

HELP! I'M STRANDED IN AN OKINAWAN GROCERY STORE!

OR

WHAT EVERY MILITARY WIFE NEEDS TO KNOW
ABOUT SHOPPING ON THE LOCAL ECONOMY

NAVY/MARINE CORPS



FAMILY SERVICE CENTER

I found this in a package of stuff that I brought back in 1975, so I must assume that I obtained it some time during my first tour on Okinawa (1972-75)

S.A. Mick McClary
ClickOkinawa.com 2018

This booklet has been designed to aid Navy and Marine Corps personnel and their dependents who must, for whatever reason, subsist on the local Okinawan economy. Although many food items in the Orient are quite different, they can be incorporated into the American diet with minimal culture shock and maximal enjoyment. The Navy and Marine Corps Family Service Center hopes that the following information will help during those times when the commissary is not available. So, Tabemasho or "Let's Eat!"

CONDIMENTS AND SPICES

Shichimi Togarashi (Seven Spice Hot Pepper): A combination of dried hot peppers, sesame seeds, mustard, and dried, flaked sea vegetation.

Goma (Sesame Seeds)

Muki Goma (White Sesame Seeds): Used to flavor rice, sushi, and many vegetable dishes.

Goma Shio (Black Sesame Seeds and Coarse Sea Salt): This is probably the most popular seasoning in Okinawa besides shoyu sauce. Like American spices these should be stored out of direct sunlight and away from heat. Check periodically for insect infestation and discoloration. Discard if over one year old.

Shoyu (Soy Sauce): A dark brown liquid made from fermented, cooked soy beans and salt. It will keep indefinitely in tightly stoppered original container. Do not shake before using. Discard sediment that forms on bottom as it is extremely salty.

Shoga (Ginger): A distinctive flavoring agent sold in many forms: pickled, dried, powdered, and fresh. Fresh ginger root can be stored in plastic bags in the vegetable compartment of the refrigerator for about two months. When shredded or chopped finely it can be stored in the freezer indefinitely.

FLOUR

Tempura Ko (Low Gluten Wheat Flour): This fine, tan flour comes in bags like our American flour. It is used specifically for tempura and frequently has other ingredients such as rice flour or baking powder added. The most common brand name is "Nisshin." All-purpose American wheat flour is a good substitute.

Kinako (Yellowish Soybean Powder or Flour): A fine beige flour made from soybeans and used in breads and pastries. It must be refrigerated after opening and used within a few weeks or it will spoil.

Joshinko or Mochiko (Rice Powder): A very fine white flour that imparts a delicate taste and texture to pastries. It is milled from ground glutinous rice. Store as any American flour in closed container away from heat and direct sunlight.

Te' Uchi Senyo Komugiko (Noodle Flour): This flour is designed specifically for making noodles. Store and use as American wheat flour.

Mugi Merikenko (Wheat Flour): Since wheat does not grow in Japan, wheat flour is probably imported.

JAPANESE NOODLES

Soba: Dried, thin, beige noodles made of buckwheat flour. Cook 3-4 minutes in boiling water or broth. Drain and add sauteed vegetables.

Ramen: Thin, yellow, dehydrated egg noodles with a seasoning packet included. Cook 2-3 minutes in boiling water (usually 2 cups per package of noodles). Add seasoning to water, and leftover meat or vegetables to taste.

Somen: Bean threads or cellophane noodles. These very thin, thread-like, translucent noodles are made of mung bean flour. They have a very bland taste and aroma that is easily disguised by other ingredients. Pour boiling water over noodles and soak until soft (10-20 minutes).

Udon (Fresh Noodles): Thick, white, slippery noodles sealed in plastic wrappers, usually found in the produce section of the market. They should be eaten within a day or two unless purchased frozen. Never refreeze any fresh noodle product, this decreases quality and increases spoilage. Just before using this type of noodle, dip in boiling water for 10-15 seconds and drain thoroughly.

VEGETABLES

Daikon (Japanese White Radish): This large, white root is available year-round. It is a great favorite of the Japanese, who use it raw in salads with carrots and vinegar. Daikon can be pickled or grated into shoyu as a dipping sauce for tempura. Store it in vegetable crisper in the refrigerator four to five days.

Moyashi (Bean Sprouts): Bean sprouts generally are propagated from mung beans or soybeans. They are best if cooked on the day of purchase but can be stored, covered with cold water, in refrigerator for up to four days. Be sure to change water daily to ensure freshness. Sprouts can be eaten raw or stir-fried with other vegetables.

Satsuma Imo (Sweet Potato): Cook Japanese sweet potatoes in the same manner as American potato: baked, boiled or broiled. Store in a cool, dark place.

Renkon (Lotus Root): A root vegetable that grows in bulbs 4-8 inches long. It can be eaten peeled and raw or fried in tempura batter. Wash, peel and store in water with lemon juice until ready to use (can be stored five days in this manner). Fresh, unpeeled lotus can be stored two to three weeks in refrigerator crisper.

