## The 6th Japanese Culinary Art Competition Recipes Form



Name					
XXXXXXXXXX					
Employer					
XXXXXXXXXX					

 $<sup>\</sup>ensuremath{^{*}}$  The personal information of the contestants will not be given to the judges

Item name	XXXXXXXXXX						
Item PR	Tell us the feelings and ideas you have towards this dish.						
Enter the name and some points of interest about the item.							
	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.						

Item menu	Ingredients (for fo	our)	Seasonings	Method
1. Nímono-wan	Cold prawns (21/25)8	160 g	Potato starch	(1) Prepare ichibandashi and then prepare the konbu dashi stock separately.
Osumashí	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
Prown dumpling	udo	160 g	Light soy	water to remove the smell before dicing them with a knife to turn them into prawn mince.
Petal udo	carrots	200 g	sauce	(3) Beat the minced fish well, add (2) to it and mix well, extend suitably using egg white and konbu dashi
cherry carrots	Rape blossoms 8 60 g			stock, season the dashi stock with salt and light soy sauce and warm it before forming the mince into balls
Rape blossoms	ms Pepper leaf buds 8 leaves			and gently boiling.
Pepper leaf buds	Dashi konbu	160 g		(4) Peel the udo and shave in a flower petal shape, slice thinly and parboil, simmer it in light seasoning.
	Dried bonito navings	200 g		(5) Shave the carrots into cherry blossoms, out them into equal parts and parboil them.
	The theme ingredients need to be used in at least one of the recipes.			(6) Arrange the rape blossoms and parboil them, steep them in the soup broth to bring out the flavor.
_				(7) Season the soup with the first dashi stock.
of the recipes.				(8) Pre-heat (3), (4), (5), and (6), arrange in bowl, cover with (尹), place pepper leaf buds on top, and serve.

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

Item menu	Item menu Ingredients (for four)			Method
2. Takiawase	Kyoto chicken thigh meat	LI thígh	salt	(1) Remove excess skin and sinew from the Kyoto chicken thigh, out in lengthwise in two and then slice thinly.
Kyoto chicken jibu-ni	Millet gluten	1/2	Light soy sauce	(2) Cut the softyuba into 3 cm squares and season with dashi and light soy sauce then simmer.
Drowned Fried millet gluten	Softyuba	2 sheets	Dark soy sauce	(3) Heat the cooking oil to 160 degrees. Slice the millet gluten lengthwise in two, then out six times forming
seasoning soft yuba	Spinach	1/2bundle	sake	12 pieces, deep fry uncoated them, rinse with hot water to remove oil, then remove water, season with dashi
spinach	Japanese pepper	M1/5	Mirin	and light soy sauce and simmer.
Pepper leaf buds	Pepper leaf buds	8 leaves	Potato starch	(4) Wash the spinach and boil with salt, cut into bite-sized pieces, and steep in the seasoning liquid made from
			Flour	the dashi stock, and light soy sauce.
			cooking oil	(5) Lightly dredge the chicken slices in flour, shake well.
			wasabi paste	(6) Mix the dashi, sake, mirin, and dark soy sauce in a pot and season, then, when it has just started to boil,
()	Draw a line between each recipe.			add (5) and then bring back to the boil.
Draw a line				Add potato starch dissolved in water to thicken it, then mix in wasabi paste
				(≠) heat them, arrenge on plates, top with pepper leaf buds, and serve.
3, Yakimono	Sliced trout 4 slices	320 g	Mirin	(1) Remove the small bones from the trout, cut into equal sections, and thread onto metal skewers.
Trout grilled with	Pepper leaf buds	16 leaves	Tamari soy sauce	(2) Make a sauce using mirin, tamari soy sauce, sake, and dark soy sauce.
pepper leaf buds	Fatsia sprouts	8	sake	(3) Remove the "leggings" around the fatsia sprouts and clean so their shape becomes easy to eat.
Drowned fried Fatsia sprouts	Ginger shoots	4	Dark soy sauce	(4) Combine the dashi, light soy sauce, and mirin in a pot and bring to the boil ,then cool down. Heat the
Ginger shoots			Light soy sauce	cooking oil and fry the cleaned sprouts. While they are still hot, steep them in the seasoning liquid.
			Rice vinegar	(5) Form the ginger shoots into similar shapes and peel off the thin skins, boil quickly in hot water, then once
			Sugar	they are cool, marinate in a sweet vinegar made from vinegar, water, and sugar.
			cooking oil	(6) Prepare and heat a grill, then grill (1) after spreading (2) over it. Carefully observing the grilled color and
				how far the heat is penetrating, grill until it glistens and then finally top it with the minced fatsia
				sprouts.
				(尹) Assemble (4), (5), and (6) on plates and serve.
		🚺 If th	ne space pro	vided in any section is not adequate, you may continue on additional paper.