

Sennan's Local Flavors

Cooking Book

Using lots of local
Senshu products! ♪



Sennan's Local Flavors Cooking Book was compiled by Sennan's Local Flavors Cooking Research Department, part of the "Sennan City ABC Committee" which is made up of community organizations. It was made using research on local Sennan recipes and recipes which use local ingredients.

We have translated this book to bring the local flavors of Sennan to everyone around the world. We hope you'll try them sometime.

Let's share the flavors of Sennan!

Regarding this publication

Sennan City has a rich natural environment, and our local products such as onion, mizunasu (water eggplant), butterbur, taro, cabbage, etc., help make Sennan, Osaka prosperous.

We also get an abundance of fresh seafood from Okada fishing harbor, such as octopus, anago (conger eel), prawns, whitebait, gatcho (dragonets), etc., and recipes using these Sennan products have been passed down through the generations in each area.

We have researched these and held cooking classes for all our citizens, especially parents raising children. We also held industrial and commercial events such as a mizunasu cooking contest, the Sennan markets, and more, displaying 20 different local dishes and providing taste-testing in an effort to make more recipes using local ingredients.

Now we have compiled our 4 years of research into this little cookbook. In order for this book to get as many people as possible try out our seasonal, local produce, we hope you will try making some of these ingenious, home-cooked comfort food recipes.

We are also using this book as a foundation to continue our cooking classes, and hope to show everyone the importance of using local products.

We publish this cookbook with the hopes that it will expand your horizons and make more people interested in Sennan's local produce.

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Sennan City ABC Committee Culture and International Division
Management: Sennan Child Raising Network "Small Friends Association"
Sennan's Local Flavors Cooking Research Department

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<http://www.city.sennan.lg.jp/>



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Colorful Pressed Sushi



Six colorful sushi to make in a sushi press. Fresh local anago and prawns make for some delicious sushi!!

Ingredients

■ Sushi Rice

Uncooked rice	2 cups
Dashi kombu	3cm ² piece
Sake	1 tsp

■ Seasoning for Sushi Rice

Vinegar	40ml
Sugar	15g
Mirin	1 tbsp
Salt	1 tsp

■ Sushi Toppings

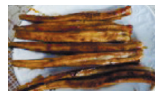
Anago (conger eel), prawn	5 each
Dried shiitake mushrooms	3
Eggs	2
Ripe avocado	1
Cucumber	1/2

Tips

- Preparing the anago: Wash the anago. Blanch in boiling water, then quickly put into cold water. Scrape the fat off the backs with the back of a knife 1 at a time. Fry until they start to char then pour the seasoning over them to glaze. Cut to the size of the sushi press.
- Preparing the prawns: Peel and boil in seasonings.

Method

- 1 Cook the sushi rice. Wash rice and leave for 30 minutes. Add kombu and sake to water, then cook. Once cooked transfer to a wide, flat-based bowl and mix in the seasonings. Boil the seasonings together first to dissolve the salt and sugar.
- 2 Prepare the anago and boil in 1/2 tbsp sugar and 1 tbsp each of mirin, soy sauce, and sake.
- 3 Prepare the prawns and boil in 1 tbsp of sake and mirin, and 1/2 tsp each of sugar and soy sauce. Whip the eggs with 1 tbsp of sugar and a pinch of salt, then scramble.
- 4 Rehydrate the dried shiitake mushrooms, then boil in 200 ml stock with 2 tbsp sugar, 1 tbsp each mirin and soy sauce, and a pinch of salt. Thinly slice the cucumber on the diagonal and salt.
- 5 Cut the avocado in half and remove the seed. Spread 1 tbsp mayonnaise, 1 tsp soy sauce, and a bit of wasabi onto the avocado. Avocado can be mashed or sliced.
- 6 Dampen the sushi press with watered-down vinegar. Pack down the sushi rice and add toppings. Press firmly. Carefully remove from press and cut into bite sized pieces, then serve.
- 7 Box sushi press: Put the rice in first, then the toppings. Press down with the lid and remove slowly. Insert a sharp knife into the slits in the box to slice the sushi.



Gatcho Pressed Sushi

Ingredients

(serves 4)

Gatcho (dragonet) 600g
(150 g after preparing and cooking)

Uncooked rice 2 cups

■ Gatcho Seasoning

Sugar 20g
Mirin, soy sauce, and sake 10ml each
Salt 1g
Water 1 tbsp
Ginger juice 3 tbsp

Method

- 1 Wash the slime off and remove the guts of the gatcho.
- 2 Remove excess moisture with a paper towel and grill until well-done.
- 3 Carefully remove the head and bones.
- 4 Crush the fish with a knife and check for smaller bones. You can also use a food processor.
- 5 Boil the fish with the seasonings until it is the consistency of ground meat.
- 6 Line sushi press with plastic grass (lunchbox dividers). Press the sushi rice in, then the gatcho mince, then more plastic grass on top. Press down firmly. But not too hard!



This recipe was sent in to NHK a few years ago when they asked for "Japanese home-cooking" ideas, and went on to win the contest. It is usually served during the autumn festival in the Senshu region.

Pork and Eggplant on Rice

Ingredients

(serves 2)

Mizunasu (water eggplant) 1
Pork belly 200g
Bell peppers 1 ~ 2
Carrot 1/4
Cooking oil 1 ~ 2 (For frying) tbsp
Store-bought yakiniku sauce 3 tbsp
Mayonnaise To taste
Cooked rice

Method

- 1 Cut the top and bottom off the mizunasu. Cut in half lengthwise, then across in 4 mm slices. Cut the pork belly into bite-sized pieces. Cut the carrots into thin rectangular slices along the grain. Thinly slice the bell peppers vertically.
- 2 Put oil in a frying pan and fry the pork. Take the pork out and fry the carrots in the same pan. Add the bell peppers and mizunasu, then return the pork to the pan once they've started to cook. Next, stir in the yakiniku sauce.
- 3 Put rice in bowls, top with the items from Step ②, and add mayonnaise to taste.