Goya (Bitter Melon): Looking like a warty cucumber, this vegetable may take some getting used to. Goya has an extremely bitter taste that, when cooked with eggs or meat, can become palatable. It should be washed carefully since you do not peel off the lumpy skin. Remove the seeds and discard, saute sliced goya in hot oil until soft and then add scrambled eggs. The Okinawans consider goya a health food, especially good for women.

Neri (Okra): A summer vegetable, similar to American okra. It is best to buy moist, tender okra that is fresh, since older produce will be tough and stringy. Store in a plastic bag in refrigerator crisper for about one week maximum. Delicious fried, stewed or cooked with other vegetables.

Kabocha or Kabochi Ya: Okinawan pumpkin or Hubbard squash; a small, round, dark green pumpkin with orange flesh. Peel, remove seeds, and cook. It can be fried in tempura batter, steamed, grilled, and even used to make pumpkin pies.

Shiitake (Black Oriental Mushrooms): Shiitake are available in fresh or dried form. The fresh mushrooms should be used on day of purchase. Wash, drain, remove tough stems, and saute in oil or butter until soft. They have a more pungent earthy taste than American mushrooms. If using dry shiitake, wash and soak in warm water, approximately three hours before needed. Remove tough stems and cook as directed.

Tofu (Bean Custard): A tender, custard-like soybean product which is a major source of protein for Okinawans. Packed in water to maintain its moist texture, bean curd has many uses. It's added cubed to soup, deep-fat fried as an appetizer, or sliced with vegetables as the main course. Store, covered with water, in refrigerator. Change water daily to discourage further fermentation. It will keep for about one week.

MEATS

Most meat for sale on Okinawa is imported frozen. To be safe, only frozen meat should be purchased locally. Watch for evidence of thawing and refreezing (i.e., large icy crystals in the packages, large amounts of blood/moisture in bottoms of packages). Freezer burn (dehydrated, off-colored areas) usually indicates improper or prolonged storage and should be avoided. Freezer burn is not a wholesome or health endangering characteristic but rather a quality factor usually indicating tough texture and less than optimum taste. After frozen meat has been thawed or when purchasing fresh meats, any deviation from normal color, smell or feel (sticky, gummy, slimy, etc.) should be treated with suspicion and purchase should be avoided. When a customer has made his selection and purchase, meats should be handled and stored in the same manner as one would handle/store stateside or commissary purchased meat items. One reminder that should be followed on all purchases: All pork items and ground meats (both beef and porks) should be cooked thoroughly (don't eat rare).

CANNED ITEMS

Basically, all canned items on the local market can be purchased using the same criteria used when shopping at the commissary. Avoid cans that in any way deviate from the normal. Watch for any of these defects: dented cans, (at the ends, particularly around the embossed code numbers), lost or loose labels. If any defect is noted, reject that can and find another with no defects. There are plenty of "normal" cans, so why take the risk? Your observations should not stop at the time of purchase. When opening the can, listen for the "hiss" or sound of rushing air when the container is first punctured or opened. This indicates that a vacuum is present and usually indicates the product is good. Again, look at the item itself, anything less than perfect should be discarded (i.e., off-colored, odd-smell, rust or other discoloration inside of the can, etc.).

EGGS

Eggs bought on the local market should not be consumed raw. This is due to possible contamination through the shell by absorption. Other than this, eggs pose few problems and, in fact, many "local" eggs are sold through the commissary. When eggs are removed from the shell, watch for spots of blood or "meaty appearing" areas. Again, anything unusual should be discarded.

FISH

The following table provides guidance for judging the quality/wholesomeness of fish:

<u>CHARACTERISTIC</u>	<u>FRESH</u>	<u>STALE</u>
Appearance	Bright bloom	Dull-dry
Odor	Devoid of odor, odor is characteristic of species	Slight off-odor
Mouth	Usually closed	Open
Eyes	Bright, prominent, clear	Opaque, dull
Gills	Red, free of odor	Reddish gray, pale yellow, slight odor
Scales	Glisten, firmly adherent	Dull, loose easily removed
Surface of slice	Clear or creamy white, odorless	Devoid of color or dark, slight odor
Flesh	Firm, Elastic	Soft, flabby
Response to finger impression	Will not remain in flesh	Remains in flesh
Abdomen (round)	Normal	Distented, bloated
Vent	Flat-normal	Protruding
Blood	Bright red; no odor	Dark brown; slight odor
Held in hand	Firm	Droops
In water (round)	Should sink	Floats

PRODUCE (FRUIT & VEGETABLES)

Produce should be visually inspected for evidence of rot, insect infestation, or other defects. Most produce presents little hazard if good, fresh items are purchased. Any items that are consumed raw without being peeled should be disinfected by soaking in a 50ppm solution of household chlorine and water (chlorox, purex, etc.) for approximately two minutes. This mixture is approximately one teaspoon per gallon of water. Items should be washed with fresh water after being soaked.

BURDOCK - GOBO

It is said that the long, slender root of this member of the aster family was used in ancient China as a medicine. In Japan there is documentation that the vegetable was in the diet as early as the 10th century. It was regarded as being a source of energy or as an aid to recovery from a serious illness.

The root is about 3/4" at its widest point at the top and then tapers for about 18 to 24 inches. The skin has the best flavor, so the root should be cleaned carefully, preferably scrubbed well with a stiff brush and any rootlets carefully trimmed off.

