff the rice in the separate container, not in the rice cooker pot. If you have add-ins, mix them into the rice here.

- **Gently shape the *onigiri* while the rice is still hot.**

When shaping, try not to compress the rice too much. Think of lightly patting down the surface to create the desired shape.







With aluminum foil and some clear tape, you can package onigiri with crisp nori (seaweed) just like the ones sold in stores.

## Homemade Wrapped Onigiri with Crisp Nori (Seaweed)

● Prepare a piece of *nori* that is slightly wider than the *onigiri*, and also a sheet of aluminum foil approximately 2.5 times wider than the *nori*.



1

In the center of the aluminum foil, place a piece of tape running top to bottom, leaving a bit of extra tape at the top. Fold the tape onto itself to form a tab.



2

Flip the aluminum foil over, and place the *nori* in the center.



3

Leaving about a half inch of room on both sides, fold the aluminum foil towards the center to cover the *nori*.



4

Place the *onigiri* in the center of the aluminum foil.



5

Fold up the bottom half of the aluminum foil over the *onigiri* and pat down the foil around the top.



6

Pat down the foil on the other side as well to completely wrap the *onigiri*.

### To Unwrap



1

Pull down on the tab to peel off the tape with the aluminum foil.



2

Slide off the aluminum foil on both sides.



Enjoy Crispy Nori Onigiri!



## Let's make Onigiri!

### How to Shape Onigiri

1. Lay a sheet of clear plastic wrap over a rice bowl.
2. Place about one bowl's worth of rice on top of the plastic wrap.
3. If adding fillings, place them in the center of the rice.
4. Lift and fold the wrap around the rice, roughly forming a round ball before shaping the *onigiri* into your desired shape as outlined below.

### Right-Handed Instructions

**Triangle:** Use your left hand to hold the rice ball and adjust its thickness. Cup your right hand over the rice ball to shape the triangle. Pressing lightly, keep rotating the *onigiri* onto a different side until a triangle shape is formed.



**Round:** Use your right hand to round the edges of the rice ball while using your left hand to flatten and adjust the thickness, creating a thick disk shape. Or, you can cup both hands and rotate the rice ball until a sphere is formed.



**Tawara (Rice Bale):** Using the fingers and thumb of your right hand, stabilize the top and bottom of the rice ball as you roll it on its side until a barrel shape is formed.



### What Should You Wrap Onigiri With?

Most people tend to wrap *onigiri* with either plastic wrap or aluminum foil, but which is better? Since plastic wrap can allow a small amount of air to pass through, aluminum foil actually preserves the freshness of the *onigiri* longer, since it blocks both air and light.



## Fillings for the Onigiri



### Simmered Gobō and Chicken Thighs

#### Ingredients (convenient portion size):

- 1 chicken thigh
- 4 inch (~10cm) *gobō* burdock root
- 1 tsp sesame oil
- 1 Tbsp *sake*
- 2 Tbsp *mirin*
- 1 Tbsp sugar
- 1-½ Tbsp soy sauce
- 3.4 fl oz (100ml) water

#### Directions

1. Cut the *gobō* burdock root Sasagaki style (slice thinly with a vegetable peeler) and the chicken into small pieces (about ¾ inch in length).
2. Heat the sesame oil in a pot, then cook the chicken and *gobō* burdock root at medium heat.
3. Add the remaining ingredients and bring to a boil. Skim the foam from the surface. Cover with a drop lid and simmer for about 10 minutes at medium heat.

\*To make *onigiri*, mix some of the simmered liquid into the rice and use the *gobō* and chicken for filling.



### Ebi-Mayo

#### Ingredients (makes 3 onigiri):

- 10 boiled shrimp (easiest to use: pre-cooked butterflied shrimp)
- ½ tsp condensed milk
- 1 Tbsp mayonnaise
- ½ tsp soy sauce
- a pinch of salt

#### Directions

1. Remove tails from shrimp and discard. Coarsely chop the shrimp.
2. Add all ingredients into a bowl and mix.
3. Add salt to taste.

\*To make onigiri, use the *Ebi-Mayo* for filling and wrap with *nori* (dried seaweed).



### Tamago-yaki (Japanese-style rolled omelet) with Mentaiko (Spicy Cod Roe)

#### Ingredients (convenient portion size):

- ½ sack *mentaiko* (spicy cod roe)
- 1 Tbsp mayonnaise
- 3 eggs
- 1 Tbsp green onion (thinly sliced)
- ½ tsp soy sauce
- 1 tsp Nijiya Wafu Dashi (diluted with 1 tsp of water)
- Vegetable oil, as needed



Nijiya Wafu Dashi

#### Directions

1. Remove the roe from the sack, then mix the mayonnaise in a bowl.
2. In another bowl, mix the eggs, green onion, sugar, and soy sauce.
3. Heat a *tamago-yaki* pan (rectangular cooking pan) to medium low heat, then coat the pan with vegetable oil. Pour about 1/3 of the egg mixture into the pan, then place the cod roe onto the egg starting about 1/3 of the way from the top of the pan.

4. After the eggs have started to set, use a spatula to carefully and evenly roll the egg, starting from the far side of the pan toward the pan handle.
5. Slide the rolled omelet to the far side of the pan and pour another thin layer of the egg mixture into the pan. Once the eggs have started to set, use the spatula to carefully and evenly roll the egg toward the pan handle again. Repeat these steps 2-3 times to pour in the rest of the egg mixture.

\*To make *onigiri*, cut a piece of the *tamago-yaki* with *mentaiko* and use as filling. Then wrap the onigiri with *nori* (dried seaweed).



## Ginger-Simmered Oysters in Sweetened Soy Sauce



### Ingredients (convenient portion size):

- 1 Jar of oysters (uncooked)
- 2 Tbsp cornstarch
- 1 Tbsp julienned ginger
- 1 Tbsp soy sauce
- 1 Tbsp *mirin*
- 1 Tbsp *sake*
- 1 tsp sugar

\*To make *onigiri*, mix any remaining sauce into the rice and use the oysters for filling.



### Directions

1. Gently massage the oysters with the cornstarch, then rinse with water a few times until water runs clear.
2. Bring ginger, soy sauce, *mirin*, *sake*, and sugar to a boil in a pot, then add the oysters. Skim the foam from the surface.
3. Remove just the oysters once they look plump.
4. Reduce the remaining sauce to about 1/3 the amount, then place the oysters back into the sauce and simmer until the sauce is almost completely absorbed.

## Unconventional Onigiri Recipes



### Spam® Musubi with Egg

#### Ingredients (makes 6 musubis):

- 1 can of Spam®
- Rice, as desired
- 2 eggs
- ½ tsp sugar
- ½ tsp vegetable oil
- Kaiware daikon* (radish sprouts), as desired
- 6 *nori* sheets (dried seaweed), sheets should have the length of one Spam® slice and be about 3 times the width

#### Directions:

1. Cut the Spam® into 6 equal slices and cook in a frying pan until golden.
2. Whisk eggs with sugar. Coat the frying pan with oil, then cook the eggs until the top of the egg is set. Slice the egg into 6 pieces so that the dimension of the eggs matches the dimensions of a slice of Spam®.
3. Place a sheet of *nori* onto clear plastic wrap, then spread rice evenly across the *nori*.



4. Place the Spam® on top of the rice on the side closer to yourself, then place a piece of egg and some sprouts across the entire surface. Lift the clear plastic wrap from the far end and fold the musubi over toward yourself.



### Nikumaki Onigiri (Meat-wrapped Onigiri)

#### Ingredients (serves 10):

- 10 Tawara (cylindrical) rice balls
- 10 slices thinly sliced pork
- white sesame seeds, as desired

#### <Seasoning>

- 3.4 fl oz (100ml) water
- 3.4 fl oz (100ml) *sake*
- 3.4 fl oz (100ml) soy sauce
- 4 Tbsp sugar
- 2 Tbsp *mirin*

#### Directions:

1. Lay out a slice of pork and place the *onigiri* on top of it. Wrap the pork around the entire *onigiri*. Repeat for all *onigiri*.
2. Cook all sides of the wrapped *onigiri* on a frying pan over medium heat.
3. Once the pork is browned, turn the heat off and remove excess oil from the pan. Then add the seasoning mixture and simmer. Rotate the wrapped *onigiri* to cover the entire surface with the seasoning.
4. Pour any remaining sauce over the *onigiri* when serving. Sprinkle with white sesame seeds.





## Creative Combination Ideas for Onigiri



Nijiya Mentsuyu

### Ajitama with Spinach:

Wrap an *ajitama* (seasoned-egg) that has been marinated in *mentsuyu* (noodle soup base) in boiled spinach. Use as filling for *onigiri*.

### Tarako-Butter Shoyu:

Make onigiri with butter-rice and use *tarako* (pollock roe) as filling. Coat the *onigiri* with soy sauce.



### Okaka-Cheese:

*Katsuobushi* (bonito flakes) and diced cheese mixed into onigiri rice. Wrap the *onigiri* with *oba*.



Nijiya Shippō Soft Furikake

### Oboro Kombu-Maki:

Use Nijiya Shippō Nama Furikake (rice seasoning) as filling and wrap the onigiri with *oboro-kombu* (shredded kelp).



### Lemon-Mayo with Egg:

Finely chop a boiled egg and mix in lemon zest, juice from the lemon, and mayonnaise. Use as filling for onigiri.

### Onigirazu

On a sheet of nori, place rice, egg omelette, pickled ginger, boiled okra, mayonnaise, *oba*, potato croquet, *tonkatsu*-sauce, another layer of rice, then make square wrapped rice. Cut into triangles like a sandwich.



### Curry-Umeboshi:

Mix chopped *umeboshi* (Japanese pickled plum), curry powder, and *katsuobushi* (bonito flakes) into *onigiri* rice.



### Shirasu and Takana:

Mix *shirasu* (juvenile Japanese anchovy) and *takana* (Japanese pickled mustard green) into *onigiri* rice, then wrap the *onigiri* with *takana*.



### Takuan-Cream Cheese:

Mix olive oil with *onigiri* rice. Mince *takuan* (Japanese pickled-daikon radish) into cream cheese and use as filling.

### Tako-Meshi:

Use *kombu dashi* (Japanese dried kelp stock) to cook rice and make *tako-meshi* (octopus rice), mixed with *abura-age* (Japanese fried tofu). Use this rice to make the *onigiri*.



### Agedama:

*Agedama* (crunchy deep fried flour-batter, also known as Tenkasu), *katsuobushi* (bonito flakes), *mentsuyu* (noodle soup base), green onions, *aonori* (dried finely chopped seaweed), and sesame oil mixed into *onigiri* rice.

### Tuna-Mentaiko:

Mix canned tuna and *mentaiko* (spicy cod roe) to make a filling for *onigiri*.





# NIJYA Sanriku Cut Wakame (Seaweed)

Cut wakame is perfect for those days when your miso soup, salad, or soup needs something a little extra. Rehydrating is simple, and with its ease of use and richness in nutrients, cut wakame is a very handy ingredient.

Nijya Cut Wakame comes from the Sanriku Coast in the Tohoku region of Japan. The wakame is blanched, salted, then desalinated, then cut into bite-size pieces and dried. The Sanriku Coast is known for its high-quality wakame, which features a firm crunchiness, thickness, and vibrant coloration. It is also plentiful in dietary fiber and minerals, making this a perfect food for both health and beauty.

Rehydrate in room temperature water for approximately 5 minutes, or 3 minutes in hot water.



## Wakame (seaweed) with Chives and Chirimen Jako (Baby Sardine)



### INGREDIENTS: (serves 3)

3 Tbsp Nijya Sanriku Cut Wakame (seaweed)	[Seasoning]
½ bunch of nira (Chinese chives)	1-½ tsp sesame oil
¼ bag of bean sprouts	2 tsp Nijya Shio Koji
2 Tbsp Chirimen Jako (baby sardines)	1 Tbsp sake
1 clove of ginger	1 to 2 Tbsp Ponzu sauce (Japanese Citrus Seasoned Sauce)
	a pinch of white sesame seeds

### DIRECTIONS

1. Rehydrate the wakame in water, then squeeze and drain.
2. Remove the hard bottom portion of the nira, then cut evenly into approximately 1-inch pieces. Julienne the ginger.
3. Mix all the ingredients for the seasoning together.
4. Heat the sesame oil in a pan, then add the ginger. Once you can smell the ginger, add the bean sprouts, wakame, nira, and chirimen jako. Stir fry the mixture until cooked, then add the seasoning mix from step 3.
5. Serve in a bowl and sprinkle with white sesame seeds.



# Wagashi

(Traditional Japanese Sweets)

## and Tea

Why not try making *wagashi* at home? We have gathered a variety of recipes, ranging from surprisingly simple ones to those you can customize to your own taste. Some recipes are perfect for enjoying the gentle taste of homemade *wagashi*, while others allow you to unleash your creativity. We also introduce several Japanese teas that go well with *wagashi*.

### What Exactly Are Dango-ko, Shiratama-ko, Joshin-ko, Kome-ko, Kuzu-ko, and Warabimochi-ko?

These refer to different types of flours (ko means powder or flour) used predominantly in Japanese sweets. *Shiratama-ko* and *dango-ko* are both made from the same ingredient, sweet (glutinous) rice. The granules for *shiratama-ko* are finer than those of *dango-ko*, producing rice cakes with a smoother texture.

*Joshin-ko* is made from *uruchi* rice flour, or flour made from regular, non-glutinous rice; sweets made from this flour tend to be firm and chewy. *Kome-ko* (rice flour), commonly used in modern bread

and baked goods, is also made from *uruchi* rice flour, but it differs in that it is specially formulated for baking, such as having finer particles or being mixed with gluten.

*Kuzu-ko* refers to starch flour made from the root of the *kuzu* plant, but some flours have potato or corn starch added to the *kuzu*. When mixed with water and heated, the mixture forms a partly translucent paste with a plump, jello-like texture. *Warabimochi-ko* is also a starch, but it is taken from the root of the *warabi* fern. The *warabi* root has a slightly brownish tint and is naturally thicker, producing a chewy texture.

### Differences Among Boiled Adzuki, Tsubu-An, Koshi-An, Ogura-An, And Shiro-An

Boiled *adzuki* beans are red beans that have been simmered with sugar in a way that retains the shape of the beans. *Tsubu-an* (chunky *adzuki* bean paste, an meaning paste) is made in a similar way, but the beans are simmered until most of the moisture has evaporated. *Koshi-an* (smooth *adzuki* bean paste) is paste created from *adzuki* beans that have had their outer skins removed. *Ogura-an* is made by mixing boiled *adzuki* beans with either *koshi-an* or *tsubu-an* (crushed *adzuki* bean paste), while *shiro-an* is paste made from either white *adzuki* beans or white kidney beans that have had their outer skins removed.



Nijiya  
Dango-ko



Nijiya  
Jyoshin-ko



Nijiya  
Shiratama-ko



Nijiya  
Kuzu-ko



Nijiya  
Warabimochi-ko



Nijiya  
Adzuki Beans



# Essential An (*adzuki* bean paste) Recipes

## Tsubu-An (Chunky *Adzuki* Bean Paste)

### Directions:

1. Rinse the *adzuki* beans with water, then put the beans in a pot with baking soda and add just enough water to cover. Bring to a boil at medium heat.
2. Simmer at medium heat for 5 minutes. Drain in a colander and rinse under tap water. Let drain as much as possible.
3. Put the beans back into the pot and add just enough water to submerge the beans. Bring to a boil at high heat, then cover and reduce to medium heat. Simmer for 40 minutes to an hour until the beans become soft. Add a splash of cold water to the pot whenever it appears about to boil over.



### Ingredients:

makes about 19 oz (550 g)

- 7 oz (~200g) dried *adzuki* beans
- Water, as needed
- 1/2 tsp baking soda
- 7 oz (~200g) *sanonto* sugar or ordinary cane sugar
- Pinch of salt



Nijiya Adzuki Beans

4. Mix in the sugar gently to avoid mashing the beans.
5. Once most of the moisture has evaporated and the *adzuki* take on a moist sticky texture, add a pinch of salt and remove from heat.
6. Spread the paste in a container to cool.

Adjust sugar amount as desired

### Directions:

1. Rinse the *adzuki* beans with water, then put the beans in a pot with baking soda and water. Add just enough water to cover. Bring to a boil at medium heat.
2. Simmer at medium heat for 5 minutes, then remove from heat. Pour into a colander and rinse under tap water. Let drain as much as possible.
3. Put the beans back into the pot and add just enough water to submerge the beans. Bring to a boil at high heat, then cover and lower the heat to medium. Simmer for 40 minutes to an hour until the beans become soft enough to be mashed by hand. Add a splash of cold water to the pot whenever it appears about to boil over.
4. Place a sieve into a bowl, then pour in the boiled *adzuki* beans. Use a spatula to mash the beans through the sieve under running water. This process will remove the skin from the beans.

Bring to a boil at high heat, then cover and lower the heat to medium. Simmer for 40 minutes to an hour until the beans become soft enough to be mashed by hand. Add a splash of cold water to the pot whenever it appears about to boil over.

5. Lightly mix the water and mashed *adzuki*, then let rest for about 5 minutes. Once the *adzuki* paste settles to the bottom, discard the water on top. Repeat this process until the remaining water is clear.
6. Place a sieve into a bowl lined with a clean cotton cloth (such as a flour sack towel), then pour in the *adzuki*. Strain the liquid from the *adzuki* by squeezing the cloth.
7. Transfer the *adzuki* paste into a pot. Add the sugar and mix over medium heat.
8. When most of the moisture has evaporated and the paste can form a stiff peak, add the salt and remove from heat.



## Koshi-An (Smooth *Adzuki* Bean Paste)

Ingredients: makes about 21 oz (600g):

- 7 oz (~200g) of dried *adzuki* beans
- Water, as needed
- 1/2 tsp baking soda
- 7 oz (~200g) *sanonto* sugar or regular cane sugar
- Pinch of salt



## Kuro-mitsu (Japanese Sugar Syrup)

### Ingredients (convenient portion size):

- 5 Tbsp brown sugar
- 2-1/2 Tbsp white sugar or granulated sugar
- 1/4 cup (~60ml) water

### Directions:

1. Put all ingredients into a pot and melt sugar at low heat.
2. Skim any foam that forms at the top.
3. Once the syrup starts to thicken, remove from heat to cool. Refrigerate to cool completely.



Nijiya  
Kina-ko Powder  
(Roasted soy beans powder)

Recommended tea pairing: *Hojicha* (roasted green tea)→

## Warabi Mochi

### Ingredients: serves 4

- 1.8 oz (50g) *warabimochi-ko*
- 0.9 oz (25g) sugar
- 8.5 fl oz (~250ml) water
- 1 oz (~30g) *kinako* powder
- Kuromitsu*, as desired

### Directions:

1. Using a tea strainer or hand sifter, spread half the *kina-ko* powder evenly across a flat container.
2. In a pot, add the *warabimochi-ko* and sugar and mix with a wooden spatula.
3. Gradually add the water and mix thoroughly. Cook over medium heat and stir continuously.
4. Once the mixture starts to turn clear, turn the heat to low. Continue mixing until transparent, then knead with the spatula for about 2 more minutes.
5. Remove from heat, then transfer and spread the *mochi* onto the *kina-ko* powder from step 1. Dust the rest of the *kina-ko* powder on top. Cool and cut to desired size. Serve on a plate and drizzle with *kuro-mitsu*.







