

# Everything About Food, & the Kitchen Sink Too!

An after-orientation 3-course handout: great online resources, a taste of useful Japanese, and three easy recipes.

## Resource Appetizers

1. **The Flying Pig** ( [www.theflyingpig.com](http://www.theflyingpig.com) ): an independent service that offers delivery of Costco goods to your door. All English interface. Order online with a credit card.
2. **The Foreign Buyers' Club** ( [www.fbcusa.com/japan](http://www.fbcusa.com/japan) ): Great sight in English for ordering things to satisfy cravings.
3. **The Meat Guy** ( [www.themeatguy.com](http://www.themeatguy.com) ): western-style cuts of meats, cheeses, and more delivered right to your door.
4. **Just Hungry** ( [www.justhungry.com](http://www.justhungry.com) ): this site is a great go to for any questions of Japanese ingredients, cooking, cooking utensils, and much more.
5. **Just Bento** ( [www.justbento.com](http://www.justbento.com) ): Sight focused on making bentos and cooking for your health.
6. **Tess' Japanese Kitchen** ( [www.1tess.wordpress.com](http://www.1tess.wordpress.com) ): Recipes and Japanese food culture.
7. **J-Simple Recipes** ( [www.j-simplerecipes.com](http://www.j-simplerecipes.com) ): Introduction to ingredients, typical meals (breakfast, lunch, etc.), table manners, and lots of good photos.
8. **About Food – Japanese Food** ( [www.japanesefood.about.com/b](http://www.japanesefood.about.com/b) )
9. **Japan-Guide** ( [www.japan-guide.com/e/e620.html](http://www.japan-guide.com/e/e620.html) ): Info on popular Japanese, alcohol and drinking manners, eating out, etc.
10. **Japanese Kanji Dictionary** ( [http://www.saiga-jp.com/kanji\\_dictionary.html](http://www.saiga-jp.com/kanji_dictionary.html) ): one of many online Kanji resources.
11. **Smitten Kitchen** ( <http://smittenkitchen.com/> ): great sight for well written, clear (sometimes easy) recipes from all over the world.
12. **Google** ( <http://www.google.com/> ): The ultimate resource for any unanswered question.

## Phrase Entrees

*Sumimasen!* = Excuse me / Service please.

*Osusume ga arimasu ka?* = Do you have a recommendation?

*Omakase Shimasu.* = Surprise me.

*Mochi kaerimasu* = To go

*Koko de tabemasu* = For here.

*Niku wa tabemasen* = I don't eat meat

\_\_\_\_\_ *o taberaremasu* = I can eat

*Watashi wa bejitarian desu* = I'm a vegetarian.

*Bejitarian no ryori ga arimasu ka* = Do you have any vegetarian dishes?

*Kono ryori ni niku ga haitte imasu ka* = Does this dish contain meat?

Kore, demo \_\_\_\_\_ *nashi kudasai* = I'd like this but without \_\_\_\_\_ please.

### Basic Food Kanji

肉— <i>niku</i> (meat)	貝— <i>kai</i> (shellfish)	牛肉— <i>gyuuniku</i> (beef)	
玉子— <i>tamago</i> (egg)	豚肉— <i>butaniku</i> (pork)		
牛乳— <i>gyuunyu</i> (milk)	鶏— <i>toriniku</i> (chicken)		
乳製品— <i>nyuuseihin</i> (dairy)	魚— <i>sakana</i> (fish)		
野菜— <i>yasai</i> (vegetable)	魚介— <i>gyokai</i> (seafood)		



# Easy Udon!

1. Buy the frozen udon noodles. You can find them in the frozen section at any supermarket.



2. Buy the udon soup mix. You can find them in the spice aisle at any supermarket.



3. Buy anything else you want in your udon: shrimp, tofu, leeks, mushroom, egg, kamaboko, etc.

4. Fill up your water heater and turn it on.

5. Prepare other soup ingredients: cut your vegetables, fry or boil your egg, cut your kamaboko, etc.

6. Fill cooking pot with water and any frozen seafood, and boil. Once boiling, put frozen udon in for 4-5 minutes, then strain. 1 block of noodles = 1 serving.

7. In your bowl, put 1 packet of udon soup mix, 1 portion of udon, and any extras. Then fill with hot water from your heater, and mix!

8. Enjoy!

## 20 minute Chicken and Mixed Green Salad

- 1 Pack of mixed field greens (or two types of leafy green alternatives)
- 4 white meat chicken strips cut in half
- handful of cherry tomatoes (cut in half)
- handful of roasted almonds
- one cucumber cut into bite sized bits
- 3 table spoons olive oil
- pinch of salt, pinch black pepper
- one lime
- dried fruit of your choice (or strawberries if in season)

1. In a pan over medium heat put chicken pieces, and one table spoon of oil, salt, pepper. cook about 4 minutes on each side (until slightly browned and firm to the touch, but not peeling apart and dry) let cool before mixing into salad.

2. Mix field greens, tomato halves, cucumber bits, almonds, 2 table spoons oil, dried or fresh fruit, and juice from one lime in a bowl. toss in slightly cooler chicken and enjoy.

## Eggs in Tomato Sauce

- 1 can of chopped tomatoes
- 1 tablespoon olive oil
- 2 cloves of garlic, chopped
- pinch of chili pepper
- pinch of sugar
- two pinches of black pepper
- 4 large eggs
- 2 English Muffins (or any bread will work)
- any grated cheese you can find
- (goes great with a little spinach)

1. In a pan heat oil over medium heat. Add garlic and salt and pepper, stir for one minute. Add tomatoes and sugar, bring to boil. Cook for about 5 to 10 min over lowered heat.

2. Gently crack eggs into tomato mixture, cover, let cook for 5 minutes. Remove from heat, uncover, let stand for 2 minutes.

3. Put handful of spinach on plate. Put eggs onto toasted bread on top of spinach. Spoon over tomato sauce and sprinkle with cheese.