Once cut, gobo must be immediately submerged in a cold water bath to prevent discoloring and to eliminate bitterness. A drop or two of vinegar in the water helps whiten the root. If the cut burdock has turned brown, whiteness may be restored by simmering in lightly vinegared water, but this limits the root's use to dishes that are vinegary.

Four major varieties of this biennial are cultivated in Japan in spring and fall so there is a year-round harvest, and it is now grown to a limited extent in the United States.

Burdock fresh from the garden tastes best, so look for roots that are firm and have no soft spots. Gobo is best stored buried in loamy earth, but it can be stored in the refrigerator wrapped in plastic for up to two weeks.

BEAN CURD - TOFU

Tofu is made from soybeans and is extremely high in protein while low in cost. Bean curd originated in China over two millennia ago. It was probably introduced to Japan around the 8th century.

The regular bean curd is soft and easily digestible. It is an ideal food for slimming, having an extremely low ratio of calories to protein. A six ounce portion of regular bean curd is merely one hundred calories, but six percent protein. Also, the tofu is low in carbohydrates and completely free of cholesterol.

Bean curd is made from dry soybeans, which are soaked in water till softened, then crushed and boiled. The crushed material is separated into pulp and milk. To the soy milk is added a coagulant to make the milk separate into curds and whey. Fresh, warm curds are then poured into molds and left to settle for a few hours to take shape. The bean curd is then soaked in water to firm even more -- to cool and to keep fresh.

Bean curd must be kept under refrigeration. It will stay fresh longer in more water rather than less, so you may want to remove it from its plastic pack and let it rest in ample water. If you change the water daily, the bean curd will keep its freshness better.

In Japan there are three types of fresh tofu:

1. Cotton or the momu type are the most regular kind. This type may have to be drained or pressed before use, depending on the dish being made.

2. Silk or the kinu type is simply tofu in which the curds are not drained. The result is much more delicate, thus the name. Kinu tofu gets the same par-boiling and draining treatment as the regular kind, but it is far too delicate to be pressed. Its delicacy and fine texture are why it is enjoyed, and it is often used in elegant, clear soups. It is especially in demand in summer.

3. Yakidofu is bean curd that has been lightly broiled. It is easy to recognize by the light mottling on its skin. Though it has been grilled, it is packed in water. This type of fresh bean curd has a firm texture and does not need the treatments of parboiling or pressing. It is most often used in one pot communal dishes such as sukiyaki.

When fresh bean curd is deep-fried in oil, another tofu variety is created - age - which translates as "deep-fried bean curd". This form of tofu is never packed in water. Deep fried bean curd will keep refrigerated a little over one week. It cannot be frozen. It is easily recognizable by its appealing, golden-brown color, but is made in a variety of shapes for different cooking purposes. All types fall into one of the following basic groups:

1. Thick Cakes - Atsu-Age or Mama-Age: Regular tofu cakes deep-fried. Because the cakes are left in their original thickness of about one inch and because the deep frying is relatively short, only the outside is crisped golden brown and the inside is a soft and white as fresh bean curd. This type of fried tofu is often cut into small pieces and used in miso soup or simmered dishes like oden.

2. Thin Deep-Fried Tofu - Aburage or Usu-Age: Bean curd cakes cut into thin sheets then deep-fried. These can be slit open along one end to make "pouches" which are stuffed with vegetables or with sushi rice. They are also used in brothy noodle dishes and in simmered dishes without being slit open.

POWDERED TEA - MATCHA or HIKI-CHA

Matcha and Hiki-Cha both mean roughly the same thing - "pulverized tea". Powdered tea is the famous ceremonial beverage, drunk only on occasion, whipped to a frothy green in individual teabowls.

Quite expensive, matcha is ground from the same tender leaves that are cultivated for gyokuro, the finest of all the leaf teas. Instead of crushing the steamed, fresh-picked leaves and letting them curl into tight shred-like shapes, the steamed leaves are dried flat. Traditionally, the dried whole leaves were sealed in airtight containers to preserve them, being ground to a very fine powder with special mortar and pestle only as needed. Tea grinding is a laborious task, and these days matcha is commercially ground.

Several other beverages have the suffix "cha" (tea) attached to their names, but they are infusions made with things other than tea:

1. Barley water - Mugi-Cha - Roasted barley can be brewed to make a refreshing chilled summer drink.

2. Kelp Tea - Kobu-Cha - An infusion made from powdered konbu kelp - this pick-me-up tastes like a light broth. It is also made with a touch of plum flavor, which is known as ume kobu-cha.

3. Cherry tea - Sakura-Yu - A light hot beverage made by pouring hot water over salted cherry blossoms. Drunk chiefly on felicitous occasions such as betrothals, or simply in honor of spring because of the auspicious symbolism of the cherry.

TEA - OCHA

As everyone knows, green tea (ocha) and rice wine (sake) are the national beverages of Japan.

Tea became known in Japan around the 8th century, long before it was exported from China to Europe. There are many kinds of green tea in Japan. The sort that is freely dispensed at restaurants and drunk in offices and factories at breaktime is not the sort that is served to guests at home, and so called "guest tea" is not the sort whisked to a froth in the tea ceremony.