Nijiya Shiratama-ko

**Ingredients: makes 8 servings:**

- 4 kiwis
- 3.5 oz (100g) *shiratama-ko* (sweet rice flour)
- 2.1 oz (60g) sugar
- 6 fl oz (~180ml) water
- 11.3 oz (~320g) *an* (*adzuki* bean paste) of your choice
- potato starch, as desired



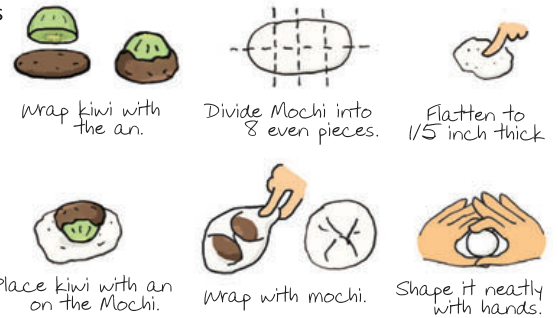
← Recommended tea pairing: *Hojicha* (roasted green tea)

### Kiwi Daifuku (Stuffed Mochi)

**Directions:**

- In a pot, mix the *shiratama-ko* and sugar with a wooden spatula.
- Gradually add water, and slowly mix while kneading. Let settle for a while.
- Peel the kiwi, and cut horizontally. If the kiwi is too large, cut to make smaller.
- Divide the *an* evenly into 8 portions. Wrap each kiwi with the *an* and form a sphere. Don't worry if the *an* doesn't completely cover the kiwi.
- Dust potato starch across a baking sheet using a hand sifter. Dust your hands with powder as well. Prepare another tray or plate to place the completed *daifuku*.
- Warm the dough from step 2 on low heat. Continue to knead over heat with a wooden spatula until it turns into a glossy, elastic texture. Remove from heat.

- Transfer the *mochi* onto the potato starch-dusted baking sheet, then dust some more potato starch on top. Divide into 8 even pieces using a food scraper.
- Place one of the pieces from step 7 onto a tray or plate. Dust fingers with potato starch and flatten the *mochi* by hand to approx. 1/5 inch (~5mm) thickness. Place the *an*-wrapped kiwi from step 4 into the center of the *mochi*, then wrap the *mochi* around it completely. Pinch the corners of the *mochi* together to close.
- Once the *mochi* is sealed, put some potato starch on your hands and shape the *daifuku* to your liking. Repeat for all 8 kiwi pieces.



Matcha

Recommended tea pairing: *Gyokuro* (premium green tea grown in the shade), *Matcha* (Powdered green tea)

**Directions:**

- In a pot, gradually add water to *shiratama-ko* and dissolve completely.
- Add the *shiro-an* and mix with a wooden spatula.
- Once mixed well, knead over medium heat.
- When a moldable dough forms, remove from heat. \*If the dough seems too sticky after turning off the heat, microwave for increments of 1 minute at 600W until the dough becomes moldable.

### Neri-kiri (Traditional Japanese Sweets made from Shiro-An, white kidney bean paste)

**Ingredients: serves 4**

- 0.4 oz (10g) *Shiratama-ko* (sweet rice flour)
- 1-½ Tbsp water
- 7 oz (~200g) *shiro-an* (white kidney bean paste)
- 2.8 oz (~80g) *koshi-an* (smooth *adzuki* bean paste)
- food coloring, as desired



Nijiya Shiratama-ko

- In a baking tray, spread the dough evenly to cool.
- Divide the *koshi-an* into 4 equal portions, and roll each into a ball.
- Divide the cooked dough into 4 equal portions. Set aside any dough that you don't wish to color.
- Color with food dye, and mold the dough to the desired shape.

**To make cherry blossom shape:** create pink and a small amount of yellow dough. Wrap the *koshi-an* ball in the pink dough, then use a chopstick or other similarly shaped tool to shape into the shape of a flower. Create a small indentation in the center at the top of the flower. Press the yellow dough through a sieve and place it in the indentation.

**To make rapeseed blossom shape:** press green and yellow dyed dough through a sieve, then use cooking tweezers or bamboo skewers as chopsticks to carefully place onto the *neri-kiri* ball.



Recommended tea pairing: *Genmaicha* (green tea with toasted rice kernels), *Bancha* (green tea from mature leaves), *Hojicha* (roasted green tea), *Kukicha* (green tea with stems)

## Oni Manju (Ogre Steamed Buns)

Ingredients (makes approximately 6 servings):

- 1 small Japanese sweet potato (about 7 oz or 200g)
- 5 Tbsp sugar
- 2 Tbsp Joshin-ko (Japanese rice flour)
- 8 Tbsp cake flour
- 1 Tbsp water (or as needed)



Nijiya  
Joshin-ko

### Directions:

1. Rinse the sweet potato and peel. Dice into cubes a little larger than ¼ inch (~8mm). Soak the cubes in water, then transfer to a bowl and dry with a paper towel. Sprinkle and coat with sugar, then set aside for 30 minutes to an hour. This will draw out the moisture from the sweet potatoes.
2. Cut parchment paper into six 4 inch-squares.
3. Add *joshin-ko* and cake flour into the bowl from step 1 without draining any of the liquid in the bowl. Mix well until it turns into a smooth moldable dough. Add water if necessary.
4. Divide the dough evenly onto the parchment paper squares, then arrange them in a steamer with space between each square. Use an ice cream scoop if you have one to place each portion onto each square.
5. Steam for 20-30 minutes at high heat. Use a toothpick to check if the potatoes are cooked thoroughly, then remove from heat.



Genmaicha



Recommended tea pairing: *Genmaicha* (green tea with toasted rice kernels), *Bancha* (green tea from mature leaves), *Hojicha* (roasted green tea), *Kukicha* (green tea with stems)

## Amazake Manju (Steamed Buns made with Japanese Fermented Rice Drink)

Ingredients (makes 10 servings):

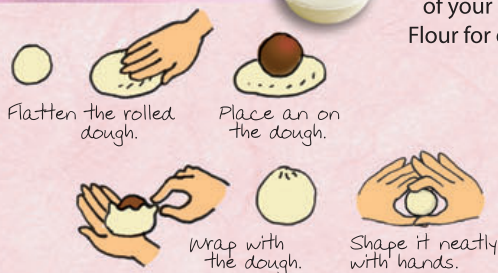
- 3 Tbsp *amazake* (Japanese fermented rice drink)
- 1 Tbsp water
- 2 Tbsp sugar
- 4.2 oz (~120g) cake flour
- 1 tsp baking powder
- 7 oz (~200g) *an* (adzuki bean paste) of your choice
- Flour for dusting, as needed

Directions:

1. Cut parchment paper into ten 3-inch squares. Divide the an into 10 equal portions and roll into balls.
2. Mix the *amazake*, water, and sugar in a bowl.
3. Gradually add the flour and baking powder to the bowl. Use a silicone spatula to mix. Add water or flour as needed to yield a dough the consistency of your earlobe.
4. Dust a flat surface with flour and transfer the dough. Dust your hands with flour and roll the dough into a log, then divide into 10 equal portions. Roll each portion into a ball, then flatten. Place the an into the center and wrap. Carefully place each wrapped *manju* onto the parchment paper from step 1.
5. Arrange the *manju* in a steamer leaving space between each piece.
6. Steam for 12-13 minutes at high heat. Use a fan to cool.



Amazake



Nijiya  
Cake Flour

Recommended tea pairing: *Genmaicha* (green tea with toasted rice kernels), *Bancha* (green tea from mature leaves), *Hojicha* (roasted green tea), *Kukicha* (green tea with stems)

### Directions:

1. Mix the *yomogi* powder and water in a bowl, then let sit for 10 minutes.
2. In a separate bowl, mix the *dango-ko*, sugar, tofu, and the *yomogi* mixture from step 1. Knead until well mixed.
3. Roll into a log-shape then divide into 18 equal portions. Roll each into a ball.
4. Prepare cold water in a separate bowl to cool the *mochi* balls later. In a pot, bring water to a boil then lower to medium heat. Place the 18 *mochi* balls into the pot. Allow the *mochi* balls to float to the top, then continue to boil for another 3 minutes. Remove them and place in the cold water bowl to cool.
5. Skewer 3 balls per bamboo stick. Coat with the *an* to serve.



Nijiya  
Soft Tofu

## Kusa Mochi Dango (Mochi infused with Mugwort) made with Tofu

Ingredients (makes 6 skewers):

- 0.1 oz (3g) *yomogi* powder (Japanese mugwort powder)
- 1 fl oz (30ml) water
- 3.5 oz (~100g) *dango-ko*
- 2 Tbsp sugar
- 4.2g (~120g) soft tofu
- 6.3 oz (~180g) *an* (adzuki bean paste) of your choice





# Japanese-Western Fusion Desserts



Nijiya  
Kuzu-ko

## Ingredients: serves 4

- 1.8 oz (~50g) *kuzu-ko*
- 2 Tbsp *matcha* powder
- 1.8g (~50g) sugar
- 10.1 fl oz (~300ml) water
- 6.8 fl oz (~200ml) milk

## <Toppings (to taste)>

- 3.5 oz canned boiled *adzuki*
- 3.4 fl oz (~100g) heavy whipping cream
- 1 Tbsp sugar



Recommended tea pairing: *Sencha* (green tea from tender leaves)

## Matcha Kuzu Pudding

### Directions:

1. Prepare 4 dishes for the pudding. In a pot, mix the *kuzu-ko*, *matcha*, and sugar. Gradually add water to dissolve the mixture, then mix in the milk.
2. Stir over medium heat with a wooden spatula. Once a skin starts to form over the top, reduce to low heat. When the texture becomes creamy, heat for one more minute.
3. Immediately pour equal amounts into the 4 dishes. Let cool until the dishes are no longer hot to the touch, then refrigerate.
4. Make whipped cream by adding the sugar to the heavy whipping cream and whisking until peaks form.
5. Serve chilled, topped with the *adzuki* and whipped cream.



Recommended tea pairing:  
*Gyokuro* (premium green tea grown in the shade)

## Rice Flour Matcha Roll



### (Matcha Swiss Roll Cake)

Ingredients: makes enough to fill a 9.5" square-baking pan

- 1-½ tsp *matcha* powder
- 1 Tbsp granulated sugar
- <Batter>
- 4 Tbsp granulated sugar
- 2 eggs
- 3-½ Tbsp rice flour for baking (fine grained)
- <Filling>
- 3.4 fl oz (~100g) heavy whipping cream
- 1 Tbsp sugar
- 3.5 oz (~100g) *an* (*adzuki* bean paste) of your choice



2. Separate the eggs. Put the egg whites in a bowl and gradually add 4 Tbsp sugar while beating with a hand mixer. Beat to soft peaks.
3. Gradually beat in the egg yolks.
4. Sift the *matcha* powder mixture from step 1 and the rice flour into the bowl. Use a silicone spatula to fold in the powder mixture. Add the melted butter and continue to mix by folding.
5. Transfer the batter into the baking pan, making sure to spread it evenly. Bake for 12 minutes on the middle oven rack. Check doneness by inserting a toothpick into the cake. The cake is done when the toothpick comes out clean.
6. Remove the cake from the pan. Place another piece of parchment paper on top of the cake and let cool.



7. In a bowl, mix the heavy whipping cream and 1 Tbsp of sugar until it forms soft peaks. Wrap the an with clear plastic wrap and roll into a log-shape to match the length of the cake.

8. Flip the cake over without removing the parchment paper placed on top of the cake. Remove the parchment paper that was used to line the baking pan. Diagonally cut the end of the cake that will create the outer bottom layer once rolled. Spread the whipped cream over the entire cake, then place the an horizontally on the end that is closest to you. This will become the center of the cake.

9. Lift the parchment paper and start to roll the cake. Use the parchment paper to gently push the roll so it is taut. After rolling the cake completely, place the seam-side down. Without removing the parchment paper, wrap the cake with clear plastic wrap. Refrigerate for at least 1 hour before slicing and serving.

### Directions:

1. Line the baking pan with parchment paper. Melt the butter in the microwave. Preheat the oven to 350 °F. Mix the *matcha* powder with the 1 Tbsp of sugar.

## Sencha



## Benefits of Drinking Japanese Tea

Tea is rich in nutrients beneficial to our health. Catechin, a polyphenol responsible for the bitterness of tea, is just one of the many vitamins and minerals we can benefit from by consuming tea.

**Catechin:** Antibacterial; helps prevent cancer, high blood pressure, and arteriosclerosis (hardening of the arteries); anti-aging properties  
**Polysaccharides:** Lowers blood sugar  
**Caffeine:** Helps recovery from fatigue, diuretic effect, cardiogenic (helps the heart) effect

**Vitamin C:** Helps prevent colds, contributes to glowing skin  
**Minerals:** Promotes metabolism  
**Amino Acids (Theanine):** Relaxing effect  
**Fluorine:** Fights bacteria, helps prevent dental plaque

\* *Gyokuro* and *matcha* contain large amounts of theanine, while the *sencha* teas contain catechin. The caffeine content in *bancha* and *hojicha* is reduced due to the roasting process.



# NIJIYA Organic Matcha

Matcha is made from tencha tea, a type of tea made similarly to gyokuro and processed into a fine powder. The more vibrant the green color, the higher the quality. Unlike other types of teas, the tea leaves themselves are consumed instead of being brewed, so it is said that matcha's beauty-promoting properties are more effective.

Matcha is already well-known in the U.S., and has gained great popularity due to its delicious flavor and health benefits. For connoisseurs, we recommend drinking matcha made with ceremonial grade powder, as you will be able to enjoy its distinctive bitterness, astringency, and umami, especially when paired with sweets having an equally bold taste. We also have a culinary grade matcha for daily use in sweets and cooking, thus offering our customers two choices of matcha.

Both grades of high quality matcha use organic tea leaves grown in Japan. They are specially blended for us by a tea master to ensure the same great flavor year after year. Proudly crafted with Nijiya's high standards, we suggest having both types of matcha on hand for different uses.



Nijiya Matcha: Ceremonial Grade



Nijiya Matcha: Culinary Grade

## Nijiya Matcha: Ceremonial Grade

Our ceremonial grade matcha is made from the finest organic Uji green tea. With its deep green color, this high quality matcha has a mild richness and sweetness. This matcha is also appropriate for use in traditional tea ceremonies.

## Nijiya Matcha: Culinary Grade

Our culinary grade matcha is characterized by a mild astringency. This matcha is perfect for baked goods, since the unique flavor and vivid color of matcha is preserved after baking.

## Gluten free Matcha Bread



Reiko Yoshida / instagram@gluten\_free\_market

### INGREDIENTS

(for a small loaf pan)

[A]  
6 oz (170g) Rice bread flour  
2- $\frac{1}{3}$  Tbsp (30g) Sugar  
1 tsp (6g) Instant dry yeast

[B]  
rounded 2 tsp (10g) Rice bread flour  
2 tsp (9g) Baking powder  
1- $\frac{1}{2}$  tsp (7g) Nijiya matcha powder

[Liquid]  
2 oz (60g) Soy milk  
6 fl oz (180ml) Water  
1 Tbsp (14g) Vegetable oil  
2 tsp (9g) Lemon juice



### DIRECTIONS

1. Mix [B] in a small bowl.
2. Combine [A] and [B] in a large bowl and mix well.
3. Add liquid ingredients to step 2, and mix well.



4. Mix until the dough naturally foams. Quickly and gently transfer the dough to the loaf pan without marring the foam. Cover with plastic wrap to retain moisture and let rise in a warm place until doubled in size (10 - 30 minutes).  
[Preheat the oven to 400°F for 20 minutes before baking.]
5. Reduce the oven temperature to 380°F and bake for 25 minutes.
6. Remove from the pan and place on a wire rack to cool.



# Japanese Cuisine Recommendations

Cheerfully delicious and happy

## Yusuke Yamamoto

Yusuke grew up in Fujinomiya, at the base of Mount Fuji, eating the delicious rice and vegetables cultivated by his grandparents. After working in Shizuoka and Tokyo, he gained experience working at a Japanese restaurant in the U.S., after which he left to start his own business. Yusuke currently works as a personal chef, traveling to make sushi on site and offering menu consultations to businesses. He is working on plans to offer limited order sushi boxes using fresh fish shipped directly from Japan. Instagram @yusukeyamamoto0101



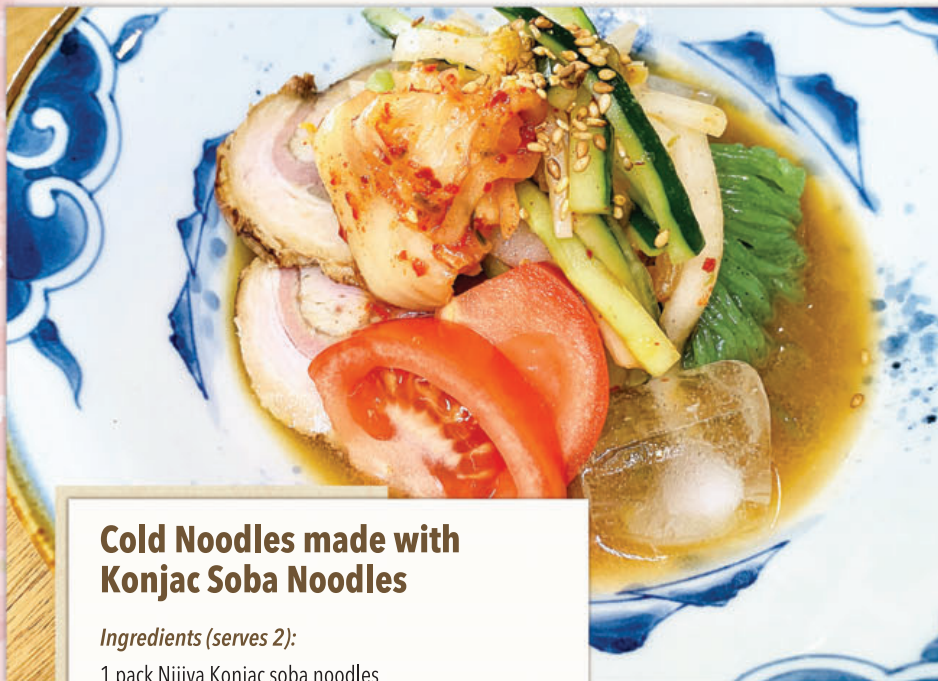
Here are some recipes from Chef Yamamoto:



## Kōji Curry Chicken

### Ingredients (serves 2):

3 pieces (approximately 10.5 oz) of Chicken breast  
1 ear of Corn  
Marinade:  
1.1 oz Nijiya Shio kōji  
0.2 oz Nijiya Shio lemon (lemon salt)  
1 tsp Curry spice mix  
1 tsp Grated garlic  
1 Tbsp Olive oil



## Cold Noodles made with Konjac Soba Noodles

### Ingredients (serves 2):

1 pack Nijiya Konjac soba noodles  
1 Cucumber  
5.3 oz (150g) Daikon radish  
1.8 oz (50g) Kimchi  
1 pack Nijiya Yakibuta (cooked pork)  
1 tsp Salt  
¼ Tomato  
2 tsp Nijiya Roasted sesame seeds

### Mentsuyu

1.7 fl oz (50ml) Nijiya Mentsuyu (noodle soup base)  
5 fl oz (150ml) Water  
2 Tbsp Nijiya Yakiniku sauce  
1 Tbsp Vinegar

### Directions:

1. Combine the ingredients for the mentsuyu and refrigerate to cool.
2. Rinse the konjac soba noodles and drain the water in a colander.
3. Julienne the cucumber and daikon radish and finely chop the kimchi. Combine all of these in a bowl with salt and mix well.
4. Slice the yakibuta.
5. Plate the noodles in a bowl and pour in the cold mentsuyu. Top with the mixture from step 3, tomato slices, and yakibuta. Sprinkle with roasted sesame seeds. Add extra kimchi as desired.

## Mirin Kasu Genmai Kōji Dip

### Ingredients (serves 2-3):

1 bundle Kabu (Japanese turnip)  
1.8 oz (50g) Nijiya Mirin kasu (rice yeast)  
1 Tbsp Taihaku white sesame oil  
1 Tbsp Vinegar  
1 packet Nijiya Additive-free Wafu dashi  
¼ tsp Salt  
1 Tbsp Nijiya Genmai Shio kōji (fermented brown rice)  
1 pinch Pepper  
1 Tbsp Nijiya Black sesame seeds

### Directions:

1. In a small frying pan, heat the taihaku sesame oil and add the mirin kasu. Lightly pan fry to cook off the alcohol.
2. Transfer into a bowl and add vinegar, wafu dashi, and salt, then mix well.
3. Once the ingredients from step 2 have cooled, add the genmai shio kōji and pepper, then mix well. (The wafu dashi will melt if you let it sit for a bit).
4. Grind the black sesame seeds in a Suribachi (Japanese mortar and pestle). Add everything from step 3.
5. Cut the kabu into bite sized pieces and plate. Serve with the dipping sauce.







