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#### $\sim$ Introducing Seasonal Vegetables $\sim$

111

#### Spring

Spring cabbage Seasonal potato Seasonal onion Spring carrot

#### Autumn

Lotus root
Mushrooms
Sweet potato
Carrot
Burdock

#### Summer

Green pepper
Eggplant
Tomato
Cucumber
Corn

#### Winter

Chinese cabbage
Spinach
Japanese mustard
spinach
Daikon radish

The vegetables listed here are also used in many recipes in this book, so you can use them as reference! Let's promote local consumption and production by using

Tokushima vegetables!



#### Home cooking made easier! Recommended seasonings!

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#### ① All-purpose seasoning

A little goes a long way!!

Stir-fry home ingredients with all-purpose seasonings to create authentic flavors!

The tube type is especially recommended!

We also recommend Yakiniku sauce for the perfect taste!

⟨Ex⟩ Somi Shantan, Komi paste, Weipa, Yakiniku sauce, etc.

# ③ Canned tuna and bonito flakes

Add these to your microwave dish or on top of your TKG (raw egg on rice) for an easy way to get protein!

Especially recommended for busy people living alone!!

Canned tuna is also available in packs, which is convenient as it keeps your hands clean!

#### ② Sesame oil

Adding this to your stir-fry or microwave cooking will improve the flavor!

Have some of this on hand to upgrade your cooking!

#### 4 Frozen food

If you have frozen vegetable and seafood mixes from the supermarket, you can cook without the hassle of cutting ingredients!
Convenient to have on hand!
Mixed vegetables are recommended because they add a lot of color.
Wholesale supermarkets have a wide variety of them at low prices, so be sure to check them out!



#### ① Kinoko (Mushroom)

Freeze to increase the nutritional value!

After buying at the supermarket, just cut off the base and store in a ziplock bag for quick use in miso soup and other dishes.

#### ② Komatsuna (Japanese mustard spinach)

It can be frozen raw and is convenient to use in cooking as is!

Run under running water to remove the soil from the base,

wash thoroughly, then cut to your desired size and store.

Easier to use if the leaves are separate from the stems and

roots!

#### (3) Banana

Peel, wrap in a plastic wrap, then freeze for longer shelf life.

Easier to eat if you wrap, mash, then freeze it.

Perfect for summer as it can be eaten like ice cream!

Also delicious when added to yogurt.

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Also use the skin for easy cooking!

#### Pumpkin Salad

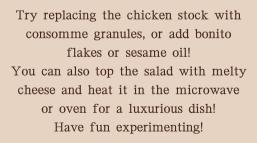


#### Ingredients

#### Serves 4

Pumpkin	1/4pc
Water	1 tbsp
Canned tuna	1/2-1 can
Chicken stock	1/4 tsp
(granules/powder)	
Mayonnaise	2-3 tbsp
Black sesame	Optional
Salt and pepper	A little





#### Instructions

- ① Use a large spoon to remove the pulp from the pumpkin and cut into bite-sized pieces.
- ② Place pumpkin in a heat-resistant container, add 1 tbsp of water, loosely cover with plastic wrap, and microwave at 500W for 5 min. and 30 sec. Monitor. Increase heating time if needed.
- 3 After heating, mash to your desire with a spoon or other utensils.
- ④ Add chicken stock, mayonnaise, drained tuna, salt and pepper, mix and done!





#### Infinite Bell Pepper



#### Ingredients

#### Serves 2

Bell pepper	3 pcs
Canned tuna	1 can
Chicken stock	1 tsp
(granules/powder)	
Sesame oil	1 tbsp

(Optional)

White sesame To taste



#### NOTE



It's delicious as is, or you can add yakiniku sauce or mayonnaise to change up the flavor!

A simple side dish that is perfect for lunch boxes!
Bell pepper is a summer vegetable!

Also plenty of nutritional value!

#### Instructions

- ① Cut bell peppers in half lengthwise and remove seeds. Slice crosswise into thin slices.
- ② In a heat-resistant bowl, add bell peppers, drained tuna, chicken stock, and sesame oil and mix lightly.
- ③ Cover ② loosely with plastic wrap. Microwave for 2 min. at 500W.
- ④ Plate. Sprinkle sesame seeds if available, and done!



Even parts often thrown away can be delicious!

#### Braised Daikon Skin



#### Ingredients

#### Serves 2

#### Instructions



Daikon (radish) skin	150g
Chili pepper (sliced)	1/2 tsp
Sesame oil	1 tsp

(A)

1.5 tbsp Soy sauce 1 tbsp Sugar 1/2 tbsp Sake

(1) Cut daikon skin along the fiber into 5mm strips.