When tea was first brought to Japan, it was regarded as a medicine and a stimulant. Its use was limited primarily to the priesthood, the aristocracy, and to those with access to the court. It appears that cultivation of tea plants on a large scale failed in these early centuries, so tea remained an exclusive novelty.

Japanese tea is "green", whereas the teas of India and China and the type that is generally drunk in the west are "black". With very few variations in agricultural techniques, the tea bushes of Japan are the same as the tea bushes grown in the hills behind Colombo or in the shadow of the Himalayas. What makes Japanese tea green and other Asian teas black is the processing.

In Japan, once leaves are picked, they are immediately steamed. If tea is not given this treatment, an enzyme in the leaf ferments and the leaves turn black. This steaming process is one the Indians and Sri Lankans do not follow. If the enzyme is destroyed, the leaves stay green, and the result is green tea.

Japanese tea can be divided into two major categories:

1. Leaf Tea - Steamed tea leaves are crumbled while still moist; as they dry they twist into shredded particles an average of about $\frac{1}{4}$ inch long.

2. Powdered Tea - Steamed leaves are dried flat and later ground into a fine light, green dust.

Leaf tea is the most ordinary drink. It is quick to make, and brewing requires very little skill. Powdered is more expensive, and whisking it into the proper frothiness is not as easy as making everyday tea.

If you visit a traditional teashop in Japan, you will find that leaf tea is available in numerous grades at varying prices. All leaf tea falls into one of the following broad grades; price further depends on the quality of the leaf within each grade:

1. Bancha - So called coarse "green" tea, is the lowest grade, but it is the tea that is consumed in the greatest quantities. It is popular at homes, factories, and offices because of its economical price. It is often described as coarse because it is made from larger, more mature leaves than any other tea, and leaves are cut to include even stems. The poorer the grade of bancha, more dried stems and twigs are found in the tea.

2. Sencha - Literally "infused tea" is good, medium-grade tea. The leaves that go into sencha are more tender and younger than those used for bancha. The leaf picking has been done with greater care so that there are no stems or twigs. Naturally, sencha is more expensive and better than bancha; it is "guest tea." Sencha is appreciated and is not drunk as a thirst-quencher like bancha. It is made and served in smaller quantities in special small pots and drunk from small handleless pottery or porcelain cups. Sencha is found as the complimentary drink only at exclusive restaurants with free-spending clientele. In offices, factories, and places of business, sencha is offered to visitors of note. In homes, it is often brewed to impress visiting relatives.

3. Gyokuro - "Jewel Dew" is the best leaf tea. Young buds of ancient bushes are coaxed into extreme tenderness by special growing techniques. Rare and expensive, gyokuro is extremely fragrant and tender. Even more than sencha, this tea is drunk a little at a time purely for its flavor; it is not meant to slake thirst. Like sencha, gyokuro is brewed in small quantities in small pots and served in small handleless cups.

GIANT WHITE RADISH - DAIKON

Daikon means "great root". In cool weather, when growth is quick and steady, the typical daikon grows about fourteen inches long and may weigh up to four or five pounds. Some varieties are thin and long, others fat and short. There is one type like a huge turnip and another kind grown in the rich volcanic fields of Kyushu is as big and round as a soccer ball.

Daikon radish is thought to aid digestion, especially of oily foods, and it is one of the commonest ingredients in Japanese cooking. Simmered, it tastes good with many thick sauces.

Daikon flesh is dense and demands long cooking, so it may need rather long parboiling even when sliced very thin.

Its most frequent usage is in its finely grated form (daikon-oroshi); grated daikon is used as condiment mixed into dipping sauces, in salads, in steamed dishes, and in numerous other ways. Grated giant white radish always goes into tempura dipping sauce, in part because daikon is thought to be especially helpful in aiding the digestion of oils.

The vegetable is so fundamental to Japanese cooking that it is easy to find in most Japanese stores abroad. Look for daikon that has a tight skin and a fresh appearance. Avoid those that seem pithy, smell too strong, or limp with soft, withered skin.

Daikon is good in other forms too. It is pickled in different ways, and the most famous pickle being takuan, bright yellow and crunchy.

SOY SAUCE - SHOYU

This brown salty sauce is one of the primary seasonings of oriental cooking. It was used to prevent foods from spoiling in the summer heat and it made it possible to preserve foods.

It was not until the 16th century, that soy sauce became widely used and commercially manufactured. Before that, it was made by farm families for their own or local use.

Soy sauce is made from soybeans, wheat and salt. A mixture of carefully selected and roasted beans and wheat is inoculated with an aspergillus mold. The resulting culture, which takes three days to grow, is called koji. The koji is then mixed with brine to make a mash. The mash is transferred to fermentation tanks for a leisurely brewing of one year. After brewing, raw soy sauce is separated from the "cake", residual materials such as bean and grain hulls, and refined. Soy sauce today is also pasteurized.

Natural Japanese soy sauces have relatively bright taste and aroma. Because far more wheat is used in Japanese soy sauces, they generally are "sweeter" and less salty than Chinese-style sauces. Japanese types are generally clearer in color and thinner than the dark, thick browns of Chinese soy sauce. Japanese themselves grade their soy sauce as "light" and "dark".