✿ Tips

- If you have a big mizunasu, quarter the eggplant before cutting into 4 mm slices.
- You can add a fried egg, sunny side up, for a delicious extra.
- The combination of yakiniku and mayonnaise makes it popular with the younger generation!
- Add as much or as little mayonnaise as you like.

Butterbur Rice



The Senshu region's butterbur is well-known. But not many people know how to cook with it these days, so we've brought you this simple recipe to practice. It's light, crisp, and delicious.

Ingredients (serves 2)

Uncooked rice	1 cup
Boiled butterbur	100g
Dried young sardines (chirimenjako)	20g
Carrots	30g
Rehydrated hijiki	10g
Roasted white sesame seeds	1 tbs
Dashi stock	2 tbs
• Light soy sauce	1 tsp
• Mirin	1 tsp
• A pinch of salt	
• Sake	1 tsp

Method

- 1 •Boil the butterbur in salt water, peel, and cut into small, bite-sized pieces.
•Cut carrots into thin slices 3 cm long.
•Wash the hijiki quickly and squeeze out the water.
- 2 Fry the butterbur, sardines, carrots, and hijiki in a frying pan.
- 3 Add the dashi stock and seasonings to the items from Step ②, then boil until the liquid is gone.
- 4 Stir the items from Step ③ into some freshly cooked rice and sprinkle with sesame seeds.

Tips

- Don't over-boil the butterburs or they'll lose their fragrance. They have dietary fiber and a bitterness that increases the appetite. This delicious dish combines the calcium boost of sardines, carrots, and hijiki, as well as the crispness of refreshing butterburs.

Octopus Rice



We made delicious, refreshing octopus rice using local Sennan rice infused with savory Izumi dako flavor, the sharp taste of ginger julienne, and kombu tea as a secret ingredient.

Ingredients (serves 4)

Uncooked rice	2 cups
Izumi Dako (boiled)	140g
Ginger	30g

Seasonings

Sake	2 tbsp
Dark soy sauce	1 1/2 tbsp
Mirin	1 1/2 tbsp
Dashi powder	1 tsp
Kombu tea	1 tsp

Method

- 1 Wash rice and place in a sieve.
- 2 Remove excess moisture from boiled octopus with a paper towel. Then, cut into 1 cm cubes.
- 3 Julienne the ginger along the grain and place in water.
- 4 Mix all the seasonings together.
- 5 Put the specified amount of water (seasoning + water) in a rice cooker, add the octopus, and cook as normal.
- 6 Once it's finished cooking, mix in the drained ginger.



How to prepare the octopus

- Use a kitchen knife to remove the parts joining the head and body (2 places).
- Turn the head inside-out and remove the guts and ink sac. Cut away from the body, turn the head right side out again, and cut out the eyes.
- Detach the tentacles by pushing with your left hand at the opening on the inside where the tentacles join the body.
- Rub salt into it and remove dirt from the suckers and slime from the surface.
- If the salted octopus begins to feel slimy, wash it well with water.
- A fishy smell will remain if the slime is not removed, so be sure to wash it away fully.
- Once it's washed, put it in boiling water and simmer. Remove and put in cold water, then take out and wipe off excess moisture.
- Remove the webbing from the base of the tentacles.
(The webbing is hard to bite through and doesn't have a nice texture, so it's best to remove it.)

Thick! Sticky! Colorful Summer Rice Bowl



This rice bowl goes down easy, and will whet your appetite with its refreshing flavor, colorful vegetables, and delicious mizunasu.

Ingredients (serves 2)

Mizunasu (water eggplant)	1
Olive oil, soy sauce	1 tbsp each
Okra	4
Tomato (medium)	1/2
Bell pepper (yellow)	1/4
Chinese yam	60g
Japanese ginger root	1
■ Sauce (ankake-tare)	
Dashi stock	250ml
Light soy sauce and mirin	2 tbsp
Potato starch dissolved in water	1 tbsp
A pinch of salt	
■ Fluffy Eggs	
Eggs	2
Chinese yam	50g
Salt, cooking oil	As needed
■ For Serving	
Cooked rice	170g
Ginger	10-12g

* Tips

- Dice the bell pepper, tomato, and Chinese yam to 5 mm cubes, all the same size.
- The Chinese yam will discolor, so squeeze some lemon juice or sprinkle some vinegar over it as soon as you've cut it.
- Don't overcook the Chinese yam and eggs. Take them off the heat when they're half-cooked.
- Add plenty of mushrooms for an autumn dish. Change the toppings to match the different seasons so you can enjoy this dish all year round.

Method

- 1 [Prepare the toppings]** Cut the mizunasu in half lengthwise, cut into 5 mm slices, then place in water. Drain and remove excess water with a paper towel. Fry with olive oil, sprinkle in soy sauce to flavor.
- 2** Rub salt into the okra, boil, then cut finely. Dice the tomato, bell pepper, and Chinese yam into 5 mm cubes. Cut the ginger thinly on the diagonal. Mix all together in a bowl.
- 3 [Make the sauce]** Bring stock and mirin to a boil in a saucepan, then thicken with potato starch.
- 4 [Cook the fluffy eggs]** Break the eggs into a bowl. Add grated Chinese yam and salt, then mix well. Grease a frying pan with cooking oil. Pour the egg mix into the heated frying pan all at once and stir while cooking. Take off the heat while the eggs are still runny.
- 5 [Prepare to Serve]** Put rice in bowl and top with fluffy egg. Place the rest of the toppings on next, saving the mizunasu until last.
- 6** Pour the sauce over and garnish with ginger. (Julienne the ginger and place in water.)

