

# Japan *Food* vol.4

Hot Japanese food will surely keep you warm during the cold season in Perth, so be sure to try them all!

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

## Japanese Recipes and Tips

## English Section

Take me home!!!

### Japanese Recipe - 7

## Japanese Curry and Rice

One of the popular dishes in Japan and it is thicker and mild in flavor compared to Indian hot curry.



### Ingredients (Serves 2 ~ 3 persons)

- |                      |                                 |
|----------------------|---------------------------------|
| 100g Curry Sauce Mix | Steamed Rice for 3 ~ 4 Servings |
| 250g beef            | 1 teaspoon Worcestershire Sauce |
| 2 onions             | *option                         |
| 2 carrots            | 1 teaspoon soy sauce *option    |
| 3 potatoes           | 1 teaspoon tomato ketchup       |
| 3 Cups water         | *option                         |
| 1 teaspoon oil       |                                 |

### Method

1. Cut beef and vegetables into bite size pieces.
2. Heat oil and stir-fry beef and onions in oil in a large pot until onions are lightly browned.
3. Add carrots, potatoes or other vegetables.
4. Add water and bring to boil.
5. Reduce heat, cover and simmer until meat is tender.
6. Add Curry Sauce Mix into pieces and add them to the pot.
7. Add Worcestershire Sauce, soy sauce and tomato ketchup.
8. Stir until it is completely melted. Simmer a bit and stir constantly.
9. Serve over hot rice.



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Each individual has their own personal taste. This is why I recommend a smooth taste with good balance flavor of Sake for the first try rather than sweet or dry.



Japanese curry is perfect for the winter season. It is not too hot which is great for kids and perfect way to introduce vegetables with tasty curry sauce.

### Curry Sauce Mix

Curry sauce mix is uniquely Japanese and includes oil, flour and selected seasonings mixed with curry powder. It is a ready-to-serve sauce with a variety of flavors and it's a fast and easy way to make curry dishes. It is the ultimate in convenience; just heat and serve.



### Worcestershire Sauce

Worcestershire sauce is complex and unique in its flavor and aroma. It is frequently used to enhance various food and drink recipes. It is often an ingredient in Welsh rarebit, Caesar salad, Oysters Kirkpatrick, Deviled Eggs and sometimes added to chili con carne, beef stew and other beef dishes.



This Sake is suited to 'Japanese Curry and Rice'

### Junmai-shu Urakasumi

It has a smooth taste at all temperatures. Perfect for a hearty meal like Japanese curry. This well balanced sake is the perfect way to end a meal. It's a "crowd pleaser" because of its great smooth sake taste.