(2) Add sesame oil to fry pan, add daikon skin and chili pepper slices, and stir-fry for about 3 min.

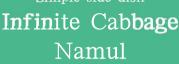
3 Add (A) and stir-fry until combined and most of the water has evaporated, and serve!





When cutting radish skin, it's easier to hold the radish cut into 5cm pieces vertically and then peel as if it's an apple! Wash the skin carefully with water before cutting. The texture is similar to burdock and is full of nutrients!







#### Ingredients

Serves 3-4

#### Instructions



Cabbage 1/8 head 1 pinch

White sesame To taste

Chili pepper Optional

(1) Cut cabbage into bite-sized pieces. (You can also tear by hand)

(2) Put in heat-resistant container, loosely cover with plastic wrap, and heat for 3 min. at 600W.

(3) After heating, discard any water that comes out and add all ingredients, and done.



#### NOTE



Tearing by hand makes this recipe very convenient and saves the time of washing knives and other utensils! If you do not have cabbage, you can use carrots, daikon, or bean sprouts. before heating in the microwave.



#### A perfect side dish for any meal! Vinegared Daikon and Cucumber



#### Ingredients

Serves 2 - 3

1 tsp

Daikon (radish) 5cm (150g) Cucumber 1-2 pcs

(A)

Soy sauce

Sugar 1-2 tbsp Salt 1 pinch

Vinegar 1 tbsp

Chili pepper (Optional)

#### Instructions

(1) Cut daikon lengthwise into quarters then thin slices, and cucumber into half-moon slices.

② Mix with (A).

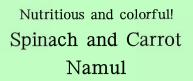
(3) Leave for about 10 minutes, and done!





This is convenient for when you want one more dish! It's easy to add when you want something a little refreshing, so please try it. Add sugar to taste, but if you like it sweeter, use 2

tablespoons!





#### Ingredients

Serves

Spinach 1 bag (200g)
Carrot 1 medium (150g)
Grated garlic 1/3 tsp
Salt 1/2 tsp
Pepper A little
Chicken stock 1/2 tsp
(granules/powder)
Sesame oil 2 tbsp

#### Instructions

- ① Cut spinach into 4cm pieces, and carrot into 4cm strips.
- ② Blanch ①.

③ Mix with seasonings, and serve!



NOTE



Adding sesame oil really improves the flavor!

Adding bonito flakes, tuna, or white sesame seeds will make it even more nutritious!

#### PLUS1

Spinach and carrots are green and orange vegetables that are rich in vitamin A!

What's more, fat-soluble vitamins can be absorbed at a higher rate by using sesame oil!!

Use up leafy vegetables that spoil easily and store them in the

refrigerator as preserved foods!

The texture of lotus root will make you addicted!

# Braised Lotus Root and Carrot

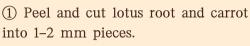
Ingredients	Serves 3–4	
Lotus root	250g	
Carrot	1 (150g)	
Sesame oil Sliced chili pepper	2 tsp 1 tsp	
Sake	3 tbsp	
Sugar	2 tsp	
Mirin	1 tbsp	
Soy sauce	1 tbsp	



Adding pork to the ingredients turns it into a main dish!
When adding meat, cut into desired size and saute first!



#### Instructions



After cutting, soak lotus root slices in water and drain to prevent the color from changing.

- ② Heat fry pan over medium heat, add sesame oil and chili pepper, then add lotus roots, carrots, and sake, then saute until vegetables wilt.
- 3 Add sugar, mirin, and soy sauce and saute until liquid is gone, and done!

#### PLUS1

Lotus root is in season from autumn to winter! Tokushima produces a lot of both, so why not try making this dish using lotus roots and carrots from Tokushima?





#### Ingredients | Serves 3-4

Lettuce

6 leaves

	3 1000 100
Sesame oil	2 tsp
Water	600cc
Chicken stock	2 tsp
(granules/powder)	
Salt and pepper	A little
Dotato storah	1 tan

Potato starch 1 tsp dissolved in water 1 pc Egg



NOTE



Fry the lettuce in sesame oil first to enhance the flavor of the sesame oil! Turn off heat immediately after adding the eggs for fluffiness!