**Directions:**

1. Pierce the chicken in multiple places with a fork. Cut the corn into 5 equal parts.
2. In a bowl, mix all the ingredients for the marinade. Marinate the chicken and corn from step 1 for about 20 minutes.
3. Bake in a 430°F oven for 15 minutes.



**Crown Daisy and Nori (dried seaweed) Pasta**

**Ingredients (1 serving):**

- 2.2 oz (~60g) Pasta
- 4.2 oz Crown daisy
- 1 Tbsp Nijiya Nori no tsukudani (Japanese seaweed paste)
- 0.5 oz Butter
- 1 tsp Nijiya Mentsuyu (noodle soup base)
- 1 Tbsp Taihaku white sesame oil
- a pinch of Salt
- 1 sheet Nori (dried seaweed)

**Directions:**

1. Cut the crown daisy evenly into 3-4 pieces.
2. Boil the pasta.
3. Lightly heat the butter and nori no tsukudani in a frying pan.
4. Immediately before the pasta finishes cooking, heat up the Taihaku white sesame oil in another pan and cook the crown daisy. Add a pinch of salt and a Tbsp of the pasta water, then cook thoroughly.
5. Transfer the cooked pasta into the pan from step 3, then add the mentsuyu.
6. Plate the pasta and crown daisy, then sprinkle with nori (dried seaweed).



**Amaguri (Sweet Chestnut) Sake Kasu Brownie**

**Ingredients (makes 8 brownies):**

- 5 fl oz (150ml) Non-homogenized Soy milk
- 2.8 oz (80g) Nijiya Mirin kasu (rice yeast)
- 2.1 oz Rice flour
- 1.4 oz Cocoa powder
- 1 tsp Tensai-tō (beet sugar)
- 3 Tbsp Nijiya Satsuma-imo Amazake (sweet potato cold amazake)
- 4.2 oz (120g) Amaguri (sweet chestnut)
- Powdered sugar, as desired

**Directions:**

1. Heat the soymilk, add the mirin kasu and mix well.
2. Sift the rice flour, cocoa powder, and tensai tō.
3. Let the mixture from step 1 cool, then add the dry ingredients from step 2.
4. Add in the amazake, then add the amaguri while crushing it into small pieces. Mix well.
5. Coat a baking tray with oil, then pour in the batter.
6. Bake for 30 minutes in a preheated 350°F oven. Dust with powdered sugar as desired.





# Make Sandwiches with Delicious Bread

## Pocket Sandwich

*A pocket sandwich, as the name implies, is a simple sandwich where fillings are stuffed into a slit in the bread.*



Rolled Omelet



Chicken Salad



Karaage Chicken



Meat Balls

Because you will be cutting into the bread, a thick slice is recommended. If the slice is too thin, the bread will tear apart and the fillings will spill out. A 1 to 1-½-inch thick slice of bread works best.

### [Filling]

You can fill the pocket sandwich with anything you like, such as leftovers from yesterday's meal or whatever you have in the refrigerator. We especially recommend sandwich fillings that tend to spill out, such as egg salad and chicken karaage (Japanese-style fried chicken).

### Directions:

1. Lightly toast the bread. (The surface of the toast should be hard and difficult to tear.)
2. Cut the toast in half and cut a slit. (Creating deep slits will make it easier to stuff with fillings.)
3. Spread butter or mayonnaise in the slit, then stuff with fillings.

### Recommended Fillings:

Eggs, potato salad, karaage chicken, curry, etc.



## Super Sandwich

This jam-packed sandwich is chock-full of colorful vegetables; its vibrant appearance makes the sandwich particularly appetizing. A tip for making this sandwich is to wrap it tightly with plastic wrap after adding the filling. Keep in mind what the cut cross-section will look like as you layer the ingredients.



### Ingredients:

2 slices of bread  
8 lettuce leaves  
½ tomato  
1 boiled egg  
½ avocado  
few slices of red onion  
4 slices Nijiya Salad Chicken  
kaiware daikon (daikon radish sprouts), as desired  
mayonnaise, as desired  
whole grain mustard, as desired  
salted butter, as desired

### Directions:

1. Cut the tomato into round slices and the red onion into thin slices. The eggs should be cut vertically and the avocado into ⅓ inch width slices.
2. Toast the bread and spread with butter.
3. On a sheet of clear plastic wrap, place one piece of toast then start to stack the fillings. Half the lettuce → tomato → salad chicken → avocado → boiled egg → red onion → kaiware daikon → lettuce. Then spread mayonnaise and mustard on the other piece of toast and stack it on top of the fillings.
4. Tightly wrap with clear plastic wrap.
5. Cut the sandwich in half without removing the plastic wrap.

## Fruit Sandwich

The ever-popular fruit sandwich! This sandwich can serve as both a snack and dessert. We recommend using plenty of whipped cream and arranging the fruits to look attractive when cut. Try using our Pineapple Bread to add an extra boost of fruitiness.



### Ingredients (serves 2):

4 slices of bread  
3.4 fl oz (~100g) heavy whipping cream  
1 Tbsp sugar  
fruits of your choice, as needed  
margarine, as desired

### Directions:

1. In a bowl, whip the heavy cream and 1 Tbsp of sugar until soft peaks form.
2. Spread the margarine on the bread, then place one slice on clear plastic wrap. Spread the whipped cream, then arrange the fruits on top. Add another layer of whipped cream, then stack another piece of bread. Tightly wrap with the clear plastic wrap.
3. Repeat the process to create another sandwich. Refrigerate for at least an hour.
4. Cut the sandwiches without removing the clear plastic wrap and plate.

\*You can draw the layout of the fruit filling on top of the plastic wrap to get a better idea of how it will look when cut.





# SHIRASU AND CHIRIMEN



What is the difference between shirasu and chirimen?

Though both are natural products derived from sardines, their names differ depending on size and how much they are dried.

The names also vary depending on locale. The shirasu and chirimen you see in the supermarket are classified according to the degree of dryness. The least dried are called “shirasu (kamaage shirasu = straight-from-the-pot young sardines).” Then come “shirasu-boshi” and “chirimen (chirimen jako)” in that order.

At Nijiya, we stock these types of shirasu and chirimen imported directly from Japan. Nijiya’s shirasu and chirimen are produced with no preservatives or coloring added. They are indeed ALL NATURAL and offer the finest ingredients and taste while retaining a hint of the sea.

Shirasu referred to as “Kamaage” is seasoned with salt and quickly blanched to bring out its distinctive umami. The superb flavor we enjoy today is based on a long history of cultivation. We use the utmost discernment to gather the raw ingredients for kamaage and select only the freshest, premier products

from Japan.

With its plump, soft texture, kamaage shirasu is perfect served on top of hot rice or as a topping for sunomono dishes and salads. Please try shirasu in season.

As has been done from time immemorial, chirimen is dried under the sun with a lot of care. Chirimen is rich in minerals and calcium. It is easy to digest and extremely healthy. Chirimen is a highly nutritious food that all family members can enjoy.



## Peperoncino with Shirasu and Mushrooms

### ◆ Ingredients (serves 2):

5.6 oz (160g) pasta of your choice	1 clove garlic
1 pack shimeji mushrooms	3 Tbsp shirasu baby sardines
1 pack maitake mushrooms	2 Tbsp olive oil
2 eringi (king trumpet mushroom)	6 oba (green perilla) leaves (optional)
	¼ tsp salt

### ◆ Directions:

1. Boil water and cook pasta as directed.
2. Finely chop the garlic, remove the stems from the shimeji mushrooms and maitake mushrooms, and break them into large pieces. Cut eringi mushrooms lengthwise into quarters.
3. Put the mushrooms in a frying pan, sprinkle with salt, cover and do not move until browned. When the mushrooms begin to release their moisture, add 1 Tbsp of olive oil and the garlic and sauté.
4. Transfer the cooked pasta to the pan from step 3, add a ladleful of the cooking water and mix well.
5. Add the shirasu and 1 Tbsp of olive oil, mix well and season with salt.
6. Serve in bowls and top with shredded oba leaves.





## Shirasu Garlic Oil

### ◆ Ingredients:

- 3 ½ oz. shirasu
- 4 tablespoons olive oil
- 1 tablespoon mirin
- 1-2 cloves garlic
- 1 tablespoon soy sauce
- 1 hot red pepper (to taste)

### ◆ Directions:

1. Combine all the ingredients adding the red pepper last. Mix well.
2. Heat in a pot for about 15 minutes, covered.
3. When cooled, store in a covered container. Use within a week.

## Cabbage Jako Salad

### ◆ Ingredients (serves 2):

- ½ cabbage (14 oz)
- 3 Tbsp dried baby sardines
- ½ nori sheet
- 3 Tbsp sesame oil
- 1 Tbsp each vinegar and soy sauce

### ◆ Directions:

1. Peel the cabbage leaves one by one, wash under running water and remove the core. Tear into bite-sized pieces, drain well, and place in a bowl. Tear nori sheet into 0.8 inch (2cm) pieces.
2. Heat sesame oil in a frying pan over high heat for about 20 seconds. Add the dried baby sardines. Turn off the heat and pour the oil over the cabbage.
3. Add nori, vinegar and soy sauce in 2 or 3 batches and mix well.



## Chirimen and Takenoko Rice

### ◆ Ingredients (serves 2):

- |   |                                   |
|---|-----------------------------------|
| ½ takenoko (bamboo shoot) (boiled or raw) | 1 Tbsp chirimen                   |
| 2 Tbsp Nijiya's Mentsuyu (soup stock)     | 2 servings warm rice              |
| 3 ½ oz. water                             | green onions, chopped, as desired |
| bonito flakes (as desired)                | sesame seeds, as desired          |

### ◆ Directions:

#### [Cooking the Takenoko]

**If it's boiled:** Cut the takenoko into bite-sized pieces. Put it into a pot with the soup stock and water over low heat for 10 minutes. Add bonito and continue cooking. Turn off heat, and drain in a colander.

**If it's raw:** Put the bamboo shoot in a pot, add just enough water to cover. Cook on low heat for one hour. Remove from heat. Wash with water and peel the skin. Cut into bite-size pieces. Boil again for about 10 minutes. Add bonito and continue cooking. Remove from heat, and drain in a colander.

Mix the rice and the bamboo shoots in a bowl and add the chirimen. Add the green onions and sesame seeds.



# Goya (Bitter Melon)



Some people might not care for goya because of its bitter taste, even though they know it promotes health. We've carefully selected the following recipes for delicious dishes that will satisfy even the most hesitant.

Nijiya Market offers organic goya, delivered from Nijiya Farm every summer. Give it a try!

## Basic Cooking Preparation

For those who love the bitter taste:  
Rub with salt

Cut the goya in half lengthwise and remove the seeds. Cut each half into ¼ inch slices. Add 1 teaspoon of salt per one medium goya. Rub thoroughly and set aside for 10 minutes. Use your hands to squeeze out the liquid.

For those who don't like the bitterness:  
Rub with salt and sugar, and then parboil.

Cut the goya in half lengthwise and remove the seeds. Cut each half into ¼ inch slices. Add ½ teaspoon of salt and

2 teaspoons of sugar per one medium goya. Rub thoroughly, and set aside for 10 minutes. Place in hot water for 10 seconds, then soak in cold water for 10 minutes. Squeeze out the liquid.

## How to Store Goya

This method will retain goya's green color. Cut the melon in half lengthwise and remove the seeds. Wrap each goya half in paper towels, and place in a thick plastic food-storage bag. Store in the refrigerator for up to 1 week.

## Goya and Mushroom Namul (a Korean-style food consisting of seasoned vegetables)

Try this dish as a topping for chilled tofu  
You can use your choice of mushrooms

### Ingredients (Serves 2) :

½ Goya  
½ bag Enoki Mushrooms  
1.4 oz (40g) Erenji (King Trumpet Mushrooms)  
1 Tbsp Sake  
1 tsp Chicken soup base (granules)  
½ tsp Light Soy sauce  
1 tsp Sugar  
a pinch of Salt  
1 tsp Sesame oil  
Sesame seeds, as desired

### Directions:

1. Prepare the goya. Slice the goya into 0.04-0.08 inch (1-2mm) pieces.
2. Cut the enoki in half after removing the stalk; cut the erenji into bite-sized pieces.
3. In a heat-resistant container, add sake, chicken soup base, soy sauce, sugar, and salt. Mix well. Add the mushrooms from step 2, and heat in the microwave for 2 minutes.
4. Add the goya, and mix. For flavor, add the sesame oil and the sesame seeds.







**Goya and Jako in Shio-Koji**  
*Good with white rice. Even better the next day!*

**Ingredients (Serves 2) :**

- |                                |   |
|--------------------------------|---|
| ½ Goya                         | 1 Tbsp Water                                      |
| 1 Tbsp Jako (small dried fish) | 2 Tbsp Mirin                                      |
| White Sesame seeds, as desired | 1-½ Tbsp Soy sauce                                |
| ¼ tsp Salt                     | Katsuobushi as needed<br>(shredded Bonito flakes) |
| 1 Tbsp Nijiya Shio koji        | 1 Tbsp Black vinegar                              |

**Directions:**

1. Prepare the goya. Cut the goya into 0.2inch (5mm) slices.
2. Heat the goya with all the other ingredients except vinegar in a pot. Bring to a boil, then reduce to simmer.
3. Add the vinegar over high heat. Serve when most of the liquid has evaporated.



**Goya and Taro Soup**  
*The lemon flavor makes this dish refreshing for the summer!*

**Ingredients (Serves 2) :**

- |                                       |                                |
|---------------------------------------|--------------------------------|
| ½ Goya                                | 2 tsp Nijiya Chinese soup base |
| 3.5 oz (100g) Nagaimo (Chinese yam)   | 2 tsp Lemon juice              |
| 1.8 oz (50g) Mulukhiyah (Jute mallow) | 1 tsp Light Soy sauce          |
| 13.5 fl oz (400ml) Water              |                                |

**Directions:**

1. Prepare the Goya. Slice into 0.08inch (2mm) pieces.
2. Peel the skin of the nagaimo, and cut into bite-sized pieces. Wash the Mulukhiyah, and cut into 1.2 inch (3cm) pieces.
3. Boil water over medium heat and add the soup base. Add the nagaimo and boil for 2 minutes. Add the goya and Mulukhiyah and cook for another minute or so.
4. Add lemon juice and soy sauce, and mix well. Add salt to taste.



**Vegetable Miso Stir-Fry with Goya**  
*Filled with summer vegetables! Adjust the spiciness to your liking.*

**Ingredients (Serves 2) :**

- |                           |   |
|---------------------------|---|
| 1 Goya                    | [Seasoning 1]   |
| 1 Eggplant                | 1 tsp each Miso, Soy sauce, Sugar, Sake                     |
| ½ Bell pepper             | [Seasoning 2]   |
| 5.3 oz (150g) Pork belly  | 1 tsp Dou ban jiang<br>(Chinese Chili bean sauce)           |
| 1 tsp chopped Green onion | 1 tsp Nijiya Chinese soup base<br>(Mix with 2Tbsp of water) |
| 1 tsp chopped Ginger      | 2 tsp Starch and Water                                      |
| 1 tsp chopped Garlic      |   |
| 4 Tbsp Oil                | 1 Tbsp Sesame oil   |

**Directions:**

1. Prepare the goya. Vegetables should be diced into about 0.4 inch (1cm) pieces.
2. Mix together [seasoning 1]
3. Heat pork belly on medium heat with 2 Tbsp of oil. Add in [seasoning 1] and cook for 1 minute. Remove from pot.
4. In the same pot, add 2 Tbsp oil, dou ban jiang, ginger, green onion, and garlic and cook over low heat. Add goya and eggplant, and cook over high heat.
5. Add the soup base, starch, and water and mix well. Finally, add the sesame oil.



**Goya Tofu Salad**  
*Goya and tofu go well together!*

**Ingredients (Serves 2) :**

- |  |                      |
|--|----------------------|
| 1 Goya                                   | [Dressing]           |
| ½ pack of Nijiya Tofu (soft)             | 1 Tbsp Vinegar       |
| 7-8 Oba leaves                           | ¾ tsp Sea salt       |
| 3 Cherry tomatoes                        | a pinch of Pepper    |
| 1 small pack Katsuobushi (Bonito flakes) | 2 Tbsp Olive oil     |
|  | 1 tsp chopped Ginger |

**Directions:**

1. Prepare the goya. Slice into 0.04-0.08inch (1-2mm) pieces.
2. Wrap the tofu with paper towel for about 20-30 minutes to drain out the water.
3. Julienne the oba, rinse with water, and let dry. Cut the tomatoes into fourths.
4. Mix together all the ingredients for the dressing.
5. In a bowl, add goya, roughly divided chunks of tofu, and katsuobushi. Mix together with the dressing and oba. Top with the tomatoes.



# Nijiya Original Dressing

Salads taste even more delicious in the summer! Just seeing crisp, vibrant vegetables tossed together whets one's appetite. We offer you two dressing flavors that enhance the taste of fresh vegetables.



## Nijiya Sesame Dressing

Our rich sesame dressing is made with plenty of premium kin goma, or golden sesame seeds. Combined with the richness of high quality canola oil and the refreshing tanginess of brewed vinegar, our dressing is smooth and packed with the delicious aroma of sesame. Kin goma in particular is known for its sweetness and fragrance compared to other types of sesame. We choose it for our dressing as part of our commitment to quality. Sesame is rich in good fats, protein, vitamins, minerals, and dietary fiber, just to name a few of its benefits. Our dressing is of course free from chemical additives, preservatives, and artificial coloring, so it is safe for the whole family.

Use it for salads, cold shabu-shabu, warm vegetable salads, and even for chicken karaage (Japanese-style fried chicken).

## Nijiya Onion Dressing

Our onion dressing is made by carefully sautéing together onions that have been blended into a paste and onions that have been finely chopped. Doing so preserves the texture of the onions, and adds a further layer of delicious onion-ness to our dressing. We then add select ingredients to enhance the natural sweetness of onions, so we believe even children who dislike onions will be willing to give it a try. And of course, this dressing is free of chemical additives, preservatives, and artificial coloring.

Although this dressing leans toward a Japanese-style flavor, it also goes well with Western and Chinese-style dishes, and so much more.



# How to Make the Perfect Salad

Below are some tips to keep in mind when preparing salad. Basic ingredients for salad include lettuce, onions, and cabbage, but how you prepare these vegetables makes a world of difference!

## 1 Cut the ingredients.

**Lettuce:** Split the lettuce in half using your hands. Then tear the leaves into bite-size pieces. Try not to use a knife, as metal can cause the cut edges to turn yellow. (If you do want to use a knife, use one that is made either of stainless or ceramic material.)

**Onions:** First, halve the onion vertically. You can then slice the halves vertically, or slice horizontally for a crunchier texture. (Use a slicer for convenience.)

**Cabbage:** The area near the stem tends to be harder, so first remove some of the exterior leaves around the stem and cut out the core. Slice the rest of the cabbage vertical to the stem for better texture.



## 2 Put all of the above ingredients into a bowl, fill with water, and lightly mix together. Transfer vegetables into a colander, then set the colander onto the bowl. Fill the bowl again with water, letting the water run for a while to draw out the bitterness.

※ Some onions may be particularly pungent depending on the variety and season, in which case you can soak them longer.

## 3 Drain the vegetables. You actually don't want to dry them completely, since it will make it harder for the dressing to mix. Grab handfuls of the vegetables and transfer to another bowl, keeping in mind that a little moisture is okay. Cover with plastic wrap, and chill in the crisper section of the refrigerator for about 20 minutes.

## 4 Take the vegetables out of the refrigerator, add your favorite toppings and dressing, and enjoy!



Tofu Salad



Tomato Salad



## Accompaniments Featuring Vegetables



### Chilled tofu with plenty of vegetables

#### *Ingredients* (serves 3-4)

1 Pack of Nijiya Tofu  
5.3 oz (150g) Cherry Tomato  
1 oz (30g) Zha Cai (pickled mustard plant stem)  
½ Cucumber  
3 Oba leaves  
¼ Green Onion  
1 clove Ginger  
2 Lettuce leaves

#### [Sauce]

1-½ Tbsp Soy Sauce  
1 Tbsp Vinegar  
1 Tbsp White Sesame Seeds  
1 tsp Sesame oil  
1 tsp chili oil

#### *Directions:*

1. Cut the tofu into bite-size pieces, and drain the moisture. Cut the cherry tomatoes in half, cucumbers into 1.6 inch strips, and finely chop the zha cai, ginger, oba, and green onions.
2. In a bowl, add all the ingredients for the sauce, along with everything except the cucumber in step 1.
3. Place the cabbage on a plate. Put the tofu on top, and pour the sauce over it. Top with cucumber.







