

The 4th Japanese Culinary Art Competition Recipes Form

Menu No.
(For official use)

Name
XXXXXXXXXXXX
Employer
XXXXXXXXXXXX

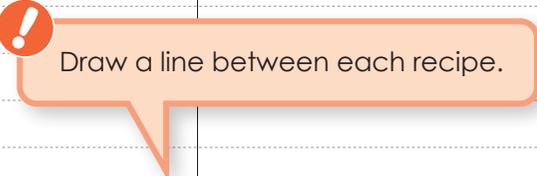
*The personal information of the contestants will not be given to the judges

Item name	XXXXXXXXXXXX
Item PR	Tell us the feelings and ideas you have towards this dish.
<div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> Enter the name and some points of interest about the item. </div> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> 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. </div>	

Item menu	Ingredients (for four)	Seasonings	Method (Propose a menu that uses the theme ingredients and can be prepared and served in three hours.)
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
Prawn 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	Pepper leaf buds & 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 savings 200 g		(5) Shave the carrots into cherry blossoms, cut them into equal parts and parboil them.
			(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.
			(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.

Item menu	Ingredients (for four)	Seasonings	Method (Propose a menu that uses the theme ingredients and can be prepared and served in three hours.)
2. Takiawase	Kyoto chicken thigh meat 1 thigh	Salt	(1) Remove excess skin and sinew from the Kyoto chicken thigh, cut 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 cut six times forming 12 pieces, deep fry uncoated them, rinse with hot water to remove oil, then remove water, season with dashi and light soy sauce and simmer.
seasoning soft yuba	Spinach 1/2 bundle	Sake	
Spinach	Japanese pepper 1/5	Mirin	
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 the dashi stock and light soy sauce.
		Flour	(5) Lightly dredge the chicken slices in flour, shake well.
		Cooking oil	(6) Mix the dashi, sake, mirin, and dark soy sauce in a pot and season, then, when it has just started to boil, add (5) and then bring back to the boil.
		wasabi paste	Add potato starch dissolved in water to thicken it, then mix in wasabi paste
			(7) heat them, arrange on plates, top with pepper leaf buds, and serve.
 <p>Draw a line between each recipe.</p>			
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 cooking oil and fry the cleaned sprouts. While they are still hot, steep them in the seasoning liquid.
Ginger shoots		Light soy sauce	(5) Form the ginger shoots into similar shapes and peel off the thin skins, boil quickly in hot water, then once they are cool, marinate in a sweet vinegar made from vinegar, water, and sugar.
		Rice vinegar	
		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.
			(7) Assemble (4), (5), and (6) on plates and serve.

 If the space provided in any section is not adequate, you may continue on additional paper.

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