#### Directions

- (1) Cut lettuce into bite-sized pieces.
- 2) Add sesame oil to pot. Add lettuce once pot is warm. Saute in low heat until wilted.
- (3) Add water, chicken stock, salt and pepper into pot, bring to boil over medium heat.
- (4) Once boiling, reduce heat to low, add starch water, stir lightly, and then return to medium heat.
- (5) Once simmering, add beaten eggs and swirl around using chopsticks.
- 6 Turn off heat immediately after adding all ingredients. Lastly, add sesame oil to serve!

# Refreshing and easy to eat! **Sudachi-**Marinated Summer Vegetables



#### Ingredients

Okra

Sa1t

#### Serves 4

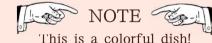
1 bag

A little

Cherry tomato	1 pack
Cucumber	2-3 pcs
Sudachi pulp	
(if available)	
(A)	
Olive oil	2 tbsp
Vinegar	6 tbsp
Sugar	3 tbsp
Sudachi juice	1 tbsp
Black pepper	A little

#### Instructions

- ① Sprinkle salt on okra and cucumber then gently roll back and forth on cutting board (itazuri).
- ② Cut okra and cucumber into bite-sized pieces.
- ③ Put all ingredients into (A) mixture and leave for at least 1 hr.
- ④ Remove from marinade and done!



This is a colorful dish!

Okra, tomato, and cucumber are all in season in summer!

This is a great way to enjoy summer vegetables!







#### Ingredients | Serves 3-4

Sweet potato	1	medium	(40	0g)
Ground chicker	ı		15	0 g
Oil			1	tsp

(A)	
Water	200cc
Japanese style stock	1 tsp
(granules)	

(B)	
Sake	1 tbsp
Mirin	1 tbsp
Sugar	1 tbsp
Soy sauce	1 tbsp

Potato starch	1 tbsp
dissolved	(1 tsp starch
in water	2 tsp water)

#### Directions

- (1) Cut sweet potato into 2 cm wide chunks with the skin on, soak in water for 5 min., then drain.
- 2 Heat sesame oil in fry pan/pot over medium heat, and saute ground chicken.
- (3) When ground meat is cooked, add (1) and (A), bring to boil, and sift scum.
- (4) Add (B), cover, and simmer over low heat for 10 min. until sweet potatoes are tender.
- (5) Remove lid, add starch water thicken, and turn off heat to finish!



NOTE



Water will overflow if the fry pan is small, so a pot is recommended if a large pan is not available!

For when you need energy!!

#### **Spic**y Pork **and** Eggplant Sti**r-Fry**



#### Ingredients

Serves 2

-55P14111	J pes
Shaved pork	150g
Yakiniku sauce	3 tbsp
Potato starch	1 tbsp
(or wheat flour)	
Sesame oil	2 tbsp
Salt and pepper	A little

(Optional)
White sesame seeds
Green onion
Shichimi (7 spice mix)

#### Directions

- ① Remove eggplants' stems and cut into large bite-sized pieces. Cut pork into bite-sized pieces.
- \* The eggplants in the photo were cut in half and diagonally sliced 1cm wide.
- ② Put sliced eggplant, pork and starch (flour) in plastic bag, close, and shake vigorously to coat fully.
- ③ Heat sesame oil in fry pan, add pork and eggplant, and saute over medium heat.
- ④ When pork has changed color, add yakiniku sauce and stir-fry. Once eggplant softens, turn off heat, plate, and serve!



Adding potato starch makes the pork tender!

It can also be used in other dishes!

Eggplant is in season in summer, so try making this dish when you are tired or exhausted from the summer heat!

Make with ingredients already found at home!

#### Pork and Ketchup Stir-Fry

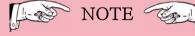


#### Ingredients

Serves 4

#### Instructions

Shaved pork	400g	(1) Slice onion thinly. Coat pork
Flour	4 tbsp	with flour. Mix (A) in a bowl.
Onion	1 pc	
Oil	2 tbsp	② Heat oil in fry pan, add
		pork and cook over medium
(A)		heat for 3min.
Ketchup	4 tbsp	
Medium-thick sauce	3 tbsp	3 Add onion slices and saute
(Worcestershire sauce)		lightly.
Sake	2 tbsp	
Pepper	1/4 tsp	④ Add (A) and saute for 3min.





Serve!

Add ketchup and medium thick sauce for a taste that everyone loves! You can also use bell pepper or lotus root instead of onion.

If you use lotus root, soak it in vinegar water after cutting for better flavor!



