



# JAPANESE

COOKING MADE SIMPLE  
JAPANESE COOKBOOK FOR BEGINNERS

MARTHA STONE

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# Japanese Cooking Made Simple

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Japanese Cookbook for Beginners

By  
Martha Stone

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# About the author



**Martha Stone** is a chef and also cookbook writer. She was born and raised in Idaho where she spent most of her life growing up. Growing up in the country taught her how to appreciate and also use fresh ingredients in her cooking. This love for using the freshest ingredients turned into a passion for cooking. Martha loves to teach others how to cook and she loves every aspect of cooking from preparing the dish to smelling it cooking and sharing it with friends.

Martha eventually moved to California and met the love of her life. She settled down and has two children. She is a stay at home mom and involves her children in her cooking as much as possible. Martha decided to start writing cookbooks so that she could share her love for food and cooking with everyone else.

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You can also check out my blog at: <http://martha-stone.blogspot.com> or my Facebook at: <https://www.facebook.com/marthastone2013>

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# Introduction

I want to thank you and congratulate you for downloading the book, “Japanese Cooking Made Simple: Japanese Cookbook for Beginners”. Japanese cuisine is known for its great taste and use of fresh ingredients. So it’s no wonder that people fall in love with the nourishing, delicious and light foods popular in Japan.

This book contains Japanese cuisine recipes that even the most novice cook can master in no time. I know the thought of preparing a dish from another country can be intimidating to say the least. If, however, you follow the step-by-step directions in this cookbook, you will master the Japanese cuisine in no time!

“Japanese Cooking Made Simple: Japanese Cookbook for Beginners” contains a wide array of authentic Japanese cuisine dishes that range from hearty stews to tasty snacks and everything in-between! All the recipes in this Japanese cookbook employ familiar cooking methods so you don’t have to worry about purchasing potentially expensive cooking tools. In fact, you probably have all the tools needed to recreate the dishes found in the pages below.

Thanks again for downloading this Japanese cookbook, I hope you enjoy it! Now what are you waiting for? On to Chapter 1!



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# Chapter 1 – Japanese Soup, Stews and Noodle Recipes

# Miso Soup

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Commonly called Everyday Soup, miso is a versatile soup made from fermented soybeans. This simple recipe is common place in Japan and contains only a few ingredients. Despite the short ingredient list, miso soup is full of flavor and often used as a side dish.



**Yield:** Serves 4

**Preparation Time:** 15 minutes

**Ingredients:**

- 3 tablespoons miso paste
- 4 cups dashi
- 8 ounces tofu, cubed
- 2 scallions, sliced diagonally

**Directions:**

**Step 1:** Pour the dashi into a saucepan. Place on the stove and bring to a boil.

**Step 2:** Reduce heat and stir in the miso paste, making sure that the paste mixes well with the dashi.

**Step 3:** Place the cubed tofu and the sliced scallions into the soup.

**Step 4:** Allow the soup to simmer for 3 minutes.

**Step 5:** Dish out the soup equally between 4 bowls and serve.



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# Matsutake Soup

Matsutake soup has a unique flavor due to the matsutake mushrooms that are needed to create it. When you add the shrimp and chicken to it, you add even more flavor that will send your taste buds to heaven. However, some people prefer to make matsutake soup without the shrimp and chicken.



**Yield:** Serves 2

**Preparation Time:** 50 minutes

**Ingredients:**

- 3 matsutake mushrooms
- 4 shrimp, shelled and deveined
- 4 ounces chicken thighs, cut into bite-sized pieces
- 2 scallions, cut thinly into slices
- 2 ½ cups dashi
- 1 tablespoon sake
- 3 teaspoons soy sauce
- 2 teaspoon mirin
- ½ teaspoon table or sea salt
- Citrus for garnish

**Directions:**

**Step 1:** Add 1 teaspoon of soy sauce to a medium-sized bowl. Place the cut chicken thighs into the bowl and stir until the pieces are evenly coated with the soy sauce.

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**Step 2:** Pour ½ cup dashi into a clean saucepan. Place the saucepan on the stove and bring to a boil. Reduce the heat to low.

**Step 3:** Add the soy sauce-coated chicken pieces to the saucepan and let simmer until the chicken is cooked completely. Drain the soy sauce from the chicken and set to the side for the moment.

**Step 4:** Pour the remaining dashi (2 cups) into a clean pot. Place the pot on the stove and bring to a boil. Once the dashi has reached a rolling boil, reduce the heat.

**Step 5:** Stir in the shrimp and matsutake mushrooms. Let simmer in the dashi for 3 minutes. Add the scallions and chicken and simmer for 1 more minute.

**Step 6:** Pour the soup into the serving bowls. Garnish the soup by squeezing a bit of the fresh citrus on top of the soup.