★ Split the Chinese yam up

- Grate some to mix with the fluffy eggs
- Dice some for that thick! Sticky! Texture.

Fresh Pike Conger on Rice

Ingredients

(serves 2)

Live pike conger (hamo) 1

Sake 1 tbsp

■ Sauce

• Sugar 2 tbsp

• Soy sauce 4 tbsp

• Mirin 4 tbsp

• Sake 2 tbsp

White radish sprouts (big leaves are better) 1/2 pack

Ginger 10-12g

Cooked rice 170g

Method

1 Cut the pike conger into 3 cm pieces and sprinkle with sake. Line up in a frying pan, cover, and cook. Remove when fully cooked.

2 Pour the sauce into a saucepan and simmer gently. Put the eel into the sauce to coat it, then take it out.

3 Put rice in a bowl, top with eel, radish sprouts, and then ginger.

4 Pour the sauce over the top.



I made this recipe because the taste of fresh pike conger is unforgettable.

* Tips

- Don't grill the pike conger (it'll get too tough)
- Pour sauce over to taste, just before eating.
- Use fresh, raw pike conger for a soft, delicious finish.
- This was the first time I removed the bones myself. I didn't notice any, and it was even better than usual.

Summer Vegetable Curry -With Hot Spring Egg-

Ingredients

(serves 2)

Vienna sausages 3

Mizunasu (water eggplant) 1

Onion 1/2

Tomato (medium) 1

Pumpkin (kabocha squash) 100g

Shimeji mushrooms 1/2 pack

Carrots 50g

Zucchini 1/2

Soybeans (edamame) 20g

Garlic 10-12g

Bay leaf 1 leaf

Curry roux 2

Hot spring eggs 2

Olive oil 1 tbsp

Water 300ml

Milk 80ml

Method

1 Cut the Vienna sausages into 1 cm pieces. Cut the mizunasu in half lengthwise then quarter and slice thinly. Finely dice the onion.

2 Cut the tomato in half and dice. Cut the pumpkin into 1 cm slices. Break up the shimeji mushrooms. Cut the carrot and zucchini in quarter rounds.

3 Finely dice the garlic. Mix the garlic, olive oil, and diced onion in a saucepan, then fry until the onion starts to color.

4 Add all of the vegetables except for half of the tomato and the soybeans into the saucepan with the items from Step ③ and fry. Put the 300 ml of water and bay leaf into the saucepan and boil for 20 minutes.

5 Once the vegetables soften, add the curry roux and thicken. Finally, add the milk and the rest of the tomatoes and soy beans. *Don't forget to remove the bay leaf before serving!!

6 Place the rice in the middle of a plate and pour the curry around it. Make a small dip in the top of the rice and place the hot spring egg there, letting the yolk spill out.



In the heat of summer vegetables will cool you down. The refreshing flavors of zucchini, mizunasu, tomato, onion, carrots, and soybeans bring out the taste of this curry, and the hot spring egg is so good.

* Tips

- Use milk to adjust the thickness of your curry.
- Zucchini is low calorie and full of minerals; perfect for a diet.
- Eating summer vegetables is good for cooling you down.
- Don't forget the dairy; you can substitute skim milk if you want.

Rice Burger with Mizunasu Steak



A rice burger with a bun made out of rice. A seasonal mizunasu steak and leftover mizunasu mixed with minced meat for a meat patty that you can add your favorite burger toppings to.

Ingredients (serves 2)

■ Rice Bun

Uncooked rice	2 cups
Potato starch	2 1/2 tsp
White sesame seeds	1 tbsp
Soy sauce	To taste

■ Toppings

Mizunasu (water eggplant), tomato	1/2 each
Cheese slice, red leaf lettuce	1 each

■ Meat Patty

Onion, minced meat	50g each
Remaining mizunasu and tomato	To taste
Breadcrumbs, salt, pepper	To taste

■ Seasonings

Ketchup	2 tbsp
Tonkatsu sauce	1 tbsp

Method

- 1 Mix the sesame seeds and potato starch into cooked rice and divide into 4 portions. Wrap in plastic wrap and press into a ball, then flatten out into a 9 cm diameter disc.
- 2 Fry with sesame oil until both sides are well-done, then brush with soy sauce and cook a little more.
- 3 Cut 2 rounds, 1 cm thick, of the mizunasu for steaks and place in water. Punch holes in, dust with flour, and fry in sesame oil.
- 4 Cut 2 slices 5 mm thick from the tomato, crosswise. Cut cheese in half, shred the lettuce.
- 5 Finely chop the onion, and the rest of the mizunasu and tomato. Mix into the minced meat, then add breadcrumbs, salt, and pepper. Make 2 meat patties.
- 6 Cover and cook, then add sauce.
- 7 Add sauce to the rice bun, then add lettuce, cheese, mizunasu, meat patty, and tomato. Top with a sauced rice bun.

Tips

- You can use whatever you want for fillings. Leftover yakiniku is also delicious.
- You can make rice buns out of reheated leftover rice, then store in the freezer for convenience.
- Wrap in baking paper to make it easier to eat.

Ketchup Rice with Mizunasu

Ingredients

(serves 4)

A

Uncooked rice	2 cups
Water	400ml
Tomato ketchup	50ml
Butter	10g
Bouillon (stock cube)	1/2 (about 1 tsp)
Salt	1/2 tsp

A pinch of pepper

B

Chicken thigh	100g
Sake	1/2 tbsp
Mizunasu (water eggplant)	100g
Onion	100g
Carrot	30g
Tomato ketchup	1 tbsp

Olive oil 1 1/3 tbsp
A pinch of salt and pepper

On the side

Broccoli, tomato To taste

Method

- 1 Wash rice and place in a sieve. Add water and the seasonings from A and cook as normal.
- 2 Cut the chicken into small pieces and sprinkle with 1/2 tbsp sake.
- 3 Cut the mizunasu into quarters lengthwise and then into 2-3 mm pieces. Place in water to remove the bitterness then drain and dry with a paper towel.
- 4 Finely chop the onion and carrot. Fry items from Steps ①, ②, and ③ in olive oil, add salt and pepper
- 5 Once the rice from A has cooked, add into fried chicken and vegetables from Step ④ and mix.
- 6 Boil the broccoli and cut the tomato into small pieces.
- 7 Serve up rice from Step ⑤ and decorate with broccoli and tomato from Step ⑥.