## Anchovy Salad

**Ingredients** (serves 4)

3.5 oz (100g) Cabbage	½ stalk Celery
2.5 oz (70g) Cucumbers	1 Anchovy
1 Small Eggplant (+1tsp Vinegar)	½ Garlic Clove
½ Carrot	2 tsp Olive Oil
	Salt as needed

**Directions:**

1. Peel and cut all the vegetables, and rub with salt. (Dip the eggplant into vinegar before rubbing with salt.) Mix everything together and top with olive oil, anchovies, and grated garlic.



## Sauteed asparagus with fried egg sauce

**Ingredients** (serves 2)

16 stalks of Asparagus  
 2 Eggs  
 0.2 oz (5g) Butter  
 2 Tbsp White Wine (or water)  
 Salt and Pepper to taste

**Directions:**

1. Remove the hard ends of the asparagus. Melt butter in a pan and cook asparagus over medium heat.
2. When the asparagus is cooked thoroughly, crack the egg on top. Add salt and pepper and white wine (or water). Cover the pan, and let steam until the egg turns white.
3. Remove from heat when the egg is cooked to your liking.



## Potato Garlic Pizza

**Ingredients**

(Makes two 8-inch (18cm) pizzas)  
 2 Potatoes (~11 oz (~300g))  
 1 clove Garlic  
 3 Slices of ham  
 1 Tbsp Grated parmesan cheese  
 1 Tbsp Olive Oil  
 Salt and Pepper to taste

**Directions:**

1. Cut potatoes into strips, garlic into thin slices, and ham into strips. Place in a bowl, add cheese and mix everything together.
2. Heat olive oil in a pan on high. Put half the ingredients from the bowl into the pan, and flatten it like a pancake. Save the other half to make the second pizza.
3. On medium-low heat, cook for about 3 minutes. Flip and cook the other side for another 3 minutes.
4. Top with salt and pepper as desired.



## Broccoli, Avocado, and Shrimp Salad

**Ingredients** (serves 4)

4.6 oz (130g) Broccoli  
 12 Shrimp  
 1 Avocado  
 ¼ Onion  
 2 Eggs  
 ½ Clove Garlic  
 3 Tbsp Mayonnaise  
 2 Tbsp Lemon Juice  
 Salt and Pepper to taste

**Directions:**

1. Cut and boil broccoli in salt water. Rinse with cold water. In the same pot, cook the shrimp.
2. Make a boiled egg to your liking. (The picture shows an 8-minute egg.)
3. Finely chopped the onion, grate the garlic, and put in a bowl. Put everything but the egg into the bowl and mix together. Slice the boiled egg in half, and place on top of the salad.



# OKOWA & TAKIKOMI RICE WITH A RICE COOKER



## EEL OKOWA

### Ingredients: serves 1-2

2 Tbsp burdock, shredded  
 3/4 cup (180ml) glutinous (sticky) rice  
 1/2 pkg (3 oz) charcoal grilled eel

### <Seasoning>

1 Tbsp sake (Japanese rice wine)  
 1/2 tsp salt  
 2 tsp unagi (eel) sauce

### <Toppings>

2 tsp gari (pickled ginger)  
 2 oba (perilla) leaves, chiffonade cut  
 Roasted white sesame seeds, as needed  
 Dash of sansho pepper (Japanese pepper powder), optional



Oba



### Directions:

1. Soak shredded burdock in cold water (not listed in the ingredients).
2. Wash and drain the rice, then place in the rice cooker's inner pan.
3. Add all <Seasoning> ingredients to the rice, and add water (not listed in the ingredients) to the "Okowa" setting (if available) or to about 85% of the "White Rice" level.
4. Cut the eel into bite-sized pieces and drain the burdock from step 1. Place both on top of the rice. Start cooking.
5. When the rice is done, lightly mix in all the ingredients. Serve in individual bowls with <Toppings>.



Nijiya Glutinous Rice

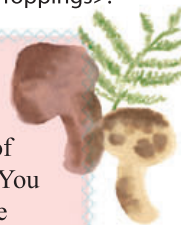
## OKOWA (GLUTINOUS RICE DISH)

*Okowa* is made with glutinous (sticky) rice, steamed or boiled. Using a rice cooker has made it easy to prepare *okowa* at home. The difference between cooking regular short to medium grain white rice

and *Okowa* is in the amount of water needed. Use less water for *okowa* than for making sushi rice, or it will come out too soft.

If your rice cooker does not display the water level, adjust the

amount of water to about 85% of the amount used for white rice. You don't need to soak glutinous rice because it is so absorbent. Also, glutinous rice is fragile, so when you wash it, please rinse gently.



## CRAB OKOWA

### Ingredients: serves 1-2:

1 3-inch sq. *abura-age* (deep-fried tofu)  
 2 caps *shiitake* mushrooms  
 3/4 cup (180ml) glutinous (sticky) rice  
 1 (3 oz) can crab meat

### <Seasoning>

1/2 tsp salt  
 1/2 tsp Nijiya Wafu Dashi (Japanese soup stock powder)  
 1/2 Tbsp vegetable oil

### <Toppings>

*Mitsuba* (Japanese parsley) stalks, cut into sections one inch long



Nijiya Wafu Dashi



### Directions:

1. Blanch *abura-age* for one minute to remove excess oil, drain and cut into 1.5" strips. Remove stems and thinly slice *shiitake* mushrooms.
2. Wash and drain the rice, then place in the rice cooker's inner pan.
3. Add the liquid from the canned crab and all <Seasoning> ingredients to the rice, then add water (not listed in the ingredients) to the "Okowa" setting (if available) or to about 85% of the "White Rice" level.
4. Place *abura-age*, *shiitake* mushrooms, and crab meat on top of the rice. Start cooking.
5. When the rice is done, lightly mix in all the ingredients. Serve the *okowa* in individual bowls topped with *mitsuba*.





## DAIKON & SHIRASU TAKIKOMI



Nijiya Wafu Dashi

### Ingredients: serves 1-2

- 3/4 cup (180ml) short to medium grain white rice
- 3.5 oz *daikon* radish
- 1 oz *shirasu* (juvenile Japanese anchovy)

#### <Seasoning>

- 1 Tbsp soy sauce
- 1/2 Tbsp *mirin* (Japanese sweet wine)
- 1/2 Tbsp *sake* (Japanese rice wine)
- 1/2 tsp Nijiya Wafu Dashi (Japanese soup stock powder)

#### <Topping>

- 2 *oba* (perilla) leaves, chiffonade cut

### Directions:

1. Wash and drain the rice, then place in the rice cooker's inner pan. Add all <Seasoning> ingredients to the rice, and water (not listed in the ingredients) up to 90% of the "White Rice" level (because *daikon* has a high water content).
2. Peel the *daikon* radish, and cut into 1/2 inch squares. Place the *daikon* on top of the rice in the rice cooker. Start cooking.
3. When the rice is done, add the *shirasu* to the rice, and lightly mix in all the ingredients.
4. Serve in individual bowls topped with *oba*.



Nijiya Hinata, Short Grain White Rice

## TAKIKOMI GOHAN (MIXED RICE DISH)

*Takikomi gohan* (rice) is an easy dish made with short to median grain white or brown rice. The important point in cooking *takikomi gohan* is to add the seasoning first, then adjust the

water level. Place the solid ingredients on top, and do not mix in before cooking. Wait until the rice is cooked before mixing in the ingredients.



Nijiya Soy Sauce

### Ingredients: serves 1-2

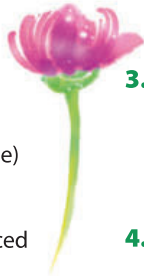
- 3/4 cup (180ml) short to medium grain white rice
- 3.5 oz lotus root
- 0.2 lb pork belly, thick cut
- 1/2 Tbsp vegetable oil

#### <Seasoning>

- 1-1/2 Tbsp soy sauce
- 1 Tbsp *sake* (Japanese rice wine)
- 1/2 Tbsp sugar

#### <Topping>

- 2 stalks green onion, thinly sliced



### Directions:

1. Wash and drain the rice, then place in the rice cooker's inner pan.
2. Peel the lotus root, and cut into 1/2 inch cubes. Soak them in water (not listed in the ingredients) for about 5 minutes. Then drain and remove excess moisture with a paper towel. Cut the pork belly into 1/2 inch cubes.
3. Heat the oil in a frying pan over medium heat and sauté the pork belly until cooked through. Add the lotus root and cook for another 1 minute.
4. Add all <Seasoning> ingredients to the pan. Cook until half the liquid has evaporated.
5. Transfer the liquid from the pan in step 4 to the rice and add more water (not listed in the ingredients) to the level for "White Rice."
6. Place the cooked pork and lotus root on top of the rice and start cooking.
7. When the rice is done, lightly mix in all the ingredients. Serve in individual bowls topped with green onion.

## LOTUS ROOT AND PORK TAKIKOMI RICE





# Gindara (Black Cod)



Gindara is a relatively expensive fish in Japan. It is known for its soft-textured flesh with high fat content, and it's an excellent fish for simmering or baking. The best ways to eat gindara are probably kasu-zuke and saikyo-zuke. Cooking gindara by these methods will remove the excess water from the fish and trap the fat content within the fish. Gindara becomes even more flavorful when cooked together with the flavors of sake lees or Saikyo miso.

In Japan there are stores that specialize in kasuzuke, and each year trips to Alaska are made in order to purchase gindara.

In English, gindara is generally called "black cod," but its formal name is "sablefish." Incidentally, do you know why we call it "gindara"? It's due to the fact that even though its skin appears to be black on the store shelves, the color of a freshly-caught gindara is actually a gleaming silver ("gin" in Japanese).

Despite its name "gindara," it doesn't

belong to the cod family (called "tara" in Japanese); instead, it's classified as a member of the Anoplopomatidae family in Scorpaeniformes.

Gindara can be found over large areas of the oceans along the western coast of North America, from Mexico's Baja north to California's San Francisco, Canada's Vancouver Island, and Alaska. It's also found in the north of Hokkaido's Uchiura Bay. The gindara live in deep waters at depths of 490 to 4,900 feet (usually 1,300 ft. to 3,280 ft.). Gindara spawn from January to April and favor slopes on muddy ocean floors at depths of 980 to 1,640 feet.

The gindara's average lifespan is 20 to 30 years. However, the oldest gindara is 94 years old, confirmed in Alaska. It's amazing that there is a fish that can live longer than the average lifespan of the Japanese people.

I remember hearing about one Japanese fish trader who went to a supermarket in the U.S. to make a

presentation of a fish product. He also brought along gindara kasuzuke as a sideshow. However, the people at the presentation were more intrigued by the kasuzuke (sideshow) than the main product that the trader was promoting. So, he let them sample the kasuzuke, and they loved it. Someday in the near future we may see gindara kasuzuke on the shelves of American supermarkets. If you plan to hold a home party for your American friends, why not serve some gindara kasuzuke? It may become an instant hit. If that happens, please let your guests know that they can buy gindara at Nijiya Market!

All of the gindara sold at Nijiya Market is made in U.S. Try our fresh gindara caught along the coasts of San Francisco and Alaska, as well as frozen Alaskan gindara which is available throughout the year.

## Saikyo-yaki Gindara

### Ingredients (serves 4):

- 4 Gindara Fillets
- [Saikyo Miso]
- 3 Tbsp White miso
- 1 Tbsp Sake
- 1 Tbsp Mirin (sweet cooking rice wine)
- 1 Tbsp Sugar

### Directions:

- 1) Wipe the gindara dry with paper towels, sprinkle salt lightly on both sides, and refrigerate for 30 minutes.
- 2) Mix the ingredients for "Saikyo Miso" to make a smooth paste.
- 3) Place the gindara fillets on plastic wrap, spread the saikyo miso evenly on both sides, wrap tightly, and refrigerate for 1 to 2 days.
- 4) Before grilling the gindara, remove the saikyo miso from both sides using a spatula.







## Acqua Pazza Style Gindara

### Ingredients (serves 2):

2 Gindara Fillets  
 10 Clams  
 12 Cherry tomatoes  
 1 clove Garlic  
 1 Tbsp Olive oil  
 1 Tbsp White wine  
 1 tsp Nijiya Shio lemon (salted lemon)  
 Salt and Pepper, as needed  
 Basil leaves, as needed

### Directions:

- 1) Pat the Gindara dry with paper towels. Spread ½ tsp of shio lemon on both sides of each fillet. Wrap in plastic wrap and refrigerate for at least 1 hour.
- 2) Put olive oil and sliced garlic in a frying pan over low heat. When you can smell the garlic, remove it from the pan and set it aside. Turn the heat to medium and sear the gindara on one side.
- 3) Turn the gindara over and add the clams, halved tomatoes, salt, pepper and white wine. Cover with a lid and steam.
- 4) Cooking is complete when the clams open. Serve in a bowl with garlic slices on top of the gindara and basil leaves sprinkled on top.



## Gindara nabe (hotpot)

### Ingredients (serves 2):

2 Gindara Fillets	½ pkg Shimeji mushrooms
3 pieces Nappa (Chinese cabbage)	⅓ carrot
4 or 5 stalks Shungiku (crown daisies)	1-inch (3 cm) Daikon radish
1 Naga-negi (Japanese leek)	½ Tofu
	20 fl oz (600 ml) Water
	4-inch (10 cm) Nijiya Hidaka kombu

### Directions:

- 1) Wipe the gindara with paper towels, sprinkle salt lightly on both sides, and refrigerate for 30 minutes.
- 2) Pour water and kombu into a pot, and cut the other ingredients into bite-sized pieces.
- 3) Put the pot over medium heat and remove the kombu just before boiling. Add the hard-to-cook ingredients first, such as daikon radish and carrots. Wipe the gindara dry and cut into bite-sized pieces, and add to the pot piece by piece. Serve with ponzu.



## Gindara and Vegetables in Sanbaizu Vinegar

### Ingredients (serves 4):

2 Gindara Fillets	[Vegetables]	[Sanbaizu Vinegar]
A pinch of Pepper	0.7 oz (20g) Onion	3Tbsp Rice vinegar
1 Tbsp Katakuriko (potato starch)	0.7 oz (20g) Celery	1Tbsp Soy sauce
3 Tbsp Salad oil	0.7 oz (20g) Carrot	1Tbsp Mirin (sweet cooking rice wine)
	0.7 oz (20g) Green onion	1 tsp Sugar

### Directions:

- 1) Wipe the gindara dry with paper towels, sprinkle salt lightly on both sides, and put in the refrigerator for 30 minutes.
- 2) Mix the ingredients for "Sanbaizu" in a container. Cut all vegetables into 2-inch (5cm) pieces and marinate in Sanbaizu.
- 3) Wipe the moisture from the gindara, season lightly with pepper, and sprinkle a thin layer of katakuriko over the entire fish. Add oil to a frying pan and cook over high heat until brown on one side, flip over, reduce heat to medium, and remove when brown.
- 4) Marinate in Sanbaizu for 15 minutes, turning it over once.



Nijiya Brand

# Miso Series



Traditionally many fermented products have been eaten in Japan, because the climate encourages the growth of microorganisms. These fermented products reflect the wisdom of Japanese people accumulated over centuries of experience. In particular, the idea of fermenting soybeans, which are rich in nutrients but difficult to digest, has created natto (fermented soybeans), soy sauce and miso (fermented soybean paste). As they say, “A bowl of miso soup a day keeps the doctor away.” Miso has been a health secret of the Japanese for many years.

Why don't we review our basic diet and add miso soup to our daily menu?

## Pan Fried Miso Marinated Chicken



### Ingredients (Serves 2):

1 large Chicken thigh  
2 Tbsp Miso  
1 Tbsp Mirin  
1 Tbsp Sake

### Directions:

1. Cut chicken in half. Pierce the chicken with the tip of a knife to easily absorb the marinade.
2. Mix miso, mirin, and sake. Pour over chicken and marinate for 1 hour.
3. Heat oil in a pan and cook the chicken on both sides until golden.

## Miso Yogurt Dip



### Ingredients (Serves 2):

1 Cucumber  
¼ stalk Celery  
¼ Carrot  
Paprika, Sugar peas (as needed)  
[Dip]  
1 Tbsp Miso  
3.5 oz (100g) Yogurt  
¼ tsp Mustard  
1 tsp Olive oil

### Directions:

1. Place a paper towel over the yogurt to absorb the water. (2 hours ~ overnight)
2. Cut the vegetables into bite-sized pieces. (Try to slice everything into equal pieces)
3. Mix all the dip ingredients together.
4. Enjoy the dip with the vegetables!

## Nijiya Market Offers Miso in Several Forms

### Additive-Free, Unprocessed Miso

This is unprocessed miso made from organic whole soybeans. Yeast and enzymes, which remain alive in unprocessed miso, are directly absorbed into our body and are effective in maintaining and promoting health. Keep miso in the refrigerator to prevent it from fermenting further.



### Organic Miso/ Aged Koji (Rice Malt)

Our organic miso is made from USDA-certified organic soybeans and rice. No additives or preservatives are used. Slowly aged rice-malt miso lets you enjoy the natural flavor.



### Organic Miso/ Komekoshi (Pureed Rice)

This organic miso is made from USDA-certified organic soybeans and rice. No additives or preservatives are used. Enjoy the smooth texture of light-colored komekoshi miso made by pureeing rice-malt grains.



### Miso Soup Made with Organic Miso

This instant miso soup is ready to enjoy almost immediately. Our Organic Miso/Aged Koji is blended with additive-free dashi stock and other carefully selected natural ingredients. You'll never tire of the natural flavor. Our Organic Miso/Aged Koji is highly recommended, especially when you have no time to cook.





## Salmon, Butter, and Miso Rice Balls



### Ingredients

(Makes 8 Rice Balls):  
 8 portions of cooked Rice  
 1 portion fresh Salmon  
 a pinch of Salt  
 1 Tbsp Butter  
 2 inches Green onion  
 3 Tbsp Miso  
 ½ tsp Sugar  
 1 Tbsp Sake  
 Ao-nori as needed

### Directions:

1. Remove skin and bones from the salmon. Diagonally cut the salmon into thick slices. Sprinkle with salt and set aside.
2. Finely chop the green onions.
3. Melt butter in a pan and cook the salmon, while breaking into flakes. Add green onions and stir fry.
4. Combine miso, sugar, and sake in a small bowl.
5. Make 8 rice balls. Fill with the salmon and green onion mixture.
6. Coat each rice ball with ao-nori. Spoon miso paste over each rice ball.

## Miso Simmered Mackerel



### Ingredients

(Serves 2):  
 ½ of one Mackerel filleted into two portions  
 0.35 oz. Ginger  
 5.4 oz. Water  
 1 Tbsp Soy sauce  
 1 tsp Mirin  
 1 tsp Cooking sake  
 ½ tsp Sugar  
 Miso to taste

### Directions:

1. Cut mackerel fillet in half. Insert a knife blade on the skin side and slit cross-wise. Slice the ginger into thin strips. Boil water in a pan. Add ginger, soy sauce, mirin, and sake. Place the mackerel fillet skin side up and simmer for a while.
2. Skim foam from the surface. Add sugar and continue cooking.
3. Gradually stir in miso, a little at a time, checking the taste. Continue simmering until the liquid thickens. Coat and glaze the mackerel with the sauce.

## Miso Cupcake



### Ingredients (for 6 cakes):

3.5 oz (100g) Flour  
 ½ tsp Baking powder  
 2 Eggs  
 1 stick Butter  
 2.5 oz (70g) Sugar  
 1 Tbsp Nijiya Organic Miso premium

### Directions:

1. Preheat the oven to 350°F. In softened butter, add sugar and mix well. Add the miso.
2. Whisk the eggs, and add them to the miso butter bowl.
3. Add in the flour and baking powder, mix well with a spatula.
4. Bake in the oven for 25-30 minutes.