1. Light Soy Sauce - Usu Kuchi Shoyu - This type is amber in color, clearer and thinner than the dark, but it is also saltier. It can be used on all foods. This soy sauce does not darken the color of the food, and it is salty enough so that foods may be seasoned without saturating them or coating them.

2. Dark Soy Sauce - Koi Kuchi Shoyu - Has a deeper color and more body. It is less salty and used in relatively greater quantities. It may be used, for example, as a basting sauce or as a marinade base in simmered dishes and the like.

FISH PASTE - KAMABOKO

Kamaboko, the generic name for a wide variety of pureed - then - steamed or grilled fish products, is derived from the medieval word for cattail.

Standard ingredients of kamaboko are: Pureed white fish such as cod, croaker or shark, salt, and a binding agent like kuzu or potato starch to help mold the pureed fish. Sometimes food colorings are used to tint the outer layer. After the pureed fish has been blended with a binding agent, molded into desired shape, and if necessary, colored, it is steamed. When cool, it is firm and has approximately the same texture as bologna.

Kamaboko, usually made in cakes or rolls of five to eight ounces generally measuring no longer than about eight inches and one to two inches wide - may be eaten without any more preparation than slicing. One may also heat it first in simmering water. It is good this way as an hors d'oeuvre or a snack.

Sliced kamaboko may be added to soups and to noodle dishes and may be simmered in seasoned liquid as in oden.

No matter what type of kamaboko you buy, keep it refrigerated. It will keep about one week.

TYPES:

1. Planked Kamaboko - Ita-Kamaboko - Before steaming, the whitefish puree is molded into a quonset-hut shape on a rectangular piece of cypress wood. The cypress was essential to the old way of steaming and it lent a woody aroma. Today, when production is carried out in modern factories, gleaming with sterilized stainless steel, the wood is retained for aesthetic reasons and, no doubt, because it act as a disposable cutting board. These cakes may be pure white; if grilled, they may be slightly browned on top; or they may have been tinted pink or green on the surface.

2. Bamboo Wheels - Chikuwa - This form of kamaboko predates all kinds, but it came by its present name only after it became necessary to distinguish it from other shapes, such as planked kamaboko. This fish paste is molded around a thin segment of bamboo stalk (now a stainless steel rod) before steaming. To brown the outer layer, the steamed paste is grilled.

SWEET POTATO - SATSUMA IMO

In premodern times, southern Kyushu was the Satsuma Clan, and because this potato was introduced to Japan from Okinawa by way of the old Satsuma domain, it is called the "Satsuma Potato". There are a number of varieties. Botanically, it is the same as the sweet potato familiar in the U.S.; the flavor of the Japanese varieties tends to be sweeter and the flesh firmer than the American. Hot baked sweet potatoes are sold by itinerant peddlers from autumn through spring, and the cry of the sweet potato man is familiar to everyone in Japan.

Sweet potato slices are used in tempura, and the potatoes are simmered to make a sweet dish associated with the New Year. There are also a number of sweet potato "candies".

FRESH SOYBEANS - EDA MAME

Eda mame are delicious and nutritious. From late spring through the summer months, clusters of bright green pods on stiff stems can be seen in any Japanese market. The beans, cooked and served in their pods and shelled as they are eaten, are most often enjoyed as a snack with cold beer, or iced barley tea. To remove the fuzz on the outside of the pods and season them, too, toss $\frac{1}{4}$ pound of them into a serrated mortar and sprinkle a teaspoon of coarse salt over all. Rub the salt into the pods by stirring them around. Cook in a quart or more of boiling water for three minutes and drain immediately. Fan the cooked beans to cool them quickly (brightly colored) and to avoid condensation (better flavor). Cooked beans will keep for two to three days if refrigerated. About two hundred calories for $1\frac{1}{2}$ cups cooked beans (about $\frac{1}{4}$ pound with pod).

DRIED BONITO - KATSUO-BUSHI

The bonito, a member of the mackerel family, has been an important part of the Japanese diet from very early times, perhaps as early as the 8th century.

Steam-processed bonito fillets, dried to woodlike hardness, are shaved into flakes and used as one of the two essential ingredients of basic soup stock - dashi. Making and using dashi stock in Japanese cooking is roughly analogous to

making and using bouillon in classical French cooking. In the Japanese kitchen, the cook cannot do much without dashi and dashi means stock based on dried bonito and kelp.

The petrified fillets can last indefinitely if they are kept dry. Shaving is done on a bladed utensil made of wood, about half the width of a shoebox and made with a drawer to catch the flakes.

Dashi is available as:

1. Packages of dried bonito flakes called hana-katsuo, "flower bonito", or kezuri-bushi, "shaved fillets". The fish shavings look like pale rose colored wood shavings and are sold in cellophane packages of various sizes; from one use packets to large bags. Store as you would potato chips, in an airtight container. Humidity is their greatest enemy.