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# Nikujaga

Nikujaga is a beef stew that contains beef (of course), vegetables and mushrooms in a delicious savory and sweet broth.



**Yield:** Serves 4

**Preparation Time:** 75 minutes

**Ingredients:**

- Cooking oil
- ½ pound beef, sliced thinly
- 4 large potatoes, peeled and cut into chunks
- 1 carrot, cut
- 1 onion, roughly chopped
- 12 snow peas, blanched and cut
- 4 shitake mushrooms, fresh and sliced
- 2 cups dashi
- ½ cup sake
- 3 tablespoons soy sauce
- 2 tablespoons sugar
- ½ teaspoon salt

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**Directions:**

**Step 1:** Add enough cooking oil to coat the bottom of a large pot. Place the pot on the stove and heat the oil. Add the beef to the pot and brown well.

**Step 2:** Place the cut potatoes, carrots, mushrooms and onion into the pot and cook for 2 minutes.

**Step 3:** Pour the dashi, soy sauce, sake, sugar and salt into the pot and bring to a gentle boil.

**Step 4:** Cover the pot and let the mixture simmer for 40 minutes or until all the chopped potatoes are completely cooked.

**Step 5:** Remove the stew from heat and let cook. Add snow peas to the stew right before serving.

**Step 6:** Divide the stew equally between 4 bowls. Serve warm.

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# Ozoni Soup

Known as Good Luck soup, ozoni is often believed to have been served to samurai before they went to battle. In recent years, however, this soup is commonly consumed on New Year's Day. It is a flavorful and light recipe that may vary from one family to the next.



**Yield:** Serves 4

**Preparation Time:** 55 minutes

**Ingredients:**

- 4 cups dashi
- 1 tablespoon soy sauce
- 1 tablespoon sake
- 8 ounces boneless skinless chicken thighs, cut into thin slices
- 1 carrot, sliced
- 1 daikon radish, sliced
- 4 mochi (Japanese rice cakes), optional

**Directions:**

**Step 1:** Pour the dashi into a saucepan. Place the saucepan onto the stove and bring the dashi to a boil.

**Step 2:** Reduce the heat and add the soy sauce, sake, chicken, sliced carrots and sliced radishes.

**Step 3:** Let the broth simmer until the vegetables and chicken are completely cooked.

**Step 4:** While you let the broth simmer, add the mochi on a pan and broil for a few minutes. Make sure to turn them regularly so that they will plump up and become browned and crisp on the outside. Remove the mochi from the oven and cut into bite-size pieces. Divide these pieces between 4 serving bowls.

**Step 5:** Carefully pour the soup into the bowls and over the mochi. Serve warm.

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# Zenai

Also known as sweet red bean soup, Zenai can also be eaten as a dessert and common made during the winter months.



**Yield:** Serves 2

**Preparation Time:** 15 minutes

**Ingredients:**

- 8 ounces anko (red bean paste)
- 2 pieces mocha (sweet rice cake)
- 1 cup of water
- Pinch of salt

**Directions:**

**Step 1:** Place the water, anko and salt into a saucepan. Set on the stove and bring to a boil. Make sure to stir well during the entire heating process. Remove from heat. This is the soup base.

**Step 2:** Cut the mocha in half. Toast both sides of the mocha until it has a light brown color.

**Step 3:** Divide the soup base from Step 1 between 2 serving bowls. Place the mocha on top and serve warm.

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# Tanuki Udon

Essentially ginger noodle soup, tanuki udon is simple yet extremely satisfying that warms your entire body. It is garnished with deep fried flour batter known as tenkasu.



**Yield:** Serves 2

**Preparation Time:** 35 minutes

## Ingredients:

- 4 cups dashi
- 2 portions udon noodles
- 2 tablespoons mirin
- 1 tablespoon sake
- ¼ cup soy sauce
- 2 tablespoons potato starch
- 1 tablespoon sugar
- ½ ounce ground ginger
- 4 slices abura-age (fried tofu)
- Tenkasu to garnish
- 1 scallion, sliced to garnish

## Directions:

**Step 1:** Prepare the udon noodles according to the directions on the package. Drain the noodles and s

to the side.

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**Step 2:** Pour the dashi into a saucepan and place on the stove. Bring to a boil. Reduce the heat and let simmer.

**Step 3:** Add the remaining liquid ingredients and the sugar. Stir thoroughly.

**Step 4:** In a small bowl, mix 5 tablespoons of water and the potato starch to create a smooth liquid paste. Stir this paste into the saucepan on the stove. This will thicken the soup.

**Step 5:** Stir in the ginger.

**Step 6:** Heat the fried tofu according to the heating instructions on the package. Set to the side for the moment.

**Step 7:** Place the cooked udon noodles into the soup. Stir the noodles until they are separated from one another.

**Step 8:** Set 2 slices of the fried tofu into the bottom of each serving bowl. Carefully pour some of the soup over the tofu.

