

Tonjiru & YakiOnigiri

the Japanese pork Miso soup & grilled riceballs

Ingredients × 4

Tonjiru

80 g	pork, sliced
2-3	potato
10 cm	radish
1	carrot
1	burdock root, washed well with scrub brush
70 g	konjac gel
800 cc	water
1 tsp.	Hon-Dashi (fish stock)
a proper amount	Miso (soybean paste)
a proper amount	vinegar water
1 tbsp.	salad oil
a little	green onion

YakiOnigiri

800 g	boiled rice
2 tbsp.	soy sauce (for mixing)
2 tbsp.	soy sauce (for coating)
1 tbsp.	salad oil



Directions

1. Cut vegetables

Cut radish and carrot in 3-4 mm slices,

and then cut each pieces further into four (called *Ichou-Giri*, i.e., ginkgo leaf slices).

Cut each potato in 8 pieces.

Shave burdock root into 3-4 cm chips by using peeler (called *Sasagaki*, i.e., bamboo leaf shaving), and keep them in vinegar water for 5 minutes.

Tear konjac gel into 1-2 cm cubes by finger, using thumbnail.

Cut green onion into 1-2 mm slices.



2. Stir-Fry

Heat salad oil in a pot, and grill pork.

When color of pork turns to brown