Ketchup rice is a favorite amongst children and goes well with Senshu's mizunasu. Serve it in a cute way to encourage children to eat.

* Tips

- To serve the rice, dampen a rice bowl with water then add the rice. This will give you a neat dome which you can decorate for a beautiful finish.

Squid Rice

Ingredients

(serves 2)

Squid	4
Glutinous rice (mochigome)	2 cups
Mixed vegetables	6 tbsp

A

Soy sauce, sake	1 tbsp each
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B

Dashi stock	2 cups
Soy sauce	50ml
Sake	100ml
Mirin, ginger juice	2 tbsp each

Method

- 1 Wash the rice and leave in water overnight. Drain rice in a sieve and sprinkle with items from A.
- 2 Detach the body and tentacles of the squid. Wash well and wipe dry.
- 3 Add the mixed vegetables to the rice and stuff the squid body to 3-5 parts full.
- 4 Mix in the items from B and bring to a boil. Use toothpicks to pin the mouth of the stuffed squid closed and cook. Be careful not to overcook.
- 5 Boil for about 30 minutes until the rice has fully expanded. Once it's finished, boil the tentacles too. Cut into 1 cm slices and serve on a plate.



* Tips

- Don't boil the squid too long.
- It burns easily, so be careful.

Fried Noodles with Mizunasu

Ingredients

(serves 4)

Pre-cooked soba noodles	2 packs
Cabbage	300g
Mizunasu (water eggplant)	1
Pork (off cuts)	100g
Dashi stock powder	1 tsp
Tonkatsu sauce	4 tbsp
Worcestershire sauce	4 tbsp
Sake, salt, pepper	To taste
Tenkasu, red pickled ginger, nori	To taste
Sesame oil	To taste

Method

- 1 Break up the soba.
- 2 Shred the cabbage fairly thinly. Cut the top off the mizunasu. Quarter lengthwise and cut into 5 mm slices. Cut the pork into bite sized pieces.
- 3 Fry the mizunasu with sesame oil in a frying pan, then take out.
- 4 Add more oil and fry the pork until it changes color, and also fry the cabbage.
- 5 Add the soba to the items from Step ④ and sprinkle with sake. Mix evenly into the cabbage and pork, then add the stock and tenkasu. Add salt and pepper to taste.
- 6 Add the mizunasu from Step ③ to the items from Step ⑤, add sauce, and check the flavor.
- 7 Plate and garnish with red pickled ginger and nori.



That familiar food stall flavor mixed with Senshu mizunasu. That simple flavor is so good!

* Tips

- If you leave cut mizunasu out it will discolor, so don't leave it too long before frying.
- The mizunasu is soft, so mix it in gently!
- Tenkasu adds texture, so you can add a bit more to make the flavor stand out.

Fried Chicken with Sweet and Sour Sauce

Ingredients

(serves 4)

Chicken thigh meat	250g
Onion	1
Mizunasu (water eggplant)	2
Oil	As needed
Scallions (finely chopped)	4 tbsp
■ A	
Karaage flour or plain flour	40g
A pinch of potato starch	
A pinch of corn starch	

Method

- 1 Cut the chicken into bite-size pieces, about 3 cm cubed, coat with A and rub in. Fry in oil.
- 2 Thinly slice the onion lengthwise, quickly fry then take out.
- 3 Cut the mizunasu into 5-7 mm rounds and fry in the oil used for the chicken.
- 4 Add seasoning mix B to the onion and mizunasu and mix. Finally, add the fried chicken and chopped scallions.

★ Mix the scallions in last so that they don't change color.



■ Seasoning Mix B

Vinegar	8 tbsp
Soy sauce	3 tsp
Sugar	3 tbsp

Octopus and Taro Burgers with Warm Vegetables



Ingredients (serves 4)

Taro	200g
Izumi Dako (boiled)	50g
Dried shiitake mushroom	1
Green shiso leaves	5

■ Warm Vegetables

Cabbage	50g
Onion	1/4 (100g)
Carrots	30g
Bell pepper	1
Shimeji	1/2 pack
Dried wakame seaweed	3g
Sake	1 tbsp
Dashi powder	1/2 tsp

■ Sauce

Dashi stock (for rehydrating the shiitake)	3 tbsp
Mirin, ginger juice, soy sauce	1 tbsp each
Potato starch	1/2 tsp
Tomato	1/4

Method

1 [Make the burgers]

Wash the taro, peel, and use salt to remove the sliminess. Boil until soft, then mash. Cut the boiled octopus into small pieces. Soak the dried shiitake in water and chop finely. Cut the shiso in half lengthwise and chop. Put in water, then squeeze out to remove bitterness.

2 Mix the octopus, shiitake, and shiso into the mashed taro. Shape into patties (put olive oil on your hands first). Put olive oil in the frying pan and fry the burgers on both sides until they brown.

3 [Make the warm vegetables]

Dice the cabbage to about 3 cm squares. Thinly slice the onion. Cut the carrots into thin squares. Cut the bell pepper in half vertically, then into 5 mm strips. Cut the base off the shimeji and break apart. Rehydrate the dried wakame seaweed in water and cut finely.

