

Japan *I*food vol.1

This section introduces popular Japanese recipes. These popular recipes allow you to enjoy and make Japanese food the best way possible.

Information : Lion Oriental Foods Co.and Loi's Eastern Supermart

Japanese Recipes and Tips

New section in English

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Japanese Recipe -1

Buta no kakuni (Japanese Braised Pork Belly)

Tender pork belly and melting fat can suit any rice and noodles menu.



Ingredients (Serves 2)

- 360g pork belly
- 1 litre water
- 400cc red wine
- 3 slices of unpeeled ginger
- 20g sugar
- 3 tablespoons of **Soy Sauce**
- 1 teaspoon of **Mirin**
- 1 dried chilli
- 1/2 piece of slivered ginger
- 4 runner beans
- 2 teaspoons of mustard

Japanese food is simple, easy and healthy. You do not need so many ingredients and it is easy to cook and eat. I recommend Japanese food to people all the time.



Sandra Gwee

Sake Specialist /
Manager of Lion Oriental Foods Co.
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Method

1. Roast pork belly with low heat until golden brown to cut excess fat.
2. Take pork belly out and rinse with hot water, then place under cold tap water to harden surface.
3. Chop with a fine knife into 5 to 6 cm².
4. Put pork belly, sugar, sliced ginger, red wine into a pot and add water until it covers the pork belly. Then add one dried chilli.
5. Put a lid or aluminium foil over the pot and heat. When boiled, bring to a gentle simmer.
6. While cooking for over two hours, skim the broth occasionally to avoid it becoming cloudy.
7. Add hot water as the broth evaporates.
8. After two hours, add Soy Sauce and Mirin and continue to boil on low heat for one hour. Mirin will make the pork belly nice and glossy.
9. Skim a bit of the broth and boil it to make sauce.
10. Serve with slivered ginger, runner beans and mustard.



Japanese food has very strong influence in the world right now. Everywhere you go, you can find Japanese food easily.



Soy Sauce

In soy sauce, there are different types of soy sauce such as wheat and soybeans made organically, gluten-free, less salt and soy sauce used for Sushi and Sashimi.



Mirin

Mirin is a type of sweet sake used as seasoning when making Japanese food. There are also types that are alcohol free.



This Sake is suited to 'Buta no kakuni'

SAWAHIME Yamahai Junmai

"Pairing with this sake, goes perfect with pork drinking at room temperature or slightly chilled to bring the whole dish together. It is not over palate and cut fatness and oil well."