## Different arrangements possible through freezing!

#### Chicken Thigh Tomato Stew



#### Ingredients

Serves 4

Instructions

Chicken thighs 300g Canned tomatoes 1 can Onion 1/2 Shimeji (mushrooms) 1 pack Oi1 1 tbsp

(1) Cut onion into thin slices. Cut off roots of shimeji and break into bite-sized pieces. Cut chicken into bite- sized pieces. Sprinkle with salt and pepper, and coat with potato starch.

(A) Sugar 1 tsp Salt and pepper A little Consomme granules 1 tsp Water 100cc 2) Heat oil in fry pan over medium heat, add chicken and cook until golden brown, turn over and cook the same way.

3 Add tomatoes, onions, and shimeji, saute until wilted, add (A), mix, saute over low heat for 10 minutes, and serve!





The above amounts to about four 380 ml containers! One 400ml Tupperware is the perfect size for a main dish and is recommended for freezing. It is also delicious served with boiled pasta or baked in the oven with cheese on top! It is lightly seasoned so you can taste the umami of the ingredients, so you can add consomme or salt and pepper if you want.



Refreshing with daikon and ponzu!

#### Pan-Fried Pork Belly and Daikon with Ponzu Sauce



#### Ingredients

Serves 2

#### Instructions

Thinly sliced pork 200g belly

Daikon (radish) 10cm (300g) Vegetable oil As you like

(A)

1 tbsp Sake 1 tbsp Mirin

Ponzu 2 tbsp

As you like Green onion

(1) Cut daikon into thin quarters and pork belly into 3cm pieces.

(2) Heat oil in fry pan and cook pork until it changes color.

(3) Add daikon and saute until translucent. Add (A) and saute lightly. Finally, sprinkle on some finely chopped green onion to finish.



NOTE





The soft texture of the daikon and the flavor of the ponzu make for a mild taste that you'll want to eat on a cold day! Swap the pork belly for chicken thighs. It's also very tasty!

Enjoy different flavors per season

#### Pan-Fried Seasonal Vegetables with Cheese



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Serves 1–2

Seasonal vegetables 50g (lotus root)

Pizza cheese 40g
Bacon 30g
Eggs 1pc
Starch 1 tsp
Black pepper To taste

Oil 2 tsp Ketchup To taste

#### Instructions

① Cut vegetables and bacon into 5mm cubes.

② Put everything in a bowl and mix.

3 Pour oil into heated fry pan and cook over low heat for about 5min. until golden brown. Flip and cook for another 3min.

④ Cut into pieces and drizzle ketchup to finish!



NOTE



Add cheese to improve the flavor. Everyone loves it!

Enjoy this recipe all year round by using seasonal vegetables!

Another great thing about this recipe is that you can use leftover ingredients at home!



#### No stove needed!

#### Easy Seafood Doria



#### Ingredients

Consommé granules

Salt and pepper

#### Serves 2

1 tsp

A little

Seafood mix	250g
Onion	1/8
Cherry tomatoes	4
Tuna	1 can
Butter	10g
Flour	2 tbsp
(A)	
Milk	200m1

Rice 400g
Breadcrumbs As you like
Pizza cheese As you like
Parsley As you like
Black pepper As you like



Substitute with your favorite veggies, meat or none. <Ex> Bell peppers, broccoli, chicken, pork belly, etc. Just seafood is also good!

When using seafood mix in different dishes, change the thawing method based on the heating time. For longer heating times, use it while it is still frozen and add white wine (alcohol) to remove the odor.

This will help prevent overcooking, which can cause the seafood to toughen.

#### Instructions

- ① Thaw seafood mix according to package instructions. Drain before use.
- ② Thinly slice onion, place in large microwave-safe container, loosely cover with plastic wrap, and heat at 600W for 2m40s. Meanwhile, drain tuna and chop cherry tomatoes.
- ③ Remove from microwave, add butter and melt, then the tuna and flour and mix well until combined.
- ④ Add (A) and heat for 1m30s at 600W without plastic wrap. Remove, stir well, and heat again for 1m40s at 600W. (If still runny, heat for an additional 20s.)
- ⑤ Remove and stir again, then add seafood mix. The white sauce is ready.
- ⑥ Put rice, white sauce, cherry tomatoes, cheese and breadcrumbs in a gratin dish, in that order, and heat in toaster (oven) for about 5m until golden brown. Sprinkle with parsley and black pepper as you like. Serve!