4 Put all the vegetables in a saucepan with sake, dashi powder, and 3 tbsp water. Cover and cook.

5 [Make the sauce]

Use the water from rehydrating the shiitake and all the seasonings to make a thick sauce. Serve the vegetables and burgers on a plate and drizzle with sauce.

Mizunasu with Prawn Ankake



Sweet mizunasu with thin skins. Famous for being served lightly pickled, but this time it's a more elegant dish, fried in oil with a thick prawn flavored sauce.

Try placing the prawns in the shape of a heart?

Ingredients (serves 2)

Mizunasu (water eggplant)	1
Giant tiger prawns	4
Scallion	1
Daikon radish	5 cm
Dashi stock	100ml
Potato starch	1 tsp
Oil	As needed

■ A

Light soy sauce	1 tsp
Mirin	1 tsp
A pinch of salt	

Method

- 1 Cut the top and bottom off the mizunasu. Cut in half across and place in water to remove bitterness.
- 2 Leave 2 prawns, peel the other 2 and chop finely.
- 3 Drain the mizunasu and dry well with a paper towel, then poke with a skewer to help them cook well.
- 4 Cook both sides of the mizunasu in a frying pan with oil (the oil might spit, so watch out).
 - Finely chop the scallion.
 - Grate the daikon radish.
- 5 Add the seasonings from A and prawns to the dashi stock and boil quickly.
- 6 Dissolve the potato starch in water and pour into the stock from Step ⑤ to thicken. Sprinkle the scallion into it.
- 7 Cut the eggplant decoratively and make into a flower-like shape. Put the grated radish on top in the middle and decorate with the prawns. Pour the prawn sauce over the top.

Layered Fried Mizunasu



Mizunasu goes well with a little oil, so let's make it a bit fancy.

It is a refreshing dish with the aroma of shiso and creamy cheese.

Ingredients (serves 2)

Mizunasu (water eggplant)	1
Olive oil	1 tbsp
Garlic	10-12g
Slices of cheese	2
Slices of ham	2
Shiso leave	4
■ Garnish	
White radish sprouts	1/4 pack
Grated fresh ginger	10-12g
■ Sauce (ankake-tare)	
Water	50cc
Sake	1/2 tbsp
Soy sauce	2 tsp
Mirin	1 tbsp
Sesame oil	1/2 tsp
Potato starch	1 tsp dissolved in 1 tbsp water



Tips

- Do your best to make all the mizunasu slices the same thickness. Otherwise they'll take different amounts of time to cook.
- Drizzle the sauce gently around it, not on top. Place the grated ginger high up.
- Try to make it look refreshing.

Method

- 1 Cut both ends off the mizunasu, cut the eggplant in half lengthwise, then cut each piece in half lengthwise again. Cut the backs off the edge pieces, then place the slices in water to remove the bitterness and dry using paper towels.
- 2 Mix the olive oil and garlic in a frying pan. Cook the eggplant over medium heat until it starts to char.
- 3 Take off the heat. Place shiso leaf, cheese, ham, and then another shiso leaf on the larger slices and place the smaller slices of eggplant on top.
- 4 Cover the frying pan and cook over low heat until the cheese melts. Remove and cut to an easy-to-eat size.
- 5 Garnish with white radish sprouts and grated ginger, then drizzle with sauce.
- 6 **【Making the sauce】**
Mix the ingredients except potato starch together and heat. Add the dissolved potato starch and thicken.



Izumi Dako and Wakame with Grated Cucumber

Ingredients

(serves 2)

Izumi Dako (boiled)	80g
• Sake	1 tsp
Cucumber	1
• Sake	1 tsp
Fresh wakame seaweed	20g
Chinese yam	50g
Ginger	10-12g

■ Sweet Vinegar A

Rice vinegar	2 tbsp
Sugar	1 tsp
Mirin	1 tsp
A pinch of salt	
Optional:	
Lemon juice	

Method

- 1 Remove moisture from octopus with paper towels. Cut into bite sized pieces and sprinkle with sake.
- 2 Grate the cucumber and place in a sieve to drain. Tip into a bowl and sprinkle with sake.
- 3 Cut Chinese yam into thin strips and sprinkle with vinegar or lemon juice to prevent bitterness. Parboil wakame seaweed and cut finely. Cut ginger into fine julienne.
- 4 Mix all the ingredients in A together and simmer until dissolved. Allow to cool. Once cool add to cucumber from Step ② and mix.
- 5 Arrange octopus, wakame seaweed, and Chinese yam close together in a bowl. Neatly surround it with the vinegared cucumber and top with julienned ginger.

★Tastes great after cooling in the fridge!



Eggplant with Vinegared Miso

Ingredients

(serves 2)

Mizunasu (water eggplant)	2
White miso	2 tbsp
Sugar	1 tbsp
Powdered sesame	2 tbsp
Vinegar	1 tbsp
Green shiso leaves	2 ~ 3

Method

- 1 Cut the top and bottom off the mizunasu. Cut the eggplant in half lengthwise and cut into short sticks. Place in water to remove the bitterness.
- 2 Lightly boil the eggplant, then squeeze out excess moisture.
- 3 Mix the sesame, miso, sugar, and vinegar. (The flavor of miso can vary, so adjust the amount of sugar as needed.)
- 4 Finely slice the shiso and place in water for a few minutes.
- 5 Add the boiled eggplant to the mix from Step ③. Place the shiso from Step ④ on top to serve.



* Tips

- Make sure to fully drain the boiled eggplant.
- Make extra sesame vinegar miso and try it with steamed vegetables. It's delicious!