2. Seasoned dried bonito flakes in disposable infusion bags, are marketed as dashi-no-moto or "stock essence".

3. "Instant" dashi granules. This product is included in the dashi-no-moto and is sold under the name hon-dashi in packets or small brown glass jars. The granules contain dried ground bonito and all other seasonings required for dashi stock. This preparation is rather strong - only one level tsp. of instant dashi granules in four cups of simmering water produces a full flavored stock.

UME

This fruit is a species of apricot, prunus mume. It is used only when unripe - the firm green fruit is used to make plum liqueur. After it has turned yellow but before it becomes sweet, it is used for pickled plums - umeboshi.

PICKLED PLUMS - UMEBOSHI

The round red pickles are often made every June when green "plums" come into the market. Unripe plums are soaked in brine, packed with red shiso leaves (which contribute not only flavor but dye the plums red), and left to mature in the salty bath.

Umeboshi have long been regarded as a tonic. Not only are they thought to aid digestion, they are also said to keep the intestinal tract clear. This may be one reason why umeboshi are part of the traditional Japanese breakfast, besides their strong acid-salt flavor which is considered fresh and cleansing in the morning.

Please do not confuse Japanese umeboshi paste in small bottles or jars with sweet plum jam, often sold in cans in Chinese stores. The sweet plum puree is popularly used in Chinese-American cooking.

FLOURS - MERIKEN-KO

Wheat flour is not used much in traditional Japanese cooking. Noodles and deep-frying coatings and batters are the main uses for wheat flour in traditional cuisine. Of course, there are any number of modern dishes in the Japanese

cooking generally that freely use wheat flour, and the Japanese fondness for European food means that wheat flour has a permanent place on most kitchen shelves. Types of flour in the Japanese pantry that are used for native-style cooking are rice and soybean flours.

Rice flour is available in three kinds: Flour ground from ordinary short grain rice called joshinko, and two flours made from glutinous rice, called moshiko and shiratomako. Common rice flour, joshinko, is used for making sweet paper tubes. Mochiko is ground from cooked glutinous rice and is mixed with water, then boiled to make a type of mochi cake. Shiratomako is ground from raw glutinous rice and is used in a similar manner in making refined sweet confections.

Soy flour, kinako, is made by grinding roasted soybeans. It is nutty and fragrant. Sweetened with sugar, it is used in many traditional sweets. Soy flour is frequently sold in health food stores.

GINGER - SHOGA

Fresh ginger root is carried in the produce section of many supermarkets. It is in fresh form, never dried root or the powdered, that is used in Japanese cooking.

Choose ginger that is firm and tight. Avoid pieces that are flabby or have soft spots, as well as those having shriveled skin. Pare away skin of the amount you will use just before using. Obtain juice by squeezing finely grated root.

The root may be stored in the refrigerator up to two weeks. Condensed moisture makes it go soft, so wrap the root in newspaper or paper toweling before storing in an airtight plastic bag. Fresh roots may be frozen - break off as many knobs as are needed and return the unused portion to freezer.

VEGETABLES

ASUPARA - Asparagus
AOUME - Plum (fresh green)
BANNO NEGI - Green onion
BENITADE - Small wine-red sprouts used as garnish with sashimi
DAIKON - Giant white radish
DAIKON BA - White radish leaves
DASHI-NO-MOTO - Stock essence
DASHI GRANULES (INSTANT) - One tsp. in four cups of simmering water produces a fully flavored stock.
DAIZU - Soybeans
EDA MAME - Green soybeans
ENDO - Peas
GINNAN - Ginkgo nuts
GOBO - Burdock
GURINE PISU - Green peas
HAKUSAI - Chinese cabbage
HANA NIRO - Leek/scallion
HASU or RENKON - Lotus root
HECHIMA - Okinawan squash
HORENSO - Spinach
HOSHI SHIITAKE - Dried mushrooms
INGENMAME - Kidney or french bean
JAGAIMO - Potato
KABOCHA - Pumpkin
KABURA - Turnip
KANPYO - Dried gourd strips (both edible and decorative to tie or fasten food and as a filling in such food as "rolled sushi")
KANTEN or AGAR AGAR - Gelatin processed from red seaweed, "Tenqusa" used for sweets and confections
KARI FURAWA - Cauliflower
KATSUO BUSHI - Dried bonito (shaved into flakes and used as the basic soup stock)
KIKU-NO-HANA - Crysanthemum
KIKURAGE - Cloud ear mushrooms
KYABETSU - Cabbage
KYURI - Cucumbers
LETASU - Lettuce
MAKOMA - Wild Indian rice
MITSUBA - Trefoil
MOYASHI - Bean sprouts
MUCHICHA - Barley tea (refreshing chilled summer drink)
NAGA IMO - Mountain yam
NAMA SHIITAKE - Fresh mushrooms
NATSUME - Chinese date
NASUBI - Egg plant
NERI or OKURA - Okra
NIGAURI - Bitter melon
NINJIN - Carrots
OEA or AOZISO - Green "shiso" leaves
PAPAYA - Papaya
PASERI - Parsley
PIMAN - Green pepper
REDDO KYABETSU - Red cabbage

