

Japan *I*food vol.17

Let's try out these simple and delicious dishes to satisfy your cravings!

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

Japanese Recipes and Tips

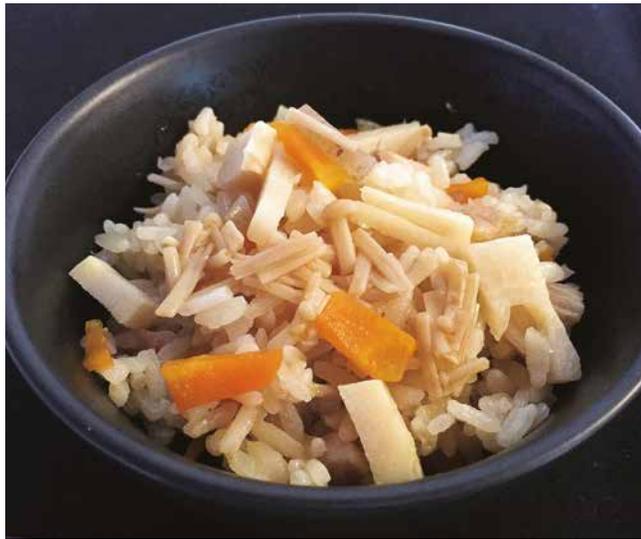
English Section

Take me home!!!

Japanese Recipe - 33

Takenoko Gohan

Takenoko Gohan is a traditional Japanese dish of seasoned and mixed rice where all of the ingredients included Takenoko are steamed along with the rice.



Ingredients (Serves 6)

- 2 cups rice (180ml cup)
- 100g chicken (boneless thigh)
- 150g **Takenoko**
- 5 tablespoon **Nametake**
- 30g carrot
- 85g Konnyaku
- 800ml Dashi stock
- 1/2 teaspoon salt
- 2 tablespoon Mirin
- 3 tablespoon soy sauce



Sandra Gwee
Sake Specialist /
Manager of Lion Oriental Foods Co.
and Loi's Eastern Supermart

Method

1. Chicken and Takenoko cut into small pieces and, carrot peels and cut into thin round. Konnyaku cut into thin slices and blanched in boiling water.
2. Place all ingredients in a rice cooker and cook.
3. When the rice cooker turns to "warm", mix it.
4. Close the rice cooker lid, and keep it warm for another 10 minutes before serving.

In October, we are having a Sake tribute month and I have invited brewers from Japan. The reason for this event is to show our appreciation to all the brewers in Japan. Since October 1st is Sake day in Japan, most of the brewers make sake, and people wait for that time when the Sake is ready to enjoy it.



Takenoko Gohan is vegetable clay pot and it is a very nutritious type of meal. This is a very good complimentary dish for those who do not like to eat meat or can not eat meat.

Nametake

Nametake is cooked soft Enoki mushrooms (Enokitake) in soy sauce flavored sauce. It is a great accompaniment not only for steamed rice but also a great topping for Tofu and even pasta.



Takenoko

Takenoko, or bamboo shoots, are a deliciously crunchy, seasonal vegetable that tastes great as a side dish or cooked with rice, and this healthy vegetarian dish combines rice, Takenoko and shiitake mushrooms for some extra savory taste.



This Ippin Chokara Junmai Extra Dry is ideal for "Takenoko Gohan"

Ippin Chokara Junmai Extra Dry

This traditional Sake but new to its range has no sweet element and it is very light. The extra dryness is rich but very smooth and balances off with clean finish to cleanse the palate. Definitely an enjoyable Sake.



Japanese groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart.



Huge range of Japanese Sake and Plum Wines available.

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