Spicy Mizunasu Stir-fry

Ingredients

(serves 5)

Mizunasu (water eggplant)	5
Minced pork	150g
Scallions	5
Ginger, garlic	To taste
Carrot (small)	1
Bell peppers	5
Dried shiitake mushrooms	5

Seasonings

Hot bean paste (tobanjan)	1 2/3 tsp
Soy sauce, miso	1 1/2 tsp each
Mirin, sugar	1 1/2 tsp each
Sake	1 tbsp
Chinese soup	450 ml water + 1 tsp soup stock
Potato starch	2 1/2 tbsp dissolved in 5 tbsp water
Vinegar	1 tbsp

Method

- 1 Cut the mizunasu in quarters lengthwise then cut diagonally into 1 cm wedges. Put in salt water to remove the bitterness. Remove the moisture, stir-fry in cooking oil, then remove from frying pan.
- 2 Sprinkle the minced pork with 1 tbsp of sake and leave to sit. Rehydrate the dried shiitake mushrooms, discard the stems, and thinly slice the caps.
- 3 Slice the carrot into thin 3 cm strips, and bell peppers vertically into 5 mm strips. Slice 3 scallions diagonally. Chop the ginger, garlic and the rest of the scallions finely.
- 4 Heat the oil and stir-fry the diagonally cut scallions, ginger, and garlic. Then add the minced pork and continue frying.
- 5 Add the carrot, bell peppers, and shiitake to the items from Step ④. Once they are cooked, add the mizunasu and stir-fry together. Then add the Chinese soup and other seasonings, adjusting the flavor to taste.
- 6 Add the finely chopped scallions and use the potato starch to thicken the sauce. Finally, add the vinegar.



The variety of mizunasu grown in the Senshu region has a thin skin and sweet flavor. They go well with minced pork. It's a contemporary dish with spicy Sichuan hot bean paste.

Tips

- Freshly harvested Senshu mizunasu are sweet and soft skinned. With one per person, everyone gets a healthy amount of vegetables. The shiitake mushrooms and Sichuan hot bean paste will give this dish an authentic spicy taste. A healthy recipe just in time for summer. You can thicken it up a bit more at the end, too. And the last touch of vinegar gives it a refreshing lift!

Fried Eggplant with Dengaku Miso

Ingredients

(serves 4)

Mizunasu (water eggplant)	2
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■ Dengaku Miso

White miso	5 tbsp
Sugar	3 tbsp
Sake	1 tbsp
Mirin	1 tbsp
Powdered roasted sesame	1 tbsp

Method

- 1 Put the dengaku miso ingredients in a saucepan and cook over a low heat until it returns to the thickness of miso.
- 2 Cut the eggplant into 1.5 cm thick rounds and place in water to remove the bitterness. Wipe off excess moisture with a paper towel.
- 3 Cook both sides of the eggplant in an oiled frying pan.
- 4 Place eggplant on a plate and top with dengaku miso.



Tips

- Make extra dengaku miso and try it with tofu. It's delicious!

Grilled Eggplant

Ingredients

(serves 2)

Mizunasu (water eggplant)	4
Bonito flakes	1 small packet
Ginger	10-12g
Scallion	1
Soy sauce	1 tbsp
Dashi stock	1 tsp

Method

- 1 Wash and place as-is in an oven grill.
- 2 Cook until it is well-done, soft, and starting to brown. Then remove the skin.
- 3 Cut so it's easy-to-eat and put on a plate. Sprinkle bonito flakes, thinly cut scallions, and ginger julienne over the top.
- 4 Dilute the soy sauce with stock and pour over the eggplant. Cool in the fridge for a great tasting dish with a nice texture!



A quick and easy grilled eggplant. Try out its simple flavor!

* Tips

- It's best to remove the skin while it's hot, so be careful not to burn yourself! Cool your hands with water while you're peeling.

Mountain Butterbur Tsukudani

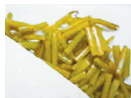
Ingredients

(serves 8)

Mountain butterburs (fuki)	2
Skim milk	1/2 tbsp
Bonito flakes	6g
Roasted sesame seeds	1 tbsp
■ A	
Dashi stock	100ml
Sake	50ml
Mirin	2 tbsp
Soy sauce	3 tbsp
Vinegar	1/2 tbsp
Salt	1/2 tsp

Method

- 1 Wash the butterburs and boil in salt water without peeling.
- 2 Once they soften, put in cool water to remove the bitterness. Butterbur can be quite bitter, so try leaving them in water in the fridge overnight.
- 3 Drain the butterburs and remove excess moisture with a paper towel.
- 4 Place the A ingredients in a saucepan with the butterburs and gently boil until soft.
- 5 Once the butterburs are soft and the liquid is gone, sprinkle the skim milk over and mix.
- 6 Microwave the packet of bonito flakes to dry them, then crush with your hands into a powder and mix with the butterbur.
- 7 Mix the sesame seeds in and serve.



A perfect snack to go with sake. The scent and texture of butterbur are also delicious with chazuke.

* Tips

- Mountain butterburs are bitter, so make sure to soak them awhile.
- Cooking them with the skin on makes them more fragrant, and if you boil them long enough the skin will be soft, too.
- They won't be as dark in color as butterbur you can buy at the market, but in one bite you will know how delicious they can be.

Butterbur Leaf Tsukudani

Ingredients

(serves 2)

Butterbur leaves	50g
A pinch of salt	
Bonito flakes	3g
Soy sauce	2 tbsp
Sake	1 tbsp
White sesame seeds	1 tbsp
Dashi stock	1 tbsp
Oil	As needed

Method

- 1 Boil the butterbur leaves in salted water, put in cool water, then drain.
- 2 Once sufficiently drained, firmly squeeze out excess moisture and cut finely.
- 3 Heat the oil in a saucepan and fry the leaves. Add dashi stock and simmer.
- 4 Add the bonito flakes, sake, and soy sauce and boil down slowly until the liquid is gone. Finally, sprinkle with roasted white sesame seeds.