## Miso Ice Box Cookie



### Ingredients (50-60 cookies):

10 oz (300g) Flour  
 1 oz (30g) Almond powder  
 1 Egg yolk (reserve the white)  
 1 stick Butter  
 2 oz (60g) Sugar  
 2 Tbsp Nijiya Organic Miso premium

### Directions:

1. Place softened butter and sugar into a bowl and mix well. Add the miso and egg yolk.
2. Add almond powder and flour. Mix well with a spatula to make dough.
3. Roll the dough to about 1inch (3 cm) in diameter, wrap in plastic wrap, and place in freezer for about 30 minutes.
4. Cut the dough to about 2inch (5 mm) thickness, and bake at 350°F for about 10 minutes.  
 \* If desired, brush with beaten egg white before baking and sprinkle with sesame seeds.





# Nabe (Japanese Hot Pot Dish) With Nijiya Hot Pot Soup

With Shio Koji (fermented salt) Flavor:



## Salmon Shabu-Shabu

### Directions:

1. Cut the salmon into 1/4 inch thick slices, sprinkle a pinch of salt (not included in the ingredients) evenly, and let rest for 10 minutes. Wipe off excess water.
2. Place a large round stainless steel cookie cutter, or a makeshift cylinder of aluminum foil, in the center of the pot. Cut vegetables and *tofu* into bite-sized pieces. Arrange them around the edge of the pot while keeping the center open.
3. Add the Nijiya Hot Pot Soup to the pot, cover with a lid and heat over high heat. When the soup comes to a boil, turn off the heat and add water to dilute. Cool to approximately 60°C / 140°F.
4. At the table top, turn back the heat of the pot to very low. Boil the piece of salmon in soup for 5 to 8 seconds, then dip it in *ponzu* sauce and eat.
5. When the vegetables and the *tofu* are cooked, eat those also.

### Ingredients: serves 2

- 1/4 head napa cabbage
- 1/2 pkg *shungiku* (crown daisy)
- 1/2 pkg *tofu*
- 1 *naga-negi* (Japanese leek)
- 1-1/4 cup (600ml) Nijiya Hot Pot Soup, Shio Koji Flavor
- 1-1/4 cup (600ml) water
- Salmon for *sashimi*, as needed

### <Dipping Sauce>

- Nijiya Ponzu Sauce (citrus and soy sauce mix), as needed



Nijiya Ponzu



## Nabe Skewers

### Ingredients: serves 2

- 1 pkg thinly sliced beef
- 1 cup *toumyo* (snow pea sprouts)
- 8 cherry tomatoes
- 8 quail eggs (pre-cooked)
- 2 *shiitake* mushrooms
- 4 shrimp, large
- 1 cup broccoli floret
- 1 pkg Nijiya Hot Pot Soup, Shio Koji Flavor



### Directions:

1. Spread plastic wrap on a cutting board. Remove the beef from the pack, and spread it to lie flat. Place all the *toumyo* on the beef, and roll into a tight cylinder. Cut into 4 to 6 equal lengths; divide and arrange onto 2 skewers.
2. On the next 4 skewers, alternate two quail eggs and two cherry tomatoes.
3. Trim the *shiitake* mushroom stems, cut caps in half. Remove the shrimp shell but keep tail on. Devein the shrimp. Arrange shrimp and *shiitake* mushrooms to make 4 more skewers.
4. Place the broccoli in the center of the pot. Arrange the 10 skewers around the broccoli. Add the Nijiya Hot Pot Soup. Cover with a lid and heat over high.
5. When the soup comes to a boil, remove the lid. Lower the heat to medium, and cook through.

## Crab Dumpling Nabe

### Ingredients: serves 2

- 1 oz (30g) *kuzukiri* (*kudzu* starch noodles, dried)
  - 1/4 head napa cabbage
  - 1/2 pkg *shungiku* (crown daisy)
  - 1 pkg *buna-shimeji* mushrooms
- <Crab Dumplings>
- 1 *hanpen* (white fish cake approx. 3.5oz)
  - 1 egg
  - 1 tsp ginger, grated
  - 3 Tbsp all- purpose flour
  - 1/2 tsp *ao-nori* or *aosa* (green seaweed flakes)
  - 3 oz (75g) crab meat
  - 1 Tbsp sesame oil



Nijiya Kuzukiri

- 1/2 pkg Nijiya Hot Pot Soup, Shio Koji Flavor

### Directions:

1. Rehydrate *kuzukiri* according to package instructions, then cut into bite-sized pieces.
2. Dice the *hanpen* into half inch pieces or smaller. Put them in a bowl, and add eggs, ginger and *ao-nori*. Mash with a food processor, blender or fork.
3. Add flour and mix.
4. Add the crumbled crab meat and sesame oil. Mix well.
5. Cut vegetables into bite-sized pieces. Place the Nijiya Hot Pot Soup in a pot, add the hard part of the napa cabbage, the hard part of the *shungiku*, and *buna-shimeji* mushrooms, cover and bring to a boil.
6. Roll the crab mixture from step 4 into bite-sized pieces by hand and add to the boiling pot. If the mixture is not solid enough to make dumplings, add flour to the crab mixture as needed.
7. Add the remaining vegetables and *kuzukiri* to the pan and cook over medium heat for about 5 minutes. Serve when the vegetables are tender.





## With Sesame & Soybean Flavor:



### Tofu Meat Ball Nabe

#### Ingredients: serves 2

##### <Meatballs>

- 0.4 lb (200g) ground pork
- 1/2 pkg regular (medium) *tofu*
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 *naga-negi* (Japanese leek) green part, minced
- 1 tsp ginger, grated
- 1 tsp sesame oil

##### <Other Ingredients>

- 2 - 3 napa cabbage leaves
- 1 *naga-negi* (Japanese leek), white part
- 3 bunches *mizuna* greens
- 6 *shiitake* mushrooms
- 1 cup bean sprouts
- 2 cups (500ml) Nijiya Hot Pot Soup, Sesame & Soybean Flavor



#### Directions:

1. Wrap the *tofu* in a paper towel. Place in a heat resistant bowl, and microwave at 1200W for 1 minute to reduce the water content. Set aside to cool.
2. Place ground pork in a bowl. Add the *tofu* from step 1, mash it, and add salt, pepper, ginger, and sesame oil. Mix well to obtain a sticky texture.
3. Roll the meat mixture into bite-sized balls. Set aside.
4. Put the Nijiya Hot Pot Soup in a pot and bring to a boil. Add the meatballs and skim any scum that appears on the surface.
5. Cut napa cabbage, *naga-negi*, and *shiitake* mushrooms into bite-sized pieces. Add them to the pot and cook over medium heat for about 5 minutes.



### Chicken & Vegetable Nabe

#### Ingredients: serves 2

- 0.7 lb (300g) chicken thigh
- 1/4 head napa cabbage
- 2 bunches *shungiku* (crown daisy)
- 1 *naga-negi* (Japanese leek)
- 2 *shiitake* mushrooms
- 1 small carrot
- 3 inches (8cm) lotus root
- 1/2 pkg soft *tofu*
- 1 *abura-age* (deep-fried *tofu*), 3" x 6"
- 2 cups (500ml) Nijiya Hot Pot Soup, Sesame & Soybean Flavor

#### Directions:

1. Cut all ingredients into bite-sized pieces.
2. Arrange the ingredients in a pot and add the Hot Pot Soup. Heat over high with the lid on. When the soup comes to a boil, remove the lid. Reduce the heat to simmer and begin eating from the pot.
3. If there are any ingredients that do not fit in the pot at first, add them gradually as you remove and eat cooked items.

### Sesame & Soybean Flavor Udon Stew

#### Ingredients: serves 2

- 6 *hana-fu* (baked wheat gluten, flower shaped)
- 1 *naga-negi* (Japanese leek)
- 0.4 lb (200g) chicken thigh
- 4 - 5 *shiitake* mushrooms
- 1/2 large carrot
- 1/3 burdock
- 3 inches sq *abura-age* (deep-fried *tofu*)
- 2 pkg *udon* noodles, pre-cooked
- 2 eggs
- 2 cups (500ml) Nijiya Hot Pot Soup, Sesame & Soybean Flavor

#### Directions:

1. Lightly wash the *hana-fu* then rehydrate in water. Thinly slice the burdock and soak in water. Cut other ingredients into bite-sized pieces.
2. Put the Hot Pot Soup in a pot, add the white part of the *naga-negi*, carrot, and burdock. Cover with a lid and cook on high.
3. When the soup comes to a boil, remove the lid and add chicken, *shiitake* mushrooms, *abura-age*, drained and lightly squeezed *hana-fu*.
4. Bring the soup to a boil again. Add *udon* noodles and simmer over low heat for about 4 minutes.
5. Add the green part of the *naga-negi*, drop in the cracked egg, cover with a lid and simmer for about 2 minutes until the egg is cooked.







## With Soy Sauce Flavor:



### Mt. Fuji Daikon Radish Nabe

#### Ingredients: serves 2

- 1/2 daikon radish
- 1/2 tsp rice vinegar
- 0.88 lb (400g) pork belly, thinly sliced
- 1/2 head napa cabbage
- 1 *naga-negi* (Japanese leek)
- 3 - 4 *eringi* (king trumpet mushroom)
- 1/2 pkg *shungiku* (crown daisy)
- 2 small carrots
- Nori seaweed, as needed
- 1 pkg Nijiya Hot Pot Soup, Soy Sauce Flavor
- 1 tsp *matcha* (green tea powder)
- 1/2 tsp salt

#### Directions:

1. Grate the *daikon* radish, drain with a gentle squeeze, add the vinegar and mix.
2. Place *matcha* and salt in a bowl, mix well, add 2/3 of the vinegared *daikon* from step 1 and mix further.
3. On a plate, use the green *daikon* mixture from step 2 and a small amount of grated white vinegared *daikon* from step 1 to make the shape of Mt. Fuji. Use the remaining vinegared *daikon* with *nori* seaweed and carrots to make a snowman. Set aside.
4. Alternately layer pork belly and napa cabbage, then cut into bite-sized pieces. Place in a pot with the cut end facing up. Cut other ingredients into bite-sized pieces, add to the pot and pour in the Nijiya Hot Pot Soup. Arrange the Mt. Fuji and the snowman from step 3 on top.



5. At the table top, cook the pot over medium heat. When the shaped *daikon* radish collapses and all ingredients are cooked, it is ready to enjoy.



### Natto (fermented soybean) and Yogurt Nabe



Nijiya Natto

#### Ingredients: serves 2

##### <Ingredients>

- 1/2 head napa cabbage
- 0.44 lb pork belly, thinly sliced
- 1/3 pkg *nira* (Chinese chives)
- 1 pkg *natto*

##### <Seasoning>

- 1/2 pkg Nijiya Hot Pot Soup, Soy Sauce Flavor
- 7 oz yogurt
- 2 Tbsp *miso* paste

#### Directions

1. Cut napa cabbage and pork into bite-sized pieces. Cut the *nira* into pieces 3-4 inches long. Set aside.
2. Place yogurt and *miso* in a pot, combine them and add Nijiya Hot Pot Soup to dissolve. Add napa cabbage and pork and cook over high heat. Just before the mixture boils, add *nira* and *natto*, and reduce the heat to low. Cook with lid on for about 7 minutes.

Nijiya Misos



### Oyster & Seafood Nabe

#### Ingredients: serves 2

- 2 slices of cod (approx. 7 oz)
- 2 large shrimp
- 6 oysters (approx. 8 oz)
- 1 Tbsp potato starch
- 1/4 head napa cabbage
- 1 *naga-negi* (Japanese leek)
- 1 small carrot
- 1/2 pkg *tofu*
- 1/2 pkg Nijiya Hot Pot Soup, Soy Sauce Flavor
- 2 *shiitake* mushrooms
- 1/2 pkg *mizuna* greens



#### Directions:

1. Cut the cod into bite-sized pieces, sprinkle with a pinch of salt (not included in the ingredients), and let rest for 10 minutes. Wipe off excess water.
2. Remove shrimp shells but keep tails on. Devein shrimp. Dust the oysters with potato starch, then gently wash and drain. Cut other ingredients into bite-sized pieces.
3. Place napa cabbage, green onions, carrots, *tofu* and *shiitake* mushrooms in a pot. Add Nijiya Hot Pot Soup, cover and cook over high heat.
4. When the soup comes to a boil, remove the lid, and reduce the heat to medium. Add cod, oysters, shrimp, *mizuna* and cook through.







## With Kimchi Flavor:

### Kimchi Jyoya (every night) Nabe

#### Ingredients: serves 1

- 1 bunch spinach
- A pinch of salt (for boiling)
- 1 large *atsu-age* (deep fried *tofu*)
- 0.33 lb (150oz) pork belly, thinly sliced
- 1 Tbsp of *sake* (rice wine)
- 1/4 pkg Nijiya Hot Pot Soup, Kimchi Flavor



#### Directions

1. If spinach has roots attached, cut off the beard root, make a cross cut at the base if the spinach stem is large, then wash it well. Boil water (not listed in the ingredients) in a large pot. Add salt, and boil spinach on high for 15 seconds. Drain, and cool under running water. Squeeze out excess water, and cut into sections 3-4 inches long.
2. Cut the fried *tofu* and pork belly into bite-sized pieces. Sprinkle *sake* over pork belly.
3. Put all ingredients in a pot and add Nijiya Hot Pot Soup.
4. Cover and heat over high. When the soup comes to a boil, remove the lid, reduce the heat to low and cook the pork through.



### Mochi (rice cake) & Cheese Kimchi Nabe

#### Directions:

1. Cut the *mochi* into halves and slice the other ingredients into bite-sized pieces.
2. Place *mochi*, green onions, *enoki* mushrooms and Nijiya Hot Pot Soup in a pot. Cover and cook over high heat. When the soup comes to a boil, reduce heat to low. When the pork is cooked, add *nira* and cheese. Cover again and cook until the cheese melts.

#### Ingredients: serves 2

- 4 to 6 cut *mochi* (plain, rectangular cut for cooking)
- 1/6 head napa cabbage
- 3 stalks green onions
- 1/2 pkg *enoki* mushroom
- 1/4 pkg *nira* (Chinese chives)
- 0.33 lb (150g) pork belly, thinly sliced
- 1/2 pkg Nijiya Hot Pot Soup, Kimchi Flavor
- 1/2 cup natural cheese, shredded

### Spicy Dandan (Chinese ground pork dish) Nabe

#### Ingredients: serves 2

- 0.22 lb (100g) ground pork
- 1 Tbsp vegetable oil
- Dried red hot pepper, sliced, as you like
- 1/8 tsp salt
- 1 large bok choy
- 4 napa cabbage leaves
- 1/2 *naga-negi* (Japanese leek)
- 1/2 pkg *eringi* (king trumpet mushroom)
- 1/4 pkg *nira* (Chinese chives)
- 2/3 pkg Nijiya Hot Pot Soup, Kimchi Flavor
- <Toppings>
- 2 Tbsp ground sesame seeds
- Chili oil, as needed

#### Directions:

1. Heat the vegetable oil in a frying pan over medium heat. Sauté ground pork with the red hot pepper and salt. Set aside.
2. Cut other ingredients into bite-sized pieces. Place bok choy, napa cabbage, *naga-negi* and *eringi* in a pot. Add Nijiya Hot Pot Soup. Cover and boil over high heat.
3. Reduce heat to medium, remove the lid and add the pork from step 1. Place the *nira* around the edge of the ground pork. Sprinkle with sesame seeds and finish with chili oil.





# Nijiya Hot Pot Soup

Our hot pot soup is a product of our collaboration with Kubara Shoyu, a company known for their exceptional ago dashi (flying fish stock).



**Kimchi Flavor**

Umami rather than acidity is emphasized in our kimchi hot pot soup, with a spiciness that kicks in afterwards. Even with the spiciness, the umami of ago dashi stands out in a delicate balance of flavor.



**Soy Sauce Flavor**

Umami has been balanced with sweetness to create a light soup base that complements all types of ingredients. Enjoy the rich, lingering notes of umami.



**Sesame and Soybean Flavor**

Bold sesame flavor is combined with delicious miso. Light ago dashi flavor harmonizes with the richness of miso and sesame.



**Shio Koji (Salted Rice Malt) Flavor**

With a soup base of ago dashi and katsuo gyosho, we have added shio koji for a refined flavor. The shio koji helps to bring out the umami of the meats, fish, and vegetables added to the hot pot.

## What is Ago Dashi?

Perhaps unfamiliar to those outside the Kyushu region of Japan, yaki ago (grilled flying fish) has long been considered an auspicious and highly valued food in Hakata. Ago dashi still plays an essential role in Hakata cuisine, serving as the base for their ozoni, or mochi soup made for the New Year. The name ago for flying fish is said to come from the fact that it is "so good your jaw (ago) will drop." This jaw-dropping flavor can be traced to the natural behavior of the fish. With their ability to swim more than 30 miles per hour and to leap 650 to 980 feet above the water, flying fish have lean bodies and little fat. This yields a clear, golden soup stock with a refined flavor and clarity that set it apart from other types of stock.

## The Development of a Secret Sauce for Ago Dashi

The special ingredient formulated to pair perfectly with ago dashi is katsuo gyosho (bonito fish sauce) which was uniquely developed by Kubara Shoyu. It was a challenge to create a fish sauce that would go well with ago dashi because fish sauce develops not only umami but a distinct strong scent during the long fermentation process. Then, Kubara Shoyu thought of collaborating with the producers of premium dried bonito to create a new type of fish sauce using bonito. After three years of intense collaboration, Kubara Shoyu found the perfect formula to produce a mild fish sauce. This is the proud product of a company that carries on the age-old Japanese arts of fermentation and brewing.

## Nijiya's Commitment

We offer four hot pot soup flavors, all of them created with health and safety in mind without compromising taste. We do not use chemical additives or preservatives, so the richness of our flavor comes from making full use of the soup stock's natural umami. The clean umami of ago dashi makes the hot pot experience enjoyable from start to finish, as it enhances the natural deliciousness of meats and vegetables, and also forms a delightful soup for the rice and noodles added at the end. We are proud of our hot pot flavors and hope you give all of them a try.



# CELEBRATE MOON FESTIVAL WITH SAPPORO!

中秋節快樂





# Winter Desserts

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## Snowball Cookies

### Ingredients (for 60 cookies)

- 2 cups cake flour
- 8 Tbsp butter, softened
- 1/3 cup sugar
- 2/3 cup milk
- 1/2 cup whole almonds
- Powdered Sugar (as needed)

### Directions:

1. Roast the almonds until they brown. Chop into fine pieces and let cool.
2. In a bowl, cream the butter and add the sugar.
3. Slowly add the milk.
4. Add the almonds and the flour. Mix just until the flour is no longer visible. \*If you mix too much here, the cookies will lose their crumbly texture.
5. Roll the dough into 0.8 inch (2 cm) balls and line them up on a baking tray.
6. Bake in a 350 °F oven for 20 minutes.
7. Let cool completely, then dust with powdered sugar.



Recipes by:  
Kei Hasegawa

Kei Hasegawa grew up with a love of making things by hand. So, it was logical that he would take an interest in baking and eventually apprentice at confectionary shops and restaurants in Japan and the U.S. He is now the pastry chef at a restaurant in Los Angeles.

## Vegan Pecan Pie

### Ingredients (for one 9" tart ring)

#### <Crust>

- 1/3 cup unsweetened soy milk
- 1-1/2 tsp apple cider vinegar
- 1-1/4 cups cake flour
- 1/4 cup maple syrup
- 1 tsp salt
- 1/2 cup coconut oil

#### <Filling>

- 1 cup sugar
- 1/3 soy milk
- 1 Tbsp maple syrup
- 1/3 cup butter
- 1 cup whole pecans



Powdered sugar as needed

### Directions:

#### <Crust>

1. Using your hands, mix together the coconut oil, salt, and flour.
2. In a separate bowl, mix soy milk, apple cider vinegar, and maple syrup. Add to the bowl in step 1. Mix until the dough forms.

3. Roll out the dough to about 0.2 inch (4 mm) thickness. Lay the dough into a pie pan, and cool in the fridge for about 30 minutes.

