

The 6th Japanese Culinary Art Competition Recipes Form

Menu No.
(For official use)

Name
XXXXXXXXXXXX
Employer
XXXXXXXXXXXX

*The personal information of the contestants will not be given to the judges

Item name	XXXXXXXXXXXX
Item PR	Tell us the feelings and ideas you have towards this dish.
<p>! Enter the name and some points of interest about the item.</p>	
<p>! Write down the method as clearly as you can so it is easy to understand. Please attach a separate computer printed recipe card if possible.</p>	

Item menu	Ingredients (for four)	Seasonings	Method
1. Nimono-wan	Cold prawns (21/25) 8 160 g	Potato starch	(1) Prepare ichibandashi and then prepare the konbu dashi stock separately.
Osumashi	Minced fish 160 g	Salt	(2) Peel the prawns, open up their backs and remove the digestive tract, then rub them with potato starch and water to remove the smell before dicing them with a knife to turn them into prawn mince.
Prawn dumpling	Udo 160 g	Light soy sauce	(3) Beat the minced fish well, add (2) to it and mix well, extend suitably using egg white and konbu dashi stock, season the dashi stock with salt and light soy sauce and warm it before forming the mince into balls and gently boiling.
Petal udo	Carrots 200 g		(4) Peel the udo and shave in a flower petal shape, slice thinly and parboil, simmer it in light seasoning.
Cherry carrots	Rape blossoms 8 60 g		(5) Shave the carrots into cherry blossoms, cut them into equal parts and parboil them.
Rape blossoms	Pepper leaf buds & leaves		(6) Arrange the rape blossoms and parboil them, steep them in the soup broth to bring out the flavor.
Pepper leaf buds	Dashi konbu 160 g		(7) Season the soup with the first dashi stock.
	Dried bonito flavings 200 g		(8) Pre-heat (3), (4), (5), and (6), arrange in bowl, cover with (7), place pepper leaf buds on top, and serve.

! The theme ingredients need to be used in at least one of the recipes.

Fill in all sections. Any missed sections will mean the recipe will not be considered for judging.