Boiled Red Taro Stems (Beni Zuiki)

Ingredients

(serves 4)

Red taro stems	1 pack
Strong dashi stock	2 cups
Light soy sauce	3 tbsp
Mirin	2 tbsp
Sake	1 tbsp

Method

- 1 Carefully peel the stems, cut in 4 cm pieces, and place in water.
- 2 Squeeze the water out of the stems from Step 1 and place them in a deep saucepan. Cover with water, add 1 tbsp of vinegar, and heat.
- 3 Once the stems get softer and the bitterness comes out, place in water then change the water to remove more of the bitterness.
- 4 Add the dashi stock, soy sauce, mirin, and sake to the saucepan. Add the squeezed out stems and boil.



A traditional summer vegetable in Osaka. Boiled in a strong broth for a refreshing taste. It is my grandma's favorite, and a standard summer dish in our house.

* Tips

- Don't over-boil the stems.
- Once you've removed the bitterness, soak in water in the fridge overnight to remove as much as you can, then boil them for a delicious finish.
- Cool the finished stems in the fridge too, and they will absorb the flavor even more and be more delicious the next day.

Egg-Drop Pike Conger Roe and Broccoli

Ingredients

(serves 2)

Pike conger roe (hamo no ko)	170g
Boiled broccoli (or mitsuba (Japanese parsley))	50g
Egg	1
Ginger	10-24g

Seasonings

Dashi stock	2 tbsp water and 1/2 tsp dashi stock
Sake, mirin	2 tbsp each
Soy sauce	2 1/2 tbsp

Method

- 1 Add the eel roe to salted boiling water briefly and place in a sieve.
- 2 Roughly cut the broccoli. Finely chop the ginger and place in water.
- 3 Boil the stock, sake, mirin, and soy sauce. Add the pike conger roe and broccoli and boil briefly.
- 4 Whisk the egg and pour over the mix from Step ③. Mix the ginger in and serve.



Boiled with broccoli for a refreshing taste and finished with egg. The strong taste of ginger stands out in this delicious dish.

* Tips

- Quickly boiling the pike conger roe in salted water takes away the bad smell. Use a fine sieve.
- You can substitute mitsuba for the broccoli. It has more fragrance and might make for a more elegant dish?
- Don't cook for too much longer after adding the egg.

Jako Goko

Ingredients

Pickled mizunasu (water eggplant)	10
Dashi stock	2 cups
Soy sauce	4 tbsp
Mirin	3 tbsp
Shrimp	300g
Sugar	To taste

Method

- 1 Break the pickled mizunasu into about 6 parts lengthwise and soak in water overnight to reduce the salt.
- 2 Mix dashi stock, soy sauce, and mirin in a saucepan and bring to the boil. Add fresh shrimp and boil.
- 3 You can add sugar if you want.



* Tips

- Jako Goko is a traditional recipe in the Senshu region, passed down through the generations. Each household makes it slightly differently.
- Some people cut the eggplant to bite-sized pieces and others cut it finely so that the dish's flavor permeates it.
- If you add the eggplant to hot water and bring to a boil after removing the salt, you'll get more salt out of it and bring out the flavor more, too.

Octopus Carpaccio

Ingredients

(serves 2)

Izumi Dako (boiled)	100g
Red onion	100g
Cucumber	30g
Bell pepper (red)	1/4
Green shiso leaves	2
Lemon, sudachi or lime.	1/4
Japanese ginger	1

■ Sauce

Yuzu pepper (yuzu kosho)	1 tsp
Olive oil	2 tsp
Lemon juice	1 tsp
Sesame oil	1 tsp
A pinch of salt	

Method

- 1 Wipe the moisture off the boiled octopus with a paper towel and cut thinly on the diagonal.
- 2 Slice the onion thinly and put in water.
- 3 Cut the cucumber into 5 mm strips, cut the bell pepper thinly horizontally, finely chop the shiso leaves, and put in water. Leave some lemon for garnish and squeeze the rest.
- 4 Thinly cut the ginger vertically and put in water. Mix the seasonings together to make sauce.
- 5 Scatter the onion over a plate and place the octopus and other vegetables on top neatly. Garnish with shiso.



Sennan's red onions thinly sliced and scattered over a cool plate, topped with thinly sliced octopus. Red bell pepper, yellow lemon, and green shiso give it a vibrant feel.

* Tips

- Pour the sauce over it just before eating.
- You can use whatever vegetables you have in the fridge to garnish it. Try to make it look really good when you garnish to whet the appetite!

Sesame Scented Pork Broth

Ingredients

(serves 4)

Thinly sliced pork	120g
Onion (medium)	1/2
Japanese white radish (daikon)	3cm
Carrots	40g
Taro	2
Potato (small)	1
Konnyaku	1/4 block
Burdock	1/2 root
Scallion	1
Sake, soy sauce (for flavouring the pork)	To taste
Water	4 cups
Dashi powder	2 tsp
Sake	2 tbsp
Miso	2 tbsp
Soy sauce	1 tbsp
Sesame oil	2 ~ 3 drops

Method

- 1 Cut the pork finely. Rub sake and soy sauce into the meat (to remove the smell).
- 2 Cut the onion into wedges.
- 3 Cut the radish and carrot into quarters and slice.
- 4 Microwave the taro until soft, then peel and cut into 5 mm slices.
- 5 Cut the potato into quarters and slice, then place in water.
- 6 Cut the konnyaku into short sticks, rub salt in and boil in water. Shave the burdock root into very thin slices.
- 7 Finely chop the scallion.
- 8 Place all the ingredients except the taro and scallion in a saucepan with 4 cups of water and dashi powder. Boil until vegetables become soft. While it's boiling, add the sake and half the miso and continue to boil gently. Add the taro, then add the rest of the miso and soy sauce, adjusting to taste. Add 2-3 drops of sesame oil for fragrance and add the scallion at the end.



