

# Japan *I*food vol.13

Try these delicious new recipes that will warm you up during the winter months!

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

## Japanese Recipes and Tips

## English Section

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### Japanese Recipe - 25

## Oden

Oden is a popular wintertime stew. There are many ingredients in oden: eggs, daikon, potato, konnyaku, tofu fish cake. It is a simple warming stew which can be fun to try at your home or at your friend's house.



### Ingredients (Serves 4)

- 4 boiled eggs
- 2 potatoes (quartered)
- Half a slice of Daikon (chinese radish)
- A Carrot
- 200g Konnyaku (cut into 8 triangles)
- 200g Atsuage (cut into 8 triangles)
- 100g Chikuwa (cut in half)
- Other ingredients as you like (see below)
- Oden Soup Mix

### Method

1. Cut daikon into thick rounds, and cut potatoes in half, cut a carrot and then put them in a pot.
2. When the water boils, add konnyaku and cook for 10 minutes on high.
3. Skim the scum.
4. Add atsuage, boiled egg, chikuwa and boil for 10 minutes over medium heat.
5. Add oden soup mix, and heat for 20 minutes on low.



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and Loi's Eastern Supermart

Premium sake can be classified into 3 grades which is the Junmai Daiginjo, Junmai Ginjo and Junmai. Try these to experience the elegance of premium sake.



Oden is the perfect dish for wintertime because it really warms the body up. It can be enjoyed in buffet style and it is a great dish to bring people together.

### Ingredients of Oden

The main ingredients of Oden are eggs, potatoes, Daikon, Konnyaku, Atsuage and Chikuwa. You can also add other ingredients as you like. (refer to pictures right)



### Oden Soup Mix

This product makes it easy to cook oden and features the rich flavors of selected bonito, kelp, and soy sauce.

### Kid Junmai Daiginjo

Oden experience of eating is feeling warm and full the same time. The refreshing coolness of this Daiginjo which brings a soft refreshing fruity flavour really makes this dish complete and full.

