

# Japan *I*food vol.5

Try to make a local specialty dish of Japan and enjoy them in Perth!

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

## Japanese Recipes and Tips

## English Section

Take me home!!!

### Japanese Recipe - 9

## Miso Dengaku with Konnyaku

Miso Dengaku is a classic Japanese side dish made with Konnyaku, eggplant or Tofu and brushed with a sweet, salty and savory Miso glaze.



### Ingredients (Serves 2 ~ 3 persons)

- 1 block **Konnyaku**
- 2 tablespoons of **Miso**
- 2 tablespoons of sugar
- 1 tablespoons of Mirin (sweet sake)
- 1 tablespoons of cooking Sake
- 1 tablespoons of water
- Pinch of sesame seeds

### Method

1. Cut Konnyaku into bite size pieces and cook in boiling water for 2 minutes and then let it cool.
2. In a small pot, add Miso, sugar, Mirin, cooking Sake and water, and cook at medium heat until thick and stirring constantly.
3. Place Konnyaku on a plate and pour Miso sauce and sprinkle sesame seeds on top.



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and Loi's Eastern Supermart

Season is changing now and it is going into summer. Depending on temperature, Warm Sake is better in winter and Cold Sake is better in summer. Fresh Cold Sake is not widely known yet, so you can try it.



Konnyaku is healthy, zero calorie food, easy to eat and good for everyone. There are different types of Konnyaku, and they go well with Miso.

### Miso

Miso is a traditional Japanese seasoning paste produced by fermenting soybeans with salt and Koji (Fungus Aspergillus Oryzae). This thick paste is used for sauces and spreads, and to pickle vegetables or meats, also to serve as Miso soup by mixing with dashi soup stock.

This Sake is suited to 'Miso Dengaku with Konnyaku'

### Nanbu Bijin - Tokubetsu Junmai

This sake has great character, while eating with Miso flavoured Konnyaku having at cold temperature enjoy light aromas, smooth soft and semi-sweet after taste that doesn't linger too long on the palate perfect with every mouthful. If you would like a bit of spicy taste Nanbu Bijin will create a spicy smooth crisp taste at room temperature.



### Konnyaku

Konnyaku is a traditional Japanese jelly like health food made from a kind of potato called "Konnyaku potato" and wonder health food. Some benefits of Konnyaku are rich in dietary fibre and low in calories.