* Tips

- You can reduce the smell of pork by sprinkling sake and soy sauce over it and then rubbing it in with your hands.
- You can shave the burdock root neatly by starting with a small vertical cut.
- Cutting the ends off the taro and microwaving them makes them easy to peel, and they won't make your hands itch. You can store them in the freezer afterwards and use them at your convenience.
- Konnyaku is best prepared by rubbing salt in, washing it, then quickly boiling it.

Crab Miso Soup

Ingredients

(serves 4)

Asian paddle crab (King crab) (mokichi)	6-7
Miso (depends on the saltiness of the miso)	3 tbsp
Dashi stock	800ml

Method

- 1 Live crabs can nip you, so cut the claws off with kitchen scissors. Leave under a running tap to clean the shell.
- 2 Prepare some boiling water and quickly boil the crab to remove its distinct smell. Place in a sieve and cut in half. This is so that the delicious flavor of the crab will infuse the soup.
- 3 Pour 800 ml of diluted dashi stock into a saucepan, add the crab and bring to a boil. Skim the scum.
- 4 Add the miso and check the taste. The crab will add a lot of flavor, so be careful not to make it too strong.



The Asian paddle crab (King crab) is called "mokichi" in the Senshu region. This crab soup is something like a specialty fisherman's recipe. Not many other people will have tried this. It also makes some delicious crab broth.

Tips

- Use live crabs.
- Don't forget to cut the claws off.
- Go easy on the miso. Taste how much the crab has flavored it.

Senshu Vegetable Soup

Ingredients

(serves 4)

Bacon	4 slices
Onion (medium)	1
Mizunasu (water eggplant)	1
Carrots	30g
Taro	4
Broccoli	1 head
Bell peppers	2
Scallions	2
Plain flour	3 tbsp
Curry powder	1 tsp
Wine or sake	2 tbsp
Bay leaf	1
Bouillon (or 2 consomme cubes)	5 cups
Milk	80ml
Pinches of salt, pepper, and a small amount of oil.	

Method

- 1 Dice the bacon, onion, carrot, and bell peppers into 1 cm cubes.
- 2 Microwave the taro until soft, then peel and cut into 5 mm slices.
- 3 Quarter the mizunasu lengthwise then slice. Place in water to remove bitterness.
- 4 Cut the broccoli into florets and parboil in a small amount of water. Thinly slice the scallions.
- 5 Heat oil in a saucepan and fry the bacon, then add the onion, carrot, bell peppers, and mizunasu and continue to stir-fry.
- 6 Add flour, curry powder, and wine or sake to the saucepan from Step ⑤. Add the bay leaf and bouillon and boil until vegetables are soft, removing the scum as needed.
- 7 Once soft, add the taro, broccoli, and milk. Adjust the flavor with salt and pepper. Lastly, add the scallions.



Lots of vegetables are grown in the Senshu region. The most well-known are the Senshu onion and mizunasu. With bacon and tasty vegetables, this curry soup is perfect for summer.

Tips

- Many people find that peeling taro makes their hands itch, so in this recipe we soften them in the microwave before peeling.
- Don't overcook the broccoli.
- Summer curry is very popular.

Easy Mizunasu Dessert in your Rice Cooker



Rice cookers can cook more than just rice. Try expanding your cooking repertoire! Try this delicious cake!



Ingredients (serves 8)

Pancake mix	200g
Butter (unsalted)	30g
Milk	100ml
Skim milk	1 tbs
Sugar	30g
Egg	1
Mizunasu (water eggplant)	1
Olive oil	1 1/2 tbs
Vanilla essence	A few drops
Powdered sugar	To taste

Method

- 1 Shake up the pancake mix. Bring butter to room temperature.
- 2 Mix the milk, skim milk, sugar, and butter in a bowl.
- 3 Whip the egg and add it and vanilla essence to the bowl from Step ②. Mix well.
- 4 Add the items from Step ② and Step ③ to the pancake mix and mix gently. Cube the mizunasu and mix it in.
- 5 Cut 4 rounds, 7 mm thick from the mizunasu. Cut the rest of the eggplant into 5 mm cubes. Place all the eggplant in water to remove the bitterness, then drain and dry with a paper towel.
- 6 Sift flour onto the mizunasu rounds and cook with olive oil until they start to brown.
- 7 Oil the rice cooker and place the 4 mizunasu rounds in the bottom. Pour the mix from Step ④ over the top, make it level, and remove the air. Then turn the rice cooker on. The rice cooker will shut down automatically in about 40 minutes. Check with a skewer, and if it comes out clean then tip the cake onto a cooling rack. Sprinkle with sugar once cooled.



Tips

- Pour the batter with cubed mizunasu over the top of the 4 mizunasu rounds in the bottom of the rice cooker.

Mizunasu Jam



Mizunasu are Senshu's specialty product. They are usually pickled, fried, or roasted, but if you make this jam while they're in season you can continue to enjoy their flavor on your toast throughout the year.

Ingredients (serves 6)

Mizunasu (water eggplant) [large]	1
Apple	1/4
Granulated sugar	50g
Lemon juice	1 tbs
Apple juice	50ml

Method

- 1 Peel the mizunasu, dice, and place in water to remove bitterness.
- 2 Dice the apple to the size desired and place in water to stop discoloration.
- 3 Drain and wipe the excess moisture off the mizunasu and apple, then blend in a food processor.
- 4 Pour the blended mix from Step ③ into a saucepan, add the sugar and apple juice, and boil until the liquid is gone.
- 5 Add lemon juice at the end, and the dish is finished when the liquid is boiled off.

* Tips

- Be careful not to burn it as it cooks.
- The season for Senshu mizunasu is short. They are deliciously sweet with thin skins. It'd be a waste to leave them as just a side dish. So we tried making this jam. It's delicious with a refreshing hint of lemon. It's also good with misshapen second-rate eggplants; try it sometime you get some!