#### Endless versatile flavors!

#### Chicken Base Soup



#### Ingredients

Serves 2

Chicken breast meat 150g Sake 2 tbsp Potato starch 1 tsp

Salt and pepper 3 shakes Water 400cc

Chicken stock 1/2 tsp

(granules/powder)

Soy sauce 1 tsp

Green onion As you like

#### Instructions

- (1) Bring meat to room temperature. (Remove from refrigerator for 1–2hrs)
- (2) Poke holes in the meat with a fork, cut into bite-sized pieces, and coat with sake and starch.
- (3) Put everything in pot, bring to boil, reduce heat to medium, simmer for 3min.

(4) Serve in a bowl, and sprinkle green onion as you like.



#### NOTE

Can be arranged using various ingredients! Try adding eggs, bacon, sausages, and various vegetables!

 $\langle Ex \rangle$ 

(1) Minestrone style with ketchup, Worcestershire sauce and paprika or egg

(2) Curry soup using curry powder, etc. You can also add seasonal vegetables!



A must-try in fall and winter!

# Carrot and Shiitake Rice



#### Ingredients

## Serves 2–3

#### Instructions

Carrot Half Shiitake (mushrooms) 3 pcs

(dried)

Rice 2 cups

(A)

Shiitake water 2 cups

Sake 2 tbsp

Soy sauce 1.5 tbsp

Sesame oil 1 tsp

① Rehydrate dried mushrooms in 2 cups of water.

② Slice mushrooms thinly and cut carrot into quarters.

3 Add (A) and ingredients to rice, and cook. If there is not enough water, add more.

4 Once done, mix lightly, and done!



#### NOTE



Adding shiitake stock lets the umami flavor soak into the rice, making it very tasty! You can also replace shiitake with other mushrooms such as shimeji. Burdock root, lotus root, deep-fried tofu and chicken are also great for this recipe!

Please try various arrangements to your liking!



Put the whole corn in the rice cooker!

#### Corn Rice



#### Ingredients

Serves 2-3

1 tsp

Corn (smaller is 1 pc better) 2 cups Rice

#### Instructions

- (1) Wash rice as usual and add water to the 2 cups mark.
- 2) Peel and lightly rinse corn. Cut off root end and then in half.
- \* The corn is hard to cut, so hold it still and use the base of the knife to cut it.
- (3) Put salt and corn into rice cooker with the cob on, and cook as usual.
- 4 Once cooked, remove corn, stand stem-side down on a cutting board, and cut between the cob and the kernels to remove them. Return kernels to the rice cooker, mix lightly, and done!



Salt

#### NOTE



Be careful as the corn is very hot after cooking! Holding it with a cloth or kitchen paper makes it easier to cut the top.

Corn is in season in summer! Putting the whole corn in the rice cooker makes cooking so easy!





#### Ingredients

Serves 2–3

Sweet potato 1/2 pc (150g)
Rice 2 cups
Sake 1 tbsp
Salt 1 tsp

#### Instructions

- ① Dice sweet potato and soak in water for 10min.
- ② Put washed rice, sake, and salt in rice cooker and add water up to the 2 cups mark.
- ③ Add sweet potatoes and cook rice as usual.
- 4 Once cooked, mix lightly, serve!



NOTE



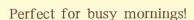
Soaking the sweet potato in water for 10 min. reduces the bitterness and improves the color!

They are in season in autumn!

The taste and texture changes depending on the variety, so be sure to find the variety you like!

We recommend "Naruto Kintoki"





#### Shirasu TKG

(whitebait and raw egg on rice)



#### Ingredients Serves 1

Rice 1 bowl 1 pc Egg Shirasu As you like (whitebait) As you like Green onion Soy sauce A little

#### Instructions

- (1) Separate egg into egg white and egg yolk.
- (2) Mix rice and egg white, top with shirasu and green onion, then top with egg yolk. Drizzle with soy sauce to serve!



Besides soy sauce, sesame oil + salt is also great!

Nori seaweed on top, soy sauce + mayonnaise are also delicious! Shirasu packets from the supermarket can be frozen then used as is! This is especially recommended for those who live alone, as it is an easy way to get the nutritional benefits of fish!







Top with tuna for a protein-packed breakfast! Tuna in a pouch instead of a can is even more convenient!!

Top with dry-cured ham for a slightly luxurious breakfast!

The ham has a nice flavor, so it's delicious even without any seasonings!



Other toppings that go well with TKG include...

bonito flakes, natto (fermented soybeans), and kimchi! Find your favorite TKG and enjoy a tasty and nutritious meal!



## manpuku recipe



To everyone who read this recipe book:

The recipes were carefully designed to be easy for people who rarely cook.

We would be happy if this book makes you think, "Cooking is great. It's fun!"

To meals that are both kind to the earth and your body using delicious vegetables from Tokushima!

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