#### <Filling>

4. Put all the ingredients but the pecans in a pot and cook over high heat until it comes to a boil.
5. Reduce heat to low, and let simmer for about 2 minutes. Remove from heat and let cool.
6. Place the pecans on the crust evenly and pour in the filling. Bake for 25 minutes in a 350 °F oven.
7. Let cool, and dust with powdered sugar.







# Holiday Chiffon cake



## Directions:

1. Chop the earl grey tea leaves finely, and mix with the vegetable oil.
2. Mix the baking soda with water (1 Tbsp). In a different bowl, sift the flour.
3. With a hand mixer, mix in water (1/2 cup), 1 cup sugar, and egg yolks until dough forms.
4. With a clean hand mixer, whisk the egg whites, slowly adding in 1 cup sugar, until meringue forms.
5. Add the baking soda and oil to the egg yolk mixture.
6. Add the meringue and the sifted flour to the mixture in step 5. Mix well.
7. Pour the mixture into a cake pan and bake for 40 minutes in a 375 °F oven.
8. While the cake is baking, prepare the icing. Mix the lemon juice and powdered sugar together.
9. After the cake is baked, let it cool, and decorate it with the icing and any other decoration of your choice.

## Ingredients: for one 10" (25 cm) diameter chiffon mold

- 8 Egg Yolks
  - 2 cups sugar (divided)
  - 1/2 cup water
  - 1-3/4 cup cake flour
  - 1 tsp baking soda
  - 1 Tbsp water (for baking soda)
  - 1/4 cup earl grey tea leaves
  - 6 Tbsp vegetable oil
  - 8 egg whites
- <Icing>
- Juice of 2 lemons
  - 1-1/2 cups powdered sugar



# Honey Ginger Pear



## Ingredients: serves 2

- 2 pears
- 4 cups water
- 2 cups honey
- 1/4 cups of grated ginger
- 1 lemon
- Yogurt, as needed
- Roasted walnuts, as needed



## Directions:

1. Peel the pears and slice into sixths. Remove the stems and seeds.
2. Thinly slice the lemons. Add them to a pot along with water, honey, and ginger. Let boil to make syrup.
3. Reduce heat to low, and add the pears. Let simmer for about 5 minutes. Remove from heat and let cool in the refrigerator.
4. Remove the chilled pears from the syrup, and enjoy with yogurt and walnuts.



## Ingredients: for one 7" (18 cm) diameter cake pan

- <Crumble Layer>
- 1/2 cup butter
  - 2/3 cup sugar
  - 2 tsp cinnamon powder
  - 1/4 tsp salt
  - 1 cup cake flour
- <Cake>
- 1/2 cup butter (softened)
  - 2 cups sugar
  - 2 eggs (beaten)
  - 3/4 cup cake flour
  - 2 tsp baking powder
- <Apples>
- 1 apple
  - 1 Tbsp butter
  - 2 Tbsp sugar
  - Juice of 1/2 lemon
  - 1/2 cup cranberry



## Directions:

- <Crumble>
1. Mix in the butter and sugar, then add the rest of the ingredients in the crumble section. Mix well. Let cool in the refrigerator.

# Apple and cranberry coffee cake



## <Apples>

2. Peel the apples, cut in half, and remove the stem and seeds. Slice into ~0.1 inch (3 mm) pieces.
3. Melt the butter in a pot over medium heat. Add sugar, apples, and lemon juice and stir until the apples become soft.
5. In a separate bowl, mix the flour and baking powder together and add to step 4. Mix well.
6. Oil a baking pan so the batter won't stick, and pour in the cake batter. Smooth the top flat.
7. Top the batter with cranberries and apples. Strew with the crumbles.
8. Bake for 40 minutes at 350 °F.

## <Cake>

4. Mix together the butter and sugar, then slowly mix in the beaten eggs.



# NIJIYA Nijiya Brand ~Quality Products~



Products that are safe and reliable: foods that provide an excellent source of nutrition while offering distinctive, traditional flavors: one of Nijiya Market's main efforts lies in the development of private brands that demonstrate such qualities. Since we released Nijiya Organic Rice, our first private-brand product, we have continued to expand our selections of Nijiya brand products. Currently we have about 100 types of original products on our store shelves. We strive to develop products that will make customers say, "No matter what the choices are, we can't go wrong with Nijiya products".

The characteristics of quality Nijiya-brand products are:

- They're healthy.
- They can be consumed with no concerns.
- The manufacturers, factories and production processes are transparent.
- The ingredients are carefully selected.
- They're delicious.

We adhere strictly to these guidelines Nijiya brand products are created and placed in stores only after passing a rigorous internal inspection process. Some products go through the research and development process repeatedly over a period of several years, and others are regretfully canceled in the final stages because of a compromise we choose not to make. These carefully developed Nijiya-brand products come to fruition in the hands of satisfied customers. Below,

we introduce some of the quality products that bear the Nijiya name.

## USDA-Certified Nijiya Products

Among the many Nijiya brand products, some carry USDA organic certification.

In the United States, organic food certification is conducted by the Department of Agriculture (USDA) and the National Organic Program (NOP). Government-approved examiners inspect the products to ensure that standards are met. A report must be submitted each year. Only products with at least 95% organic ingredients can receive the USDA organic symbol, and they must also pass a very strict inspection. A tough approval system means that the resulting symbol can be trusted.







### ■ Nijiya Organic Miso

This is a carefully made organic miso (fermented soybean paste) that uses organic soybeans and organic rice as basic ingredients. It's free of additives and preservatives. 2 types are available. Premium and Smooth. Premium miso has traditional flavor. Smooth miso has fine texture and light color.



### ■ Nijiya Organic Soymilk

We have been providing organic soymilk long before soymilk became widely popular. Our products have many loyal, long-term fans. Only carefully selected, non-genetically modified organic soybeans are used. Because it is a plain soymilk, the original taste of the soybeans remains intact. There are two types: regular and sweet. The regular soymilk is particularly useful for baking (sweets, etc.) and cooking.



### ■ Nijiya Organic Tofu

We carry the kinu-goshi (silken) and momen (firm) types of tofu, which are both commonly used in Japanese cuisine. They're made from tasty, carefully selected organic soybeans, which are of course non-genetically modified. Even though you eat Nijiya organic tofu as it is, you can enjoy its traditional taste and natural soybean flavor.



### ■ Nijiya Organic Nori (Dried Seaweed) Series

Nori (dried seaweed) is a nutritious staple of Japanese cuisine. Because it contains protein and is rich in vitamins, we recommend regular consumption for health benefits. Among the Nijiya seaweed products, those that have received USDA certification are the sushi nori and kizami (chopped) nori. Take a bite, and the aroma and natural flavors come to life.



### ■ Nijiya Flour Series

We carry hard and soft flours. We carefully select high-quality organically grown wheat -always the very best obtainable. We use this organically grown wheat also for our Tempura Batter Mix.

There are more varieties of Nijiya private brand products available, try our products with the  symbol at your nearest Nijiya Market. You'll be sure to enjoy the fine-quality products offered, with pride, by Nijiya.



# NIJIYA Organic Rice Vinegar and Sushi Vinegar

Nijiya Organic  
Rice Vinegar



Nijiya Organic  
Sushi Vinegar



In recent years, fermented foods have gained attention for their immune-boosting properties. Vinegar belongs to this group of fermented foods. Vinegar is made with ingredients containing sugars, which undergo alcohol fermentation, then acetic acid fermentation. Vinegar is mostly made up of acetic acid. Cultures around the world have used readily available local ingredients to create their vinegars, which is why there are so many different types. Vinegars made from grains such as rice and wheat are called "grain vinegars," and are commonly used in Asia. In Japan, where rice is a staple, the best known is rice vinegar. This is the vinegar in sushi rice. Vinegars made from fruits such as apples and grapes are called "fruit vinegars," and are common in the West. The best known varieties are those made from apples and grapes, such as balsamic vinegar and wine vinegar, respectively. By understanding the characteristics of each type of vinegar, we can use them in various recipes and expand our cooking repertoire.

## History of Vinegar

Vinegar was first made in Japan around the 4th to 5th centuries. It is said that the technique of brewing rice vinegar came from China, along with the technique of sake brewing. Vinegar as a seasoning became accessible to common people during the Edo Period (1603-1867). In the early Edo Period, the Japanese changed the traditional technique of making nare sushi (which was made from fish and rice that had undergone lactic acid fermentation) and used vinegar instead. They called this haya sushi ("fast sushi"). During the Genroku Era (1688-1704), vinegar became widely available. Finally, it was in the Bunsei Era that sushi made with vinegar-seasoned rice and raw fish, or nigiri sushi, was born. Although rice vinegar was relatively common by then, nigiri sushi actually used kasuzu (vinegar made from a byproduct of sake brewing), because it was produced locally. Since kasuzu has a reddish, light brown color, it is sometimes called akazu (red vinegar). Kasuzu is an essential part of Edo-style sushi and a tradition that continues to this day.

## Benefits of Vinegar

Since olden times, people have spoken about the health benefits of vinegar. Its antibacterial, preservative, and appetite-promoting qualities have been used throughout the ages. The acetic acid in vinegar prevents the proliferation of harmful bacteria in the gut, helping to relieve constipation and speed up metabolism. Vinegar also helps promote the burning of fat and prevents storing it. The citric acid in vinegar has antioxidant properties. The amino acids in vinegar help to maintain beautiful and healthy skin. As you can see, vinegar is amazing both as a seasoning and as a supplement for health and skin.

## Nijiya Organic Rice Vinegar and Sushi Vinegar

Our rice vinegar is brewed only with rice. The resulting vinegar has a smooth flavor, bearing the sweetness and umami of rice. Since rice vinegar is said to be the best choice for making sushi rice, most professional sushi chefs use rice vinegar. Each sushi chef comes up with his/her own blend of rice vinegar, sugar, salt, and other creative ingredients to make unique sushi rice. As our rice vinegar goes well with Japanese cuisine, we recommend using it to create awasezu (seasoned rice vinegar) or your own sushi vinegar, or adding it to simmered vegetables to bring the flavors together.

Using our rice vinegar as a base, we also created our own organic sushi vinegar. After numerous trials to achieve the balance that would create the perfect sushi rice, we succeeded in creating a satisfying product. Of course, we use only the simplest of ingredients. While our sushi vinegar contains sugar, it does not contain any fructose or glucose or amino acids. Our sushi vinegar will make preparing sushi rice a breeze.

Both vinegars are USDA Organic certified, as well as certified Kosher and Non-GMO. We hope you stock up on both and enjoy using them in all kinds of recipes.





## Simple Tuna Chirashi Sushi

### INGREDIENTS (serves 2)

- |  |   |
|--|---|
| 7.9 oz Rice  | Kaiware daikon (sprouted daikon radish), as desired |
| 10 fl oz (300 ml) Water                              | Shredded Nori (dried seaweed), as desired           |
| 1-inch cube Dashi kombu (dried kelp)                 |   |
| 1-½ Tbsp Nijiya Sushi vinegar                        |   |
| 1 block (approx. 5 oz) sushi-grade Tuna              |   |
| 2 Eggs-made into Tamagoyaki (Japanese rolled omelet) |   |
| 1 Tbsp white Sesame seeds                            |   |
| 2 Oba leaves   |   |

### DIRECTIONS

1. Rinse the rice. Put it in a pot with the water and dashi kombu. While the rice is cooking, prepare the tamagoyaki (store-bought is okay too). Dice the tamagoyaki into small cubes. Cut the tuna into similarly-sized cubes.
2. Once the rice is cooked, add the sushi vinegar and mix. Mix in the white sesame seeds, then serve in a bowl.
3. Cool the sushi rice, top with the tuna, egg, kaiware daikon, julienned oba, and shredded nori.



## Ninjin Shirishiri (Carrot and Egg Stir-Fry) with Sushi Vinegar

### INGREDIENTS (serves 2-3)

- 1 Carrot
- 1 Egg (beaten)
- 1 Tbsp Sesame oil
- 2 tsp Nijiya Sushi vinegar
- 2 tsp white Sesame seeds
- Salt and Pepper, to taste

### DIRECTIONS

1. Julienne the carrot, then stir fry in a pan coated with the sesame oil until softened.
2. Add the white sesame seeds, salt, pepper, and sushi vinegar, and lightly stir fry.



## Squid-Cucumber-Wakame (seaweed) Sunomono Salad

### INGREDIENTS (serves 2-3)

- 1 bowl of Squid tentacles
- ½ Cucumber
- 0.1 oz (3g) Wakame (seaweed)
- 1 clove of Ginger
- 2 tsp white Sesame seeds
- a pinch of Salt

[A]

- 2 Tbsp Rice vinegar
- 1 Tbsp Mirin
- 1 tsp Soy sauce

### DIRECTIONS

1. Blanch the squid then cut into bite-size pieces. Thinly slice the cucumber. Salt it and let sit to draw out the water. Use a paper towel to absorb the water. Julienne the ginger and rehydrate the wakame in water.
2. Mix the ingredients from list A in a bowl, then add the ingredients from step 1 along with the white sesame seeds. Let sit before serving.

## Chili Vinegar

In a sterilized bottle, add an assortment of clean, dry chili peppers and rice vinegar. Adjust the amount of chili peppers to taste. This vinegar can be used for gyoza sauce, salad dressing, and sunomono. If refrigerated, the chili vinegar will last to the same expiration date as the rice vinegar.



## Fruit Vinegar

The photo depicts a fruit vinegar made with 6 oz of apples and 6 fl oz of rice vinegar. Fruits recommended for fruit vinegar include: oranges, apples, grapes, kiwi, and pineapple. In a sterilized bottle, add clean, dry pieces of fruit and rice vinegar. Cut the fruit to a size that fits in the bottle. While you can add honey or rock sugar to sweeten the fruit vinegar, the fruits themselves will produce a subtle sweetness. This fruit vinegar can be added to water, soda, milk, soy milk, etc. to make a delicious drink, or it can be used as a dressing. The fruit vinegar should be consumed within a month, and the remaining fruit solids can be used to make a jam if desired.





# NIJYA Katsuobushi (Dried Bonito)



## History of Katsuobushi

Katsuobushi is a flavorful and complex natural food perfected by our ancestors over a long period of time. Although the exact origins of katsuobushi are unknown, the word katauo (“hard fish”) appears in Japan’s oldest manuscript The Kojiki, dated 712 A.D. This word eventually became katsuo.

During the Period of Warring States (1467 – 1615), katsuobushi became widely used as rations for

soldiers. Because katsuobushi is a homophone for “victorious man warrior,” it was considered an auspicious food.

It was in 1674 (Year 2 of the Enpo Era) that a fisherman from Kishu (modern-day Wakayama Prefecture) first came up with the baikan method, the foundation of the katsuobushi-making process that we know today. Before this method, the bonito was simply dried in the sun, but eventually the process included the use of



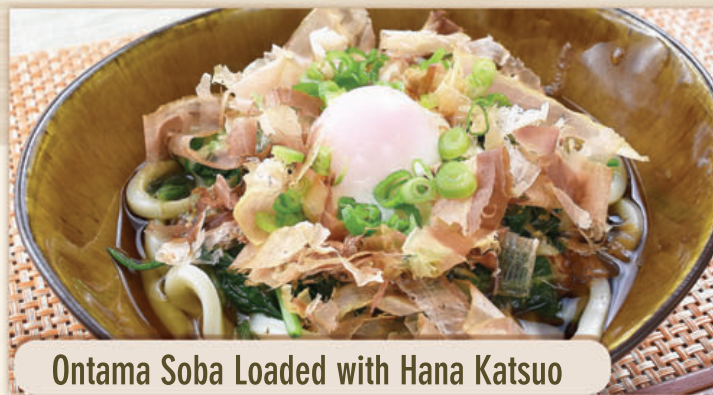
**Hana Katsuo with Bell Pepper and Cheese**

### INGREDIENTS (serves 2):

- ½ orange bell pepper
- ½ yellow bell pepper
- \*feel free to select your preferred color of bell pepper
- 1.6 oz (45g) diced cheese
- 2 tsp soy sauce
- 2 tsp sesame oil
- ½ tsp yuzu koshō (Japanese citrus chili paste)
- One handful of Nijya Hana Katsuo

### DIRECTIONS

1. Remove the stems, seeds, and pith of the bell peppers. Cut into ½ x ¾ inch pieces. Cut the cheese into ½ inch cubes.
2. Place the bell peppers in a heat-resistant container and cover with clear plastic wrap. Microwave for about 40 seconds. (This will bring out the sweetness of the bell peppers).
3. In a bowl, mix the soy sauce, sesame oil, and yuzu koshō. Mix in the bell peppers, cheese, and Hana Katsuo.



**Ontama Soba Loaded with Hana Katsuo**

### INGREDIENTS (serves 2):

- 2 bricks of udon
- 2 onsen tamago (Japanese slow-cooked eggs)
- 4 fl oz (~120ml) Nijya Mentsuyu (noodle soup base)
- 13.5 fl oz (~400ml) water
- Nijya Hana Katsuo, as desired
- 4.2 oz (120g) spinach
- green onion, as desired

### DIRECTIONS

1. Boil spinach and cut to approximately 1 to 1-½ inch lengths. Thinly slice green onion.
2. Heat the water and mentsuyu in a pot.
3. In a separate pot, bring water to a boil and cook the udon noodles. Drain completely and transfer the noodles into a bowl. Place the boiled spinach on top of the noodles and pour the soup from step 2 into each bowl.
4. Use the onsen tamago and Nijya hana katsuo as toppings. Sprinkle with the green onions.



straw and firewood, smoking and firing to dry out moisture as quickly as possible. After the baikan method was developed, mold was added to the process as another improvement. Today, many of these manufacturing processes are automated, but making katsuobushi is still a very tedious process.

## Nutritional Value

Katsuobushi is highly rich in nutrients. It provides the building blocks for our muscles, blood, and bones, furnishing essential protein and other nutrients such as phosphorus, potassium, and vitamin D. It also prevents lipid peroxidation, contains vitamins that prevent hardening of blood vessels, as well as calcium and minerals, which may be lacking in one's diet. As a healthy and nutrient-dense food, katsuobushi is suitable for everyone.

## The Katsuobushi-Making Process

The process of making katsuobushi takes an immense amount of time and labor. First, since bonito is frozen after being caught, it takes one full day to defrost the fish and cut it into pieces. One bonito is cut into four fillets, first into left and right halves, then into lateral halves (the back and belly).

The fillets are slowly simmered, then the bones removed, after which drying via hot air and smoking begins. After a full day of smoking, the fire is extinguished so that the heat can escape overnight. This process is repeated multiple times over a period of approximately two weeks; finally the fillets become a product called arabushi. At this stage, the fillet is less than one-fifth of its original weight, which shows just how much the umami and nutrients have been condensed. Katsuobushi is truly the culmination of the long hours and dedication of skilled artisans.

## What is Hana Katsuo?

Dried bonito flakes are called by various names such as katsuobushi and kezuribushi, but hana katsuo refers to arabushi that has been shaved into thin but large pieces. Used mostly to create dashi stock, it can also be used as a topping or to make tsukudani (a side dish simmered in soy sauce and sugar).

## Nijiya Hana Katsuo

Nijiya's Hana Katsuo is made by a manufacturer in Kagoshima Prefecture, the center of Japan's katsuobushi production. The Hana Katsuo factory is located in Makurazaki, a city famous for katsuobushi even within Kagoshima, and the shaving factory is in the city of Kagoshima. This manufacturer is one of a few that oversee the entire process of making katsuobushi.

The bonito used for katsuobushi comes from Indonesia. The island of Sulawesi in Indonesia has long been famous for its bonito fishing. The bonito caught there have less fat, making them very suitable for making katsuobushi. Once caught, the fresh bonito are actually made into katsuobushi in their factory in Indonesia. Then the katsuobushi are brought to the shaving factory in Kagoshima Prefecture, where they finally become hana katsuo. It goes without saying that this katsuobushi is of the same high quality as those produced in Japan, with delicious taste and consistent quality; in fact, the same product is already widely available and used within Japan.

Nijiya's Hana Katsuo is special in that it has good hana tachi, which refers to how the feather-light dried flakes seem to "flower" open even after you have crushed them in your fist. Use an ample amount as a topping for your dishes and enjoy both the flavor and wonderful aroma.



