

THE 6TH WASHOKU WORLD CHALLENGE (RECIPE FORM)

Name: Taro Nihon _____

Affiliated restaurant : Kappo Nihon Taro _____

※ Your name and affiliated restaurant will not be disclosed to the jury.

Assignment 1. *Nimonowan* reflecting the UMAMI and IRODORI themes

① Name of the dish :

Nimonowan

② Appeal of the dish (In 4 lines or within about 150 words) :

Write down your ideas behind the recipe or what you wanted to express in line with the theme "UMAMI", "IRODORI." (In 4 lines or within about 150 words)

③ Recipe and ingredients and seasonings (5 servings) :

※Please describe the amount of the ingredients(weight/volume) in the easy-to-understand way.

※Please make sure to write down all the seasonings regardless of the amount. You don't need to write the ratio of the seasonings.

※Please make sure to use dashi made from kombu kelp and bonito flakes for the clear soup.

※Please write your recipe as clear and understanding as possible.

Frozen prawns 5

Fish paste 150grams

Egg white 1/2

Field mustard buds 5 stalks

Donko mushroom 5

Carrot 50 grams

Sansho leaf buds 10 leaves

Kombu kelp 30grams

Bonito flakes 30grams

【Soup】

Ichiban dashi ●●ml

Usukuchi (light colored) shoyu ●table spoons

Salt ●grams

RECIPE NUMBER : XXXXX

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【Marinade for filed mustard buds】

Ichiban dashi ●●ml

Usukuchi (light colored) shoyu ●table spoons

Salt ●grams

【Kombu kelp dashi】

Kombu kelp ●grams

Water ●ml

④ Directions :

【Make the Ichiban dashi】

- 1) Add the kombu kelp to water and heat to 60 degrees C and carefully simmer hold that liquid temperature steady for an hour, then bring the heat up, remove kombu before boiling, add hanakatsuo (thinly sliced bonito flakes), strain it quietly to make Ichibandashi.

【Preparation of the prawns】

- 2) Shell the prawns, remove the intestinal sac, wash with water and wipe the moisture off the prawns. Finely chop them up with *Deba Bouchou* (fish knife).

【Preparation of Donko mushrooms】

- 3) Cut the stem from mushroom, lightly cook with soup.

【Preparation of carrots】

- 4) Cut the carrots into long julienne strips, preboil, then marinade them in soup.

【Preparation of field mustard buds】

- 5) Cut all the stalks in the same length, boil in salted water, cool in iced water, then marinade in seasoned dashi.

【Preparation of the minced fish】

- 6) Finely grind the minced fish in a mortar, add egg white and dashi until the paste becomes adequately soft. Then flavor with usukuchi shoyu, add the chopped prawns from 2) and mix using a rubber spatula to make the dumpling dough.

RECIPE NUMBER : XXXXX

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【Finish】

- 7) Shape the dumpling dough into an oval shape using hands and spoon, drop them into slated kombu broth, and heat until cooked.
- 8) Warm the dashi broth 1), season with salt and usukuchi shoyu to make the the base soup.
- 9) Place the prawn dumplings, field mustard buds, Donko mushrooms, and carrots, pour in the base soup, and garnish with a Sansho leaf bud.

⑤ Photo of the dish (one or more photo)

Attach Photo

Assignment 2. One assortment of five Japanese appetizers which reflect the UMAMI and IRODORI themes.

①Name of the dish :

1. XXXXXXXXXXXXXXXXXXXX
2. XXXXXXXXXXXXXXXXXXXX
3. XXXXXXXXXXXXXXXXXXXX
4. XXXXXXXXXXXXXXXXXXXX
5. XXXXXXXXXXXXXXXXXXXX

②Photo of the dish (one or more photo) :

Attach Photo

RECIPE NUMBER : XXXXX