**Step 9:** Top the soup with tenkasu and sliced scallions.

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# Chapter 2 - Japanese Main Dishes Recipes

# Saba Miso

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Also known as mackerel with miso, Saba Miso is a wonderful main dish for those people who love fish. Using fresh Saba or mackerel fillets, the fish is simmered in a miso-like sauce, which creates a flavor that is complex and strong.



**Yield:** Serves 4

**Preparation Time:** 25 minutes

**Ingredients:**

- 4 Saba or mackerel fillets, rinsed and scored
- 2 scallions, sliced
- 3 tablespoons mirin
- 3 tablespoons miso paste
- 3 tablespoons soy sauce
- ½ cup water
- ½ cup sake
- 4 ounces ginger, thinly sliced
- 2 tablespoons sugar

**Directions:**

**Step 1:** Place all the ingredients except the fish into a large pot. Place the pot on the stove and bring to a boil. Make sure to stir thoroughly so that all the ingredients are well combined.

**Step 2:** Reduce heat and let the simmer. Add the fish and continue to simmer for 15 minutes.

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**Step 3:** Carefully remove the fish from the pot. Place each fish fillet on a serving dish.

**Step 4:** Pour a little of the soup over the fish. This will act as a serving sauce.

**Step 5:** If desired, serve the dish with rice and vegetables.



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# Stir Fried Ramen

When you think of ramen, I am sure you imagine a bowl filled with a soupy liquid and noodles. While that is one of the most common ways to prepare ramen, it is not the only way. In fact, because ramen is so versatile, it can even be served as a delicious stir fry.



**Yield:** Serves 4

**Preparation Time:** 20 minutes

**Ingredients:**

- 5 ounces roman noodles
- 1 tablespoon oyster sauce
- 1 tablespoon chicken stock
- 4 tablespoons tonkatsu sauce
- 4 cabbage leaves, thinly sliced
- 2 ounces bean sprouts, roots separated
- 5 ounces pork, cut into cubes
- 1 tablespoon pickled ginger
- Cooking oil
- Aonori powder

**Directions:**

**Step 1:** Cook the ramen noodles according to the directions on the package. Drain the ramen and set the side for the moment.

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**Step 2:** In a saucepan, mix the oyster sauce, chicken stock and tonkatsu sauce. Place the pan on the stove and heat to almost a boil. Remove from heat and set to the side for the moment.

**Step 3:** Pan fry the cubed pork until the meat is browned lightly. Add the noodles and mix while frying for a few minutes. Add the bean sprouts and the cabbage.

**Step 4:** Stir in the mixture from Step 2 into the pan with the pork and noodles. The noodles should be completely coated with the mixture.

**Step 5:** Turn the heat off and divide the ramen stir fry between 4 serving plates. Garnish with aonori powder and pickled ginger.

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# Chikuzen Ni

Simmer chicken with vegetables, or Chikuzen Ni, is a common meal in Japan. During special occasions, the vegetables are often cut into flowery shapes. However, you don't need to go that far to enjoy this delicious and hearty dish.



**Yield:** Serves 4

**Preparation Time:** 50 minutes

**Ingredients:**

- ½ pound chicken thigh meat, cut into bite size pieces
- ¼ pound carrot
- 5 shiitake mushrooms
- ¼ pound gobo (Japanese burdock root)
- 5 satoimo (Japanese taro)
- ¼ pound renton (lotus root)
- ½ block konnyaku
- 10 snow peas
- 3 tablespoons mirin
- 2 cups dashi
- 3 tablespoons soy sauce

- 1 tablespoon sugar
  - ½ tablespoon sake
  - Vegetable oil
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**Directions:**

**Step 1:** In a bowl, combine 1 tablespoon soy sauce, 1 tablespoon mirin and sake together. Add the chicken pieces to the mixture and coat completely. Let the chicken marinate for 10 minutes.

**Step 2:** Peel and cut the taro, lotus root, carrot and gobo. Cut the snow peas into bite size pieces. Slice the shiitake mushrooms and cut the knonyaku.

**Step 3:** Add a little vegetable oil to the saucepan so the bottom is completely covered. Set on the stove and heat. Add the marinated chicken and cook until it begins to brown.

**Step 4:** Add all vegetables except the peas and mushrooms. Cook for 3 minutes.

**Step 5:** Add 2 tablespoons of mirin, the dashi, sugar, 2 tablespoons soy sauce and mushrooms.

**Step 6:** Let this mixture come to a boil before reducing the heat. Simmer for 25 minutes. You want all the vegetables to be cooked through.

**Step 7:** Add the snow peas and stir until evenly distributed. Transfer the mixture to serving bowls and serve warm.

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