Avocado Salad

### INGREDIENTS (serves 2):

- 3 Tbsp finely chopped green onion
- 1 clove finely chopped garlic
- 1 tsp grated ginger
- 1-½ Tbsp soy sauce
- 2 Tbsp vinegar
- 1 Tbsp sugar
- 1 Tbsp water
- 2 tsp sesame oil
- 1 tsp sake
- 1 avocado
- Nijiya Hana Katsuo, as desired

### DIRECTIONS

1. Mix together all the ingredients for the sauce.
2. Remove the pit and skin of the avocado and slice to your desired size.
3. Pour the sauce over the avocado and top it with plenty of Nijiya hana katsuo.



Hana Katsuo-Ginger Furikake (Savory Seasoning for Rice)

### INGREDIENTS (serves 2-3):

- 5.3 oz (150g) ginger
- 0.2 oz (~5g) Nijiya Hana Katsuo
- 1 Tbsp white roasted sesame seeds
- 2 Tbsp vegetable oil
- <Seasoning>
- 3 Tbsp soy sauce
- 1 Tbsp mirin
- 1 Tbsp cooking sake
- 1 Tbsp sugar

### DIRECTIONS

1. Peel and finely chop ginger.
2. Coat a frying pan with vegetable oil, then cook the ginger at low heat.
3. Raise to medium heat once you can smell the ginger. Add the Nijiya hana katsuo, white roasted sesame seeds, and all the seasonings, then mix well.
4. Remove from heat once all the moisture is gone.



## NIJYA Dried Fruit Series

Dried fruits are fruits that have been dehydrated for long term preservation. Many fruits contain vitamins, minerals, dietary fiber, and antioxidants. These nutrients become more concentrated when dried and easier to obtain in support of health and beauty. Our dried fruits are very popular because they are packed with nutrients but still healthy as a snack. Another advantage is their long shelf life, which allows you to enjoy these fruits regardless of the season. While dried fruits do contain calories, they also have a significant amount of dietary fiber, which helps one feel full faster. Enjoy these dried fruits as a snack to give yourself a boost of beauty-enhancing nutrients or to supplement the other vitamins and minerals in your regular diet.



Nijiya Dried Fruits come in a petite package and provide you with just the right amount to enjoy.

All of our dried fruits are made with organic fruit, making them safe as a snack for kids as well.

We offer four types: ginger, apricot, mango, and pineapple. Each of these fruits is, of course, delicious fresh, but drying condenses their natural sweetness and nutrients, making them a healthy and delicious choice for people of all ages. You can enjoy these on their own as a snack, or as a topping on yogurt and cereal.

### Pineapple-Cream Cheese Muffins

#### INGREDIENTS

(serves 6)

- 5.3 oz (150g) pancake mix
- 1 egg
- 2.5 fl oz (70ml) milk
- 1.5 oz (40g) sugar
- 2 oz (50g) butter
- 1 oz (25g) dried pineapple
- 2 oz (50g) cream cheese

#### DIRECTIONS

1. Cut the cream cheese and dried pineapple into 1/3 inch cubes and separate.
2. Beat the egg in a bowl, then add all the ingredients except the cream cheese.
3. Evenly pour the mixture from step 2 into a muffin tin. Top each muffin with the cream cheese. Bake for 20 minutes in a preheated 180°F oven.



## Greek Yogurt with Dried Mango

### INGREDIENTS

(serves 2)

- 9 oz (250g) plain yogurt
- 1.4 oz (40g) dried mango

### DIRECTIONS

1. Cut the dried mango into  $\frac{1}{3}$  inch cubes, then mix with the plain yogurt. Refrigerate overnight.



## Honey Soaked Dried Ginger

### INGREDIENTS

(convenient portion)

- 3.2 oz (90g) honey
- 1.4 oz (40g) dried ginger

### DIRECTIONS

1. Soak the dried ginger in a small jar with the honey.



## Apricot-Rum Ice Cream

### INGREDIENTS

(serves 4)

- 8 oz (200g) ice cream
- 1.4 oz (40g) dried apricot
- 0.7 oz (20g) rum

### DIRECTIONS

1. Combine the dried apricot and the rum and refrigerate overnight.
2. Mix into your preferred ice cream or use as a topping.





# NIJYA Salad Chicken

Nijiya Brand

A customer favorite since its release, our salad chicken is made from chicken breast steamed at low temperature for a tender finish. High in protein and low in calories, featuring ready-to-eat convenience, our salad chicken is popular both as a healthy snack and a weight loss food. We also want to bring your attention to its perfect seasoning. It has a mild saltiness that never overpowers. The secret to this delicious flavor lies in the use of Okinawan natural salt, hand-made by traditional open-pan boiling methods using firewood. This creates the mellow flavor that gets one hooked! The slow cooking at low temperatures ensures that the meat comes out juicy and tender.

You can enjoy the salad chicken as-is, or incorporate it effortlessly into your cooking with easy-to-follow recipes.



## Salad Chicken with Korokoro Sesame Sauce Salad



### INGREDIENTS

(serves 4)

- 1 package (about 8 oz) Nijiya Salad chicken
- 2 Tomatoes
- 1 Cucumber
- 3.5 oz (100g) Cheese of your choice
- 2 oz (60g) Salad leaf mix
- 3 Tbsp Nijiya Goma dare (sesame sauce)

### DIRECTIONS

1. Dice salad chicken, tomato, cucumber and cheese into 0.6 inch (1.5 cm) pieces.
2. Mix 1 and Nijiya Goma dare in a bowl.
3. Spread salad leaf mix on a bowl and arrange 2 on top.



# HAVE A LEGENDARY SUMMER



一番搾り

THE BEER OF LEGENDS



# KOJI



A variety of fermented foods such as sake, soy sauce, and miso have been supporting the diets of Japanese people since ancient times. An essential ingredient in these fermented foods is the edible fungus called koji (*Aspergillus oryzae*). Shio-Koji, made with salt, Shoyu-Koji, made with soy sauce, and Genmai-Koji, made with brown rice, are all handmade by Nijiya. Shio-Koji is made with Kome-Koji (rice malt) that develops naturally from koji on steamed rice. We do not use any unnecessary ingredients. The result is a safe and secure all-purpose seasoning.

Koji is good for beauty and health and contains the nine essential amino acids. It promotes the following benefits:

1: Relieves Fatigue (through vitamin B6)

- 2: Reduces Stress (through amino acids such as GABA)
- 3: Resolves Constipation (through lactic acid bacteria)
- 4: Slows Aging (through antioxidants)
- 5: Achieves the Fair Skin Effect (through antioxidants and improvements to intestinal flora)

Koji is not only good for your body, it tastes good, too. It is said that products using koji enhance the immune system and help remove allergens. That is why we recommend eating Koji every day even if only in small quantities.

Cooking with koji makes foods last longer without preservatives. The addition of koji in recipes creates a richer taste. Koji can be used with any cuisine as an all-purpose seasoning.



Stuffed Lotus Root

**INGREDIENTS (for 8 Pieces)**

- 8.5 oz (250g) Lotus root boiled in water
- 5.4 oz (160g) Minced pork
- ½ medium Onion
- 0.8 oz (25g) Shiitake mushrooms
- 1 clove Garlic
- 1 knob Ginger
- 6 Oba
- 2 tsp Shoyu Koji
- 2 tsp Potato starch
- Salt, Pepper, as needed
- Flour, as needed
- 1 Tbsp Sesame oil
- Chili soy sauce, as needed

**DIRECTIONS:**

1. Cut lotus root into 16 0.3inch (7mm) slices. Separate the oba stems and set aside the leaves. Chop the stems. Finely chop all the other vegetables.
2. Put minced meat, chopped vegetables, shoyu koji, and potato starch in a bowl and knead well. Divide into 8 equal parts.
3. Roll the meat against one lotus root and press it tightly with the other lotus root. Make 8 of these.
4. Lightly sprinkle salt, pepper, and flour on both sides of each stuffed lotus root. Heat sesame oil in a pan over medium heat. Place the stuffed lotus roots in the pan. Cook one side then flip to cook the other side. Add a little water, cover, and let steam.
5. Serve in a bowl and garnish with oba leaves. Serve with chili soy sauce.



Celery and Shio Koji Peperoncino

**INGREDIENTS (Serves 2)**

- 5.6 oz (160g) Spaghetti
- 2 stalks of Celery
- 1 clove Garlic
- 1 Chili pepper (without seeds)
- 2 Tbsp Olive oil
- 1 tsp Shio Koji
- Black pepper, to taste

**DIRECTIONS:**

1. Cut celery into 0.08 inch (2 mm) slices and chop the garlic.
2. Boil plenty of water in a pot, add salt and start boiling celery and spaghetti.
3. Put olive oil, garlic, and chili peppers in a separate pan and heat over low heat.
4. When you can smell the spices, add salt and pepper.
5. Mix the cooked spaghetti and celery with the sauce from step 4 and add shio koji to taste. Finally, sprinkle with black pepper.





Shio Koji mayo potato salad

**INGREDIENTS (Serves 4)**

- 1 Potato
- 10 florets of Broccoli
- 2 boiled Eggs

[Sauce]

- 2 Tbsp Mayonnaise
- 1 Tbsp Shio Koji
- ½ Tbsp whole-grain Mustard

**DIRECTIONS:**

1. Peel the potato and cut into bite-sized pieces. Boil until soft. Drain the water, keeping the potatoes in the pot. Cook over high until the remaining moisture evaporates.
2. Before the potato cools, mix the sauce ingredients together and blend half of it with the potato.
3. Cut the broccoli into easy-to-eat pieces and boil. Put the broccoli into a strainer and let it cool under some running water, then dry.
4. Separate the egg whites and the yolk from the boiled eggs (boiled in medium heat for 12-13 minutes). Mix the remaining half of the sauce, broccoli and egg whites (torn into small pieces) with potato from Step 1.
5. Serve in a bowl and sprinkle the boiled egg yolk on top.



Genmai Shio Koji Carrot Râpées

**INGREDIENTS (Serves 4)**

- 8.8 oz (250g) Carrots
- 0.7 oz (20g) dried Cranberries
- 1 Tbsp Pine nuts
- ½ clove of Garlic
- 1 Tbsp Genmai Shio Koji
- 1 Tbsp Olive oil
- 1 Tbsp chopped Parsley

**DIRECTIONS:**

1. Julienne the carrots. Cover with genmai shio koji and let rest for a few minutes. Lightly wipe away the liquid that emerges.
2. Grate the garlic, and mix everything with the carrots.



Salad Chicken and bean sprouts with Shoyu Koji

**INGREDIENTS (Serves 4)**

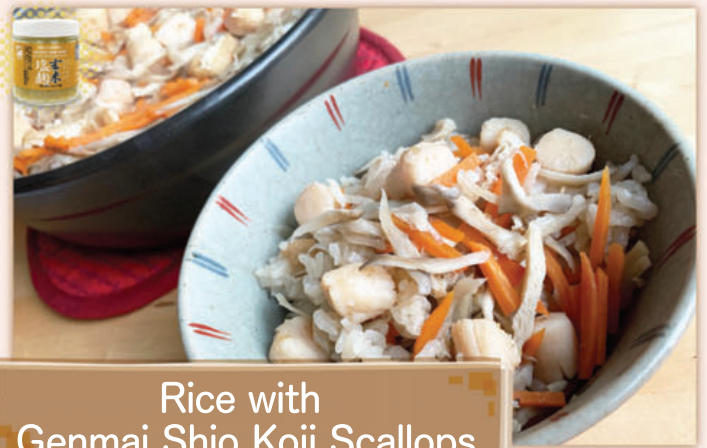
- 1 pack Nijiya Salad Chicken (about 8 oz)
- 1 pack Bean sprouts (about 8 oz)
- 1 Cucumber

[Sauce]

- 2 Tbsp Shoyu Koji
- 2 Tbsp Vinegar
- 2 Tbsp Sesame oil
- 1 Tbsp Mirin
- 1 Tbsp White sesame seeds
- Chili pepper, to taste

**DIRECTIONS:**

1. Heat the bean sprouts in the microwave for 3 minutes (600W) and squeeze out the water. Julienne the cucumber and lightly sprinkle with salt. Squeeze out the water. Cut the salad chicken and divide it into easy-to-eat portions.
2. Mix the [sauce] ingredients in a bowl. Add and mix in the ingredients from step 1.
3. Serve in a bowl and top with chili pepper thread (or sliced chili peppers) as desired.



Rice with Genmai Shio Koji Scallops

**INGREDIENTS (Serves 4)**

- 7.8 oz (220g) Scallops
- 1Tbsp Genmai Shio Koji
- 16 oz (450g, [3 gou]) Rice
- 1.8 oz (50g) Burdock root
- 1.8 oz (50g) Maitake mushrooms
- 1.8 oz (50g) Carrots
- 1 (0.5 oz) Abura-age (deep-fried bean curd)

[Seasoning]

- 2 Tbsp Soy sauce
- 1 Tbsp Mirin
- 1 tsp Genmai Shio Koji
- 16.6 oz (490 ml) Water

**DIRECTIONS:**

1. Cover the scallops with 1tbsp of genmai shio koji, and refrigerate overnight.
2. Wash the rice and soak for 20 minutes. Rinse out the water. Cut the burdock, maitake, carrot, and the aburage into thin slices.
3. Put all the ingredients in the rice cooker and cook according to the directions for plain rice.



# NIJYA Ponzu (Citrus Seasoned Sauce)

## Our Special Ponzu with Four Types of Citrus

We have carefully selected four types of citrus grown in Japan--sudachi, yukou, yuzu, and mikan (tangerine)--and blended their juices to create the perfect balance. Mikan in particular has a fruity sweetness and mild tartness. All of these different citrus juices harmonize to produce the finest flavor and aroma. We also use souda bonito, an uncommon ingredient in ponzu, and Rishiri kombu (seaweed) to give a strong umami boost. Nijya Ponzu is of course free of chemical additives, artificial coloring, and preservatives; we are sure you can taste the quality of this premium Nijya Ponzu.

## Lemon and Sudachi Ponzu

Sudachi has a refreshing taste and is often used in Japanese cuisine to highlight other flavors. Lemon, as everyone knows, is a popular citrus with an invigorating scent and tartness, used in both wellness and beauty care. By blending these two types of citrus, we have achieved a balance of bright flavor and aroma with just the right amount of acidity, which is sure to bring out the flavors in not only Japanese dishes, but all types of cuisine. This ponzu is of course free of chemical additives, artificial coloring, and preservatives.



4 Premium Japanese Citrus Ponzu

Lemon and Sudachi Ponzu

## Summer Vegetables with Ponzu Jelly Sauce



### INGREDIENTS: (serves 3)

- 3 large or 5 medium sized shrimp
- 10 okra pods
- approximately 80 edamame (may be frozen)
- ½ bell pepper of your choice
- 6 cherry tomatoes
- 1.7 fl oz (50ml) Nijya Ponzu (citrus seasoned sauce)
- 6.8 fl oz (200ml) water
- 0.3 oz (5g) gelatin
- ½ tsp Yuzu Koshō (Japanese citrus chili paste)

### DIRECTIONS:

1. Boil the water, then add the ponzu, yuzu koshō, and gelatin. Once the gelatin has melted, pour the mixture into a baking tray and refrigerate. When it has cooled and hardened, crush into small pieces using a spoon.
2. Peel the shrimp leaving the tails on. Boil the shrimp. Boil the edamame and remove them from their pods. Boil the okra in lightly salted water for about 2 minutes. Cool in cold water, then slice into bite-size pieces.
3. Cut the bell peppers and the tomatoes into bite-size pieces.
4. Transfer the ponzu jelly sauce created in step 1 into a bowl, then plate the rest of the ingredients. You may also plate in individual serving dishes.



# NIJYA Curry Flakes

*Nijiya Curry Flakes blends 18 spices and 4 fruit juices, creating a delicious homemade style curry that makes every dish enjoyable to eat.*

Our medium spicy curry flakes are made from all natural ingredients and do not contain chemical seasonings, additives, preservatives, or meat. We have selected specialty ingredients, such as Hokkaido wheat flour, Tanegashima sugar, Japanese apples, and organic cocoa.

**18 spices:** Coriander, turmeric, citrus peel, cumin, fennel, chili, cinnamon, allspice, nutmeg, black pepper, clove, ginger, garlic, fenugreek seed, star anise, cardamom, licorice, bay leaf

**4 fruit juices:** Apple, pineapple, mango, papaya

Each ingredient and spice is carefully selected, and children will love the sweetness from the blend of fruit juices.

These easy-to-use flakes dissolve quickly and can be used as seasoning in a variety of dishes, such as for stir-frying, karaage, croquettes, and pasta.

Please enjoy the gentle taste and fragrance of Nijiya Curry Flakes, created over time.



## Shrimp Coconut Curry Udon



### INGREDIENTS

(Serves 2)

7 oz (200g) inaniwa udon  
7 oz (200g) frozen shrimp (small)  
2.5 oz (70g) cilantro  
0.7 oz (20g) green onion  
1 tsp sesame oil

[Soup]

10 fl oz (300ml) water  
6.8 fl oz (200ml) coconut milk  
5 Tbsp Nijiya Curry Flakes  
1 tsp Nijiya Chinese Soup Base  
2 tsp fish sauce (nanpula)

### DIRECTIONS

1. Chop the cilantro and the green onions into small pieces.
2. Put the ingredients for [soup] into a pot and bring to a boil, then add the frozen shrimp and bring to a boil again. Remove from heat.
3. Cook the Inaniwa udon noodles according to package directions and drain. Toss with sesame oil, and place in a bowl. Add the soup. Top with the cilantro and green onions.



## NIJIYA Organic Shio Lemon (preserved Salted Lemon)

Salted lemon, an all-purpose seasoning, has experienced a boom in Japan. Characterized by a hint of bitterness and the refreshing sourness of lemon, Nijiya's original salted lemon will significantly expand your cooking repertoire.



Salted lemon is commonly used in places such as North Africa and Morocco. Lemons marinated and fermented in salt remove the odor from meat and fish but amplify the natural flavors of meats, fish, and vegetables. It spices up your dishes to promote harmonious flavors. Salted lemon is now loved and used by people around the world.

Originally, the whole lemon was seasoned with salt for a long time and the extract was then used for cooking. However, our original salted lemon is in a paste form made from pickled whole lemon, so customers can enjoy the flavor of the peel. It's also easy to use in cooking.

You might be concerned about pesticides, since the

whole lemon is used. However, there's no need to worry about pesticide residue because Nijiya's lemon is organic! We also use mineral-rich natural sea salt, which lends a mild saltiness.

Although salted lemon goes well with any food, we especially recommend salted lemon sautéed chicken. The meat is plump and soft after being marinated in salted lemon. The acidity mellows during the cooking process, so even those who don't ordinarily favor lemon can enjoy this dish. No other seasoning is needed if salted lemon is used. It can even be used in salads and desserts. It really is an all-purpose seasoning!

### One-Bite Shio Lemon Cake Salé

#### INGREDIENTS (For 1 square 7inch (18cm) baking pan)

- 2.8 oz (80g) Zucchini
- 2.8 oz (80g) Red Bell Pepper
- 2.8 oz (80g) Yellow Bell Pepper
- 1 oz (30g) Onion
- 2 slices of Ham
- 1 tsp Olive Oil
- Salt and Pepper, as needed
- 2 Eggs
- 3.4 fl oz (100ml) Milk
- 6 Tbsp Vegetable Oil
- 2 tsp Nijiya Shio Lemon
- 3.5 oz (100g) Cake Flour
- 0.2 oz (5g) Baking Powder

#### DIRECTIONS

1. Preheat the oven to 390°F (200°C). Sift the flour and baking powder together.
2. Cut all vegetables and ham into 0.4 inch (1 cm) squares. Cook them in a frying pan with olive oil, salt, and pepper. Remove onto a plate.
3. Put eggs, milk, Shio lemon, and vegetable oil in a bowl and mix well. Add the cooked vegetables from step 2, ham, cake flour, and baking powder, and mix well.
4. Spread parchment paper on the cake pan, pour in the mixture, and bake for 40 minutes. Let cool a little and then cut into bite-sized pieces.







