

Japanese Recipes

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Shumai

Also known as gyoza.

24 wonton skins
300 g lean ground beef
2 tbsp fresh grated ginger root
2 tbsp finely chopped green onion
1 tbsp soy sauce
½ tsp sugar
1½ tbsp sesame oil
2½ tbsp corn starch
2 tbsp green peas

Mix ginger root, onion, soy sauce, sugar, sesame oil and corn starch and add the mix to the lean ground beef. Stir and mix well until the mixture becomes sticky. Divide into 22-24 fillings and place on the center of the wonton skins. Form the wonton skins into "bowls" with flat bottoms. Place a green pea on the center of the filling. Steam 12-14 minutes over high heat.

The skins may also be sealed and shaped into "half moons". Deep-fry in oil (180°C) until golden.

Oyako Donburi

serves 4

1/2 lb raw chicken cut from bone (1 large breast)
5 eggs
flour
1 c water
3 dried mushrooms
1/4 c sugar
1/3 c Japanese-type soy sauce
2 scallions, cut diagonally or one onion, sliced
2 c chopped fresh spinach

Cut chicken into small pieces. Beat in a bowl the eggs. Dust chicken pieces with flour, dip in beaten egg (reserve extra), and fry on both sides in hot oil until brown.

Combine in saucepan the water and mushrooms. Simmer 10 minutes, remove mushrooms, and cut fine.

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