

Japan *I*food vol.14

Let's try these new winter dishes that will you keep you warm on cold days!

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

Japanese Recipes and Tips

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Japanese Recipe - 27

Chikuzenni

Chikuzenni is a dish that originated from northern Kyushu, Japan, but this dish is now enjoyed throughout Japan. It is made of braised chicken and vegetables.



Method

1. Soak the dried Shiitake mushrooms or until soft. Squeeze the Shiitake mushroom and cut into 2 pieces. Keep the Shiitake mushrooms liquid as extra Dashi.
2. Cut the chicken into bite sizes.
3. Cut Renkon, carrot, bamboo shoots and Konnyaku into a bite sizes.
4. Shape Satoimo and sprinkle some salt. Rub the Satoimo with hands and wash them in running water.
5. In a large pot, add vegetable oil and heat at medium heat. Cook chicken until it turns white. Then, add all the vegetables and stir about a few minutes.
6. Add Shiitake mushrooms liquid and Dashi stock. Allow it to come to a boil, then skim the surface and put a lid on. Simmer this for about 10 minutes until vegetables become soft over medium heat.
7. Then, add sugar, Mirin, soy sauce. Stir and simmer for another 5 minutes uncovered.
8. Remove from heat and let it continue to cook, covered, so the meat and vegetables absorb flavor from the soup.

Chikuzenni is Japanese classic vegetable simmered style cooking. Only Japanese food has this sort of style and it is a very light, very nutritious and a great side dish to eat with any Japanese cuisine.



Ingredients (Serves 4)

- 250 grams chicken thigh fillets
- 10 **Satoimo**
- 1 medium carrot
- 1 handful bamboo shoots (boiled)
- 1 **Renkon**
- 1 block Konnyaku
- 5 Shiitake mushrooms
- 2 tablespoons vegetable oil
- 2 cups Dashi stock
- 5 tablespoons sugar
- 2 tablespoons Mirin
- 5 tablespoons soy sauce



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Sake tasting event on May 13th was a great turnout and a lot of people who have never tried sake before, really enjoyed the taste of it. Premium styled sake was the most popular since it was the first time that people have tried it in Perth.

Satoimo

Satoimo, otherwise known as Japanese Taro, is a peculiar looking vegetable that grows rampantly in Japan. The taste and texture of Taro is a cross between that of a potato and Okra.



Renkon

Renkon is actually the stem of the lotus plant and it's edible and used in Asian cuisines. It's a popular vegetable throughout southern and eastern Asia. Renkon is full of fiber and various vitamins and other nutrients.



Sawahime Tokubetsu Junmai goes well with 'Chikuzenni'

Sawahime Tokubetsu Junmai

At room temperature is soft and clean which makes are easy pairing with this dish. Drink it slightly chilled enjoy subtle sweet notes to enhance the flavours.