## Marinated Shrimp with Shio Lemon & Herbs

### INGREDIENTS (serves 2)

- 4 Large Shrimp
- 1 tsp Nijiya Shio Lemon
- 1 clove Garlic
- Thyme, Chives, Basil, as needed
- 1 Tbsp Olive Oil
- 1 Tbsp White Wine
- Salt and Pepper, as needed

### DIRECTIONS

1. Cut the shells along the back of the shrimp with kitchen scissors and discard. Mince the garlic and herbs.
2. Put all the ingredients in a Ziploc bag, seal tightly, and rub it from the outside to marinate the shrimp. Refrigerate for at least 30 minutes.
3. Pour the contents of the bag into a pan over medium heat. Cover, and steam the shrimp. When one side of the shrimp turns red, remove the lid, turn the shrimp and cook the other side.
4. Spread parchment paper on the cake pan, pour in the mixture, and bake for 40 minutes. Let cool a little and then cut into bite-sized pieces.

## Octopus and Lettuce Shio Lemon Pepperoncino

### INGREDIENTS (serves 2)

- 7 oz (200g) Spaghetti
- 7 oz (200g) Cabbage
- 3.5 oz (100g) Octopus
- 2 cloves Garlic
- Chili Pepper, as needed
- 2 Tbsp Olive Oil (divided)
- 2 tsp Nijiya Shio Lemon
- Salt and Pepper, to taste

### DIRECTIONS

1. Boil salted water in a pot, add the pasta. Cook the pasta one minute less than what is recommended on the package.
2. Cut the octopus into bite-sized rings, shred the cabbage, and chop the garlic. Add the cabbage to the boiling pasta one minute before the pasta is ready.
3. Put 1Tbsp of olive oil and the garlic in the pan over low heat. When you start to smell the garlic, add the chili and octopus and sauté. Add the cooked pasta with cabbage.
4. Mix in the other 1Tbsp of olive oil, Shio Lemon, and salt and pepper.



## Shio Lemon Somen

### INGREDIENTS (serves 2)

- 2-3 bunches of Somen
- 1 Lemon

### [Dipping Sauce]

- 6 Tbsp Hot Water
- ½ tsp Nijiya Wafu Dashi
- 1 Tbsp Soy Sauce
- 2 tsp Nampula
- 1-½ tsp Nijiya Shio Lemon

### [Toppings]

Green Onions, Cilantro, as needed

### DIRECTIONS

1. Prepare the dipping sauce. Mix together the dashi and hot water, then add the rest of the dipping sauce ingredients. Mix together, and let cool.
2. Cook the noodles according to package instructions, then rinse with water. Place them in a bowl with ice water, add sliced lemon, and enjoy with green onions and/or cilantro. We recommend serving the noodles with chili oil as well.

\*If the dipping sauce is thicker than you like, add water to dilute to the desired consistency.

## Shio Lemon Garlic Chicken Sauté

### INGREDIENTS (serves 2)

- 9.2 oz (260g) Chicken Breast (about 2 fillets)
- 2 tsp Nijiya Shio Lemon
- 1 clove Garlic
- 1 Tbsp Olive Oil
- 1 Tbsp White Wine

### DIRECTIONS

1. Remove the skin from the chicken and poke several holes in it with a fork. Sprinkle each fillet with 1 tsp of Shio lemon, cover with plastic wrap, and refrigerate overnight.
2. Cook pounded and crushed garlic with olive oil on low heat until you can smell the garlic aroma. This makes garlic oil.
3. Remove the garlic from the pan and turn up the heat to medium. Cook chicken until golden brown on one side, flip, add white wine, cover, and cook until golden brown on the other side. When all the liquid has been absorbed, the chicken is done. Enjoy with your choice of vegetables.





## NIJIYA Unagi (Eel) Sauce

Unagi sauce brings to mind its use as a delicious marinade, basting sauce, or finishing sauce for unagi, but this versatile sauce can actually be used outside of unagi season for other types of dishes.

Nijiya Unagi Sauce is formulated with moderate sweetness in order to bring out the natural flavor of unagi. The base notes of umami from kombu seaweed balance perfectly with the richness and sweetness of traditionally brewed soy sauce. Even better, our Unagi Sauce is free of chemical additives, preservatives, and artificial coloring. With its thin consistency, it is easy to use in various recipes, from stir fry to teriyaki. You can also use it to flavor rice bowls, meats, and vegetables--it really is an all-purpose sauce! We are sure the whole family will appreciate its versatility and taste.



## Easy Konjac Steak



### INGREDIENTS: (serves 1-2)

½ of a Nijiya Konjac (approximately 8.8 oz)  
2 Tbsp Nijiya Unagi (eel) Sauce  
1 Tbsp white sesame seeds  
vegetable oil, as needed  
green onion or oba (perilla), as desired  
a dash of shichi-mi tōgarashi

### DIRECTIONS:

1. Score the konjac on both sides using a knife, then cut into 1-inch cubes.
2. Heat the vegetable oil in a pan, then add the konjac pieces and cook on both sides.
3. Once the konjac is cooked, add the unagi sauce and white sesame seeds. When the sauce thickens, remove from heat.
4. Top with green onion or oba to add color to the dish.





HAKITSURU SAKE SINCE 1743

Pronounced ooh-kee-yoh-eh. This collection was created in Kobe, Japan.

# UKIYO-E



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**Premium Sake Collection**  
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# NIJIYA Kombu

## Nijiya Brand

Nijiya's Kombu is a versatile kelp from Hidaka, Hokkaido Japan. It's soft and easy to boil, so it's also ideal for cooking. You can make rich and delicious soup stock.

Kombu is an ingredient that is said to have great effects on health and beauty. It contains a lot of vitamins and minerals, plenty of calcium and dietary fiber! It also excels in keeping hair and nails beautiful.

Nijiya's Hidaka kombu comes in two sizes: long size and cut. The long size is ideal for kombu rolls. And you can cut it to your favorite size and use it as you like. The cut-sized kombu is easy to use, so it is convenient to put it in a pan without cutting it. The deliciousness of the kombu does not change.



Hidaka Kiridashi Kombu Seaweed



Hidaka Kombu Seaweed

## Pork-Kombu Wrap



### INGREDIENTS (easy to make)

- 4.7 inch (12 cm) pieces of Nijiya Hidaka Kombu
- 6.3 oz (180 g) thinly sliced pork
- 3 Tbsp each of sake, soy sauce, mirin
- flour, as needed

### DIRECTIONS

1. Put thin slices of pork on kelp (Hidaka kombu) that has been immersed in water. Wrap the pork with the slices of kelp to create 4 rolls. (Do not discard the water.)
2. Seal the end of each roll with water-soluble flour.
3. Put soy sauce, sake, mirin and kelp water in a pot. Put the kelp rolls in the pot, end side down.
4. Cover the pot with parchment paper or aluminum foil, and steam over low heat. When the broth is reduced to about one half, remove from heat and cool at room temperature.
5. Cut the rolls into bite-sized pieces and arrange them in a bowl.



## NIJYA Mentsuyu (Noodle Soup Base)

Nijya's exclusive mentsuyu is packed with the condensed umami of kombu seaweed and dried bonito, imparting a rich flavor to the soup base. It contains no chemical additives, artificial coloring, or preservatives, making this mentsuyu safe for the whole family. Because the mentsuyu comes in concentrated form, it has a long shelf life, which means great value for you. We are sure that you will find Nijya Mentsuyu useful for all types of noodle dishes.

At Nijya, we have high standards for the safety and flavor of our ingredients. Our mentsuyu's umami comes from dried souda bonito and Rishiri kombu (seaweed).

Dried souda bonito contains more taurine and vitamin D than regular dried bonito, and the stock made from soudabushi (dried souda bonito flakes) has a rich, deep umami flavor. It is often used in the soup for soba (buckwheat) noodles.

Meanwhile, Rishiri kombu is known for its fragrant and pure, clear stock. Rich in umami and with a delicate flavor, it is often combined with dried bonito to make stock since it allows the flavor of dried bonito to shine through.

Incorporating these two harmonious ingredients has elevated the flavor of our mentsuyu, making it perfect not only for noodle dishes but for other recipes as well. Use it in dashimaki tamago (Japanese-style rolled omelet), Japanese-style pasta, takikomi gohan (seasoned rice), or as a secret ingredient in your curry. We are sure this versatile mentsuyu will expand your cooking repertoire and be a powerful ally in your kitchen.



## Avocado-Tuna Wafū (Japanese-Style) Pasta



### INGREDIENTS: (Serves 2)

5.6 oz (160g) pasta of your choice  
shredded nori (dried seaweed), as desired  
wasabi of your choice, as desired

### [Sauce]

½ avocado (cut into ⅓ inch cubes)  
½ can (2.5 oz) drained tuna  
3 mushrooms (sliced)  
1-½ Tbsp Nijya Mentsuyu (noodle soup base)  
1 Tbsp mayonnaise  
1.7 fl oz (50 ml) milk or soy milk

### DIRECTIONS:

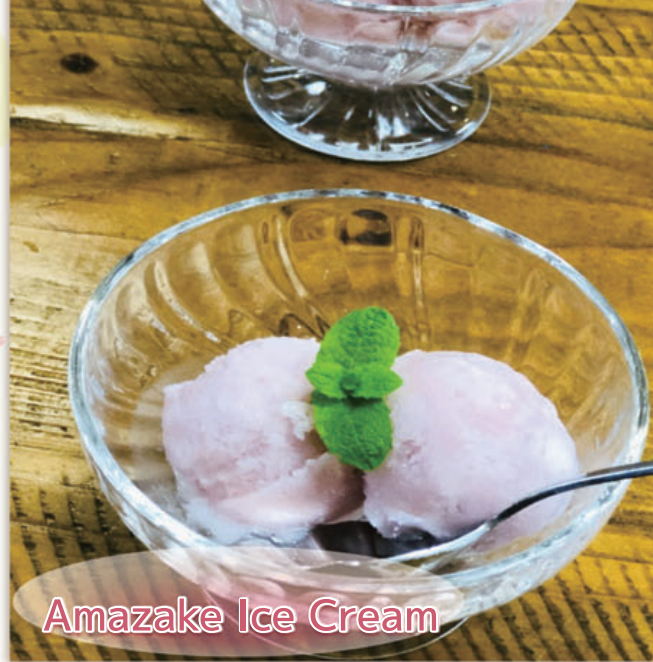
1. Put all the ingredients for the sauce in a bowl and mix well.
2. Boil the pasta according to package directions.
3. Drain the pasta, then add to the sauce from step 1.
4. Plate and sprinkle shredded nori on top.  
\* This dish goes well with wasabi! Please give it a try.



# Amazake Refreshments

Nijiya Amazake is available in three varieties: Original, Satsuma-imo, and purple sweet potato. All three are made with carefully selected ingredients and can be enjoyed all year round. They can be conveniently stored in the refrigerator and are ready to drink as is.

The sweetness of amazake comes from natural fermentation. It does not contain alcohol or sugar, so children can also drink amazake. Here we will introduce you to treats made with amazake.



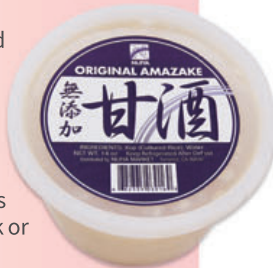
Amazake Ice Cream

## Original Amazake

Nijiya original amazake is made with simple ingredients.

Since the koji is alive, it is frozen and stored after production for quality control.

Please consume within a week after thawing. You can easily enjoy delicious amazake warm or cold. You can enjoy various arrangements such as with ginger, yogurt, soy milk or with your favorite fruit.



## Sweet Potato Cold Amazake

Nijiya's original healthy amazake uses sweet potatoes. No sugar or alcohol was used, and the natural sweetness created by the sweet potato and rice malt was used to create a delicious finish. You can enjoy it as it is, dilute it with water or sparkling water, add ginger or yogurt.

## Purple Sweet Potato Cold Amazake

The rare purple sweet potato amazake is unique to Nijiya. It is cool and you can add it to your ice cream, yogurt, and whipped cream to enhance the beauty of color and taste. It is also delicious when warmed and can be used as an ingredient for soup.



## Ingredients (serves 6)

- 1 cup Nijiya Purple Sweet Potato Amazake
- 2 Tbsp Rice Flour for bread
- 2 Tbsp Sugar
- a pinch of salt
- 3.4 fl oz (100ml) and 1.7 fl oz (50ml) Milk of your choice
- 1 tsp Lemon Juice



## Directions:

Preheat oven to 350°F.

1. In a small pot, add the rice flour, sugar, amazake, 3.4 fl oz (100ml) of the milk, and a pinch of salt. Mix well.



2. Place over medium heat, and stir continuously until the mixture starts to boil. Let simmer for about 2 minutes and remove from heat. Add the lemon juice; the mixture should turn pink!



3. Add the rest of the milk 1.7 fl oz (50ml) and stir.

4. Pour into a container, and freeze.





## ● Broccoli with Cheese

Broccoli and cheese go well together. Instead of broccoli, you can use any vegetable such as yam, eggplant, tomato, zucchini or mushrooms.



<Ingredients (serves 2)>

- 7 oz (200 g) broccoli
- 2.5 oz (70 g) cheese
- 3 Tbsp sesame dressing
- 3 Tbsp Nijiya soy milk

<Directions>

1. Separate the broccoli and cut the stems into bite-sized pieces.
2. Place in a microwave safe container, pour 1 Tbsp of water over the broccoli, wrap lightly in plastic wrap, and microwave for 1 minute and 30 seconds.
3. Mix sesame dressing and soy milk.
4. Place 2 and 3 in a baking dish, top with cheese and heat in the oven (380°F) for 5 to 6 minutes. When cheese is melted, it is ready to serve.



**Lisa Baker**

I live in Las Vegas and enjoy reading the Gochiso magazine. I like to exercise, so swimming in the pool is my daily routine. I try to eat healthy, especially vegetables, and I love Japanese food, especially sushi! I would like to visit Japan.

Thank you for reading Gochiso Magazine.  
We hope you enjoy reading about Japanese cuisine.

**If you have a favorite recipe, please let us know!**

Please send us a picture of what you made to  
**[gochiso@nijiya.com](mailto:gochiso@nijiya.com)**



We will share your picture on social media for a chance to win cool prizes!  
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Nick Sakagami is the only person outside of Japan to earn the designation osakana meister, or fish master. In this book he shares his vast knowledge of all things sushi, including sourcing, evaluating, and preparing fish, plus delicious recipes for sushi, soups, vegetable dishes, and more, that are perfect for the home cook.

When sending in your entries, please include the following:

- Name • E-mail
- What do you like/dislike about the magazine/Favorite or least favorite article
- Any requests you may have regarding the products at our store
- Other questions or comments.

Please send it in by September 30th, 2023.

*We hope to see you at Nijiya Market soon!*



# NIJYA Nijiya's Sushi & Bento

## Delicious, Healthy, and Fresh! Nijiya's Original Sushi Series

At Nijiya, you can always find a wide selection of everyone's favorite fresh sushi. Nijiya is also one of the few places that offers brown rice sushi, which is popular and known for being especially healthy. We recommend the Vegetable roll and the *Natto* roll for vegetarians. The Spicy Tuna roll and *Sukeroku* (*Inari* and *Futomaki* set) are also always popular choices. In each dish, the sushi vinegar is mixed with the distinctive sweet flavoring of brown rice and draws together different ingredients for an exquisitely smooth and mellow flavoring. Furthermore, the unique texture of brown rice is unlike any other ingredient, and adds an irresistible quality to sushi. Try it once, and we are sure you will become addicted! It's so popular that many of our customers have become regulars, and some even make special orders.

Our standard selections also have a great reputation for being unique, original, and made with the freshest ingredients. Customers say that they always enjoy picking and choosing from the wide variety of options.

Rolls are made with ingredients such as tuna, shrimp, salmon, and avocado, and standard selections include California Spicy Roll with *Masago*, Spicy Tuna Roll, Shrimp Tempura Roll, and Salmon Avocado roll. Out of the *nigiri sushi* selections, the standard Tuna, Salmon, and *Hamachi* (yellowtail tuna) are everyone's favorites.

*Chirashi* Sushi is becoming increasingly popular as well because a wide variety of toppings can be enjoyed all at once. From Diamond Chirashi, to *Kaisen Chirashi*, each and every selection displays the vast and vivid

colors of the sea, which is beautiful, yet natural. The amazingly rich assortment of fresh seafood will stimulate your appetite not only with its high-quality taste but also with its aesthetic and alluring visual presentation.

Every season we change our menu according to the season's freshest, best tasting seafood and we offer exclusive and extravagant seasonal selections. It's a wonderful way to experience the Japanese culture and tradition of enjoying the natural blessings brought to us by the change of the seasons.

Each branch of Nijiya also provides a different assortment of sushi as well. If you're on a trip, or traveling afar, why not stop by other Nijiya locations to try out their original sushi selections!

BROWN RICE  
SPICY TUNA ROLL



KAISEN  
CHIRASHI



BROWN RICE VEGETABLE ROLL



SUKEROKU SUSHI



CALIFORNIA ROLL  
INSIDE OUT



SHRIMP TEMPURA ROLL



DIAMOND  
CHIRASHI



\*At participating stores only.

N I J I Y A



## Freshly Made Fresh Everyday! Great Tastes and Countless Choices! Nijiya's Bento Series Guarantees 120% Satisfaction!

From standard selections to those assorted with popular side dishes, you can't ever get enough of the extensive variety of Nijiya's *bentos*.

Items popular in America, such as Tempura and Teriyaki Chicken, are of course available; however you can also casually enjoy a wide variety of other popular and traditional Japanese cuisine including *Shake* (salmon) bento, *Nori* bento, *Tonkatsu* bento, and Grilled Fish bento. We offer a rich and voluminous Deluxe bento series, the Medium bento series, and countless varieties of the Rice bowl series. For those who prefer noodles, Spaghetti, *Yakisoba*, and Cold Noodles are also delicious choices; for spicy food lovers there's Curry, Spicy *Mabo Tofu* bowl, and Spicy Chicken Bowl; and for a light snack on-the-go,

pick up some rice balls such as Spam *musubi* and *Ten-musu*. Brown Rice bentos are most certainly recommended, as well as the Sushi and Noodle Combination bentos.

Japanese cuisine has built an incredible reputation for offering delicious, healthy, and gourmet selections that are truly one-of-a-kind. It has broadened and developed its expertise outside the realm of traditional Japanese dishes by incorporating dishes from countries in Asia, Europe, and America. Without changing the fundamental nature of such foreign dishes, the Japanese skillfully rearranged and developed the different tastes to incorporate them into their everyday diet. Just stop by and take a look at the line-up of bentos at any Nijiya store. You'll be amazed to

see the rich variety of choices that display the incredible pliability of Japanese cuisine. Even more than the irresistible tastes and flavors of each dish, the wide variety of choices may be the secret to the increasing popularity of Nijiya's bentos.

The countless numbers of bentos are handmade everyday through the hard work, devotion, and heartfelt care of Nijiya's staff. By providing delicious, healthy, and gourmet bentos, we wish to spread the wonderful qualities of Japanese cuisine to as many people as possible.

Come stop Nijiya today, and make sure to pick up our season's selections!



DX SALMON BENTO



COLD BUCKWHEAT NOODLE (OR UDON)  
& SUSHI



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CHICKEN TERIYAKI BOWL



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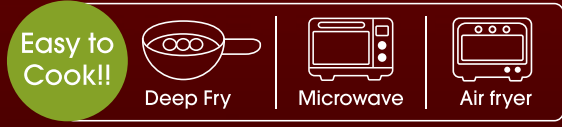


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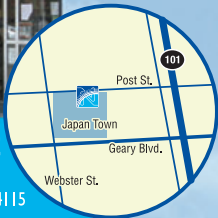




# NIJIYA MARKET

## Fresh produce and healthy groceries

NIJIYA MARKET specialize in gourmet Japanese ingredients, fresh fish (sashimi quality), ocean products, meats, organic produce, fruits and natural ingredients. Our kitchen is always preparing fresh sushi, sozai, and other prepared foods daily.



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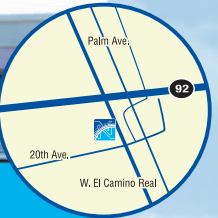
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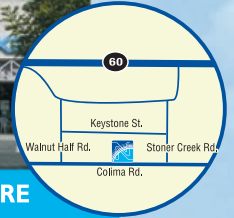
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