REDDO ONION - Red onion
SANI LETASU - Sunny lettuce
SATSUMA IMO - Sweet potatoes
SAYA MAME - Green string bean
SERORI - Celery
SHIMEJI - Mushroom
SHIRATAKI - Gelatin-like noodles (shirataki means white waterfall)
SHIRO NEGI or NAGA NEGI - Long onions
SHISHITO GARASHI - Small green peppers
SHOGA - Ginger root
SHUMGIKU - Crysanthemum leaves
TAKENOKO - Bamboo shoot
TAMANEGI - Onion
TOGAN - White gourd melon/Chinese winter melon
TOMATO - Tomato
UMEBOSHI - Pickled plum
USUIENDO - Green peas
WASABI - Horseradish
YURINE - Lily bulb
YUZU - Citron (lemon-like)

FRUITS

ABOKADO - Avocado
ANDESU MERON - Andes melon
ARUSU MERON - Aries melon
BIWA - Loquat
ERIZABESU MERON - Elizabeth melon
KINSHO MERON - Kinsho melon
KIUI FURUTSU - Kiwi fruit
KOZZAKU MERON - Kozzaku melon
MANGO - Mango
PAPAYA - Papaya
PURINSU MERON - Prince melon
RINGO - Apple
 1. FUJI Apple
 2. KOKKO Apple
 3. KINSEI Apple
 4. KOKKO Apple
 5. MUTSU Apple
 6. WORLD NO. 1 Apple
SAKURANBO or CHERI - Cherry
SHIROYUKI MERON - White snow melon
SUIKA - Watermelon

COOKING PRODUCTS

FLOUR - MERIKEN-KO or KOMUGI-KO

HAGOROMO (brand name) - For cakes, tempura, udon

IGURU (brand name) - For bread, pizza, dumplings

NISSIN (brand name) - For cakes, tempura, udon

OMON (brand name) - For making bread

PANKO - Bread crumbs

1. GENMUGI - Unhulled rice

2. CON MIX - Corn mix

SOY SAUCE - SHOYU

LESS SODIUM SHOYU

LIGHT SHOYU

THICKENED SHOYU

FERMENTED BEAN PASTE - MISO

AKA MISO - Red Miso

INSTANTO MISO JIRU - Instant bean paste soup

SHIRO MISO - White miso

FURIKAKE - FOR CHA ZUKE (RICE SOAKED IN OCHA)

KATSUOBUSHI FURIKAKE - Dried bonito flakes

NORI-TAMAGO - Dried laver mix

SAKE FURIKAKE - Salted salmon flakes

HANAGATSUO - Dried bonito flakes

HOSHI SHIITAKE - Dried mushrooms

NORI - Dried laver for sushi

CAKE MIX - KEKI MIKKUSU

CHOKORETO KEKI MIKKUSU - Chocolate cake mix

PAN KEKI MIX - Pancake mix

PAUND KEKI MIKKUSU - Pound cake mix

OKINAWAN SUGAR PRODUCTS

KOKUTO GASHI - Brown sugar candy

KURO ZATO - Brown sugar

SHISO KOROZATO - Beefsteak plant brown sugar

SEASONING

DASHI-NO-MOTO - Soup stock granules
MENTSUYA - Noodle dipping sauce
MIRIN - Sweet rice wine (made from sake, cooked mochi rice, rice malt)
MITSUKAN SU - Mitsukan is a brand name and su is vinegar
SHISO - Beefsteak plant spice oil
TOGARASHI - Dried red pepper
TONKATSU SOSU - Sauce for pork cutlet
WASABI - Horseradish
YAKINIKU TARE - Meat sauce
YUZU - Citron spice oil

PICKLED VEGETABLES

AJI KIMUCHI - Best with beer snacks
AKA KABURA
BETTARA ZUKE
DAIKON SUKE - Pickled radish
DONTO ZUKE
FUKUJIN
HAKUSAI ZUKE - Pickled Chinese cabbage
HANA RAKKYO
SHIITAKE ZENMAI
SHISO ZUKE UMEKO - Pickled miniature plums
SHOGA - Ginger, usually for sushi
TAKUAN
TOKYO TAKUAN
UMEBOSHI - Pickled plums
WAIN ZUKE KOUME - Wine pickled plums
WARABI
YAMAGAWA ZUKE
YUKIGUNI SANSAI

SEAWEED PRODUCTS

AJITSUKE NORI - Dried laver
HLJIKI - Seaweed
KONBU - Kelp
WAKAME - Seaweed

COOKING OIL

GOMAABURA - Sesame oil (used mostly for Chinese dishes)
SARADU-YU - Salad oil

SOYBEAN PRODUCTS

ABURAAGE or USU AGE - Thin deep fried tofu
TOFU - Bean curd
1. MOMEN - Cotton type
2. KINU - Silk type

A. Goya (Bitter Melon)

- 1 lb. goya
- 2 tablespoons oil
- 3 eggs
- salt and pepper to taste

Preparation:

1. Wash goya carefully - do not peel - slice lengthwise and discard seeds. Chop into bite-size pieces.
2. Heat oil and saute goya until soft - add eggs & scramble.
3. Season to taste and serve hot.

B. Hot & Sour Soup with Bean Curd (approved diabetic recipe)

- $\frac{1}{4}$ cup shredded pork
- $\frac{1}{4}$ cup shredded bamboo sprouts
- 2 water chestnuts, shredded
- 1 - 2 shiitake mushrooms
- 1 cake bean curd
- 1 tablespoon vinegar
- $\frac{1}{4}$ teaspoon red pepper sauce
- $1\frac{1}{2}$ teaspoon light soy sauce
- 1 teaspoon cornstarch mixed with 1 tablespoon water
- 1 egg, beaten

Preparation:

1. Wash, then soak mushrooms in hot water 15 minutes.
2. Drain, save water, shred.
3. Slice bean curd into thin pieces.

Cooking:

1. Add water to saved mushrooms to make $1\frac{1}{2}$ cups, bring to a boil.
2. Add pork, bamboo shoots, water chestnuts, mushrooms and cook two minutes.
3. Add bean curd, vinegar, red pepper sauce, soy sauce - when mixture returns to a boil, add corn starch and continue stirring until thick.
4. Turn off heat, stir eggs in gradually. Serve hot.

C. Lotus Root Chips

- 2 fresh lotus root sections
- 2 cups peanut oil
- salt to taste

Preparation:

Peel lotus root with potato peeler. Cut crosswise into thin slices ($\frac{1}{16}$ inch). Have oil heating in deep fryer.

Cooking:

1. Deep fry lotus root in oil at 370°F until slices are deep golden brown.
2. Remove; drain well; sprinkle with salt.
3. Serve instead of potato chips.

D. Pork With Cellophane Noodles

- 1 tablespoon peanut oil
- 1 lb. pork loin, sliced
- 1 yellow onion, chopped
- 1 tablespoon sherry
- 2 tablespoons light shoyu sauce
- ½ teaspoon sugar
- ½ teaspoon salt
- ½ cup water chestnuts, sliced
- 8 dried shiitake mushrooms
- 1 slice ginger, minced
- 3 scallions, sliced
- 2 tablespoons peanut oil
- 1 oz. cellophane noodles
- 1½ cups of cold water

Preparation:

1. Soak noodles in hot water for 20 minutes. Drain. Wash and soak shiitake mushrooms in hot water (not with noodles) for 15 minutes. Drain and slice.
2. Mix sherry, shoyu sauce, sugar and salt. Set aside.

Cooking:

1. Heat 1 tablespoon oil in skillet until it starts to bubble. Add pork and stir fry 4 minutes or until well done.
2. Add onions, water chestnuts, mushrooms, ginger, and scallions to meat mixture. Stir fry one minute. Remove from pan and set aside.
3. Heat 2 tablespoons oil in hot skillet. Add noodles and stir well. When hot, add pork and vegetable mixture. Add cold water. Bring to boil. Set heat on medium and cook five minutes or until water is absorbed.

TABEMASHO!!

Good morning. Ohayoo gozaimasu.	I don't speak Japanese. Nihon-go o hanashimasen.	See you later. Be careful. Itte (i)rasshai.
Hello. Kon'nichi wa.	Please write it. Kaite kudasai.	I'm going. Itte mairimasu.
Good evening. Kon'ban wa.	Please speak. Please talk. Hanashite kudasai.	Excuse me for a moment. Chotto shitsurei shimasu.
Goodbye. Sayoonara.	Please wait for a moment. Chotto matte kudasai.	Sorry to have kept you waiting. Omachidoo sama.
Good night. Oyasumi nasai.	Thank you very much. Domo arigatoo gozaimasu.	Is that so? Really? Soo desu ka.
Do you understand? Wakarimas ka.	I am very sorry. Domo sumimasen.	How do you do? Hajimemahite.
(Yes) I understand. (Hai) Wakarimashu.	Forgive me. I'm sorry. Gomen nasai.	Please extend a special favor to me. Dozo yoroshiku.
(No) I do not understand. (Iie) Wakarimasen.	Don't mention it. Not at all. Doo itashimashite.	I'd better be leaving. Sorosoro shitsurei shimasu.
Very good. You did a good job. Yoku dekimashita.	Pardon me. Gomen kudasai (mase).	Come again. Mata irasshai.
Please say it once more. Moo ichido itte kudasai.	Welcome. Irasshai (mase).	Please go ahead. Doozo osakini.
Excuse me. Sumimasen.	I've come home now. Tadaima.	How are you? Ogen'ki desu ka.
How much? Ikura (desu ka).	Welcome home. Okaeri nasai.	(Fine), thank you. Okagesama de.
Why? Naze (desu ka).	I am going to eat (or drink). Itadakimasu.	(How) do you happen to know it? (Dooshite) gozon'ji desu ka.
When? Itsu (desu ka).	It was delicious. Gochisoo sama deshita.	I am sorry for that. Sore wa sumimasen deshita.
Where is this? Kore wa doko ni arimasu ka (desu ka).	Please take care of things. Onegai shimasu.	What a pity. That is too bad. Sore wa zan'nen deshita ne.
What is this? Kore wa nan desu ka.	Congratulations. Omedetoo gozaimasu.	
What is that? Sore wa nan desu ka.	Please give me a beer. Biiru o kudasai.	
Do you speak English? Eigo o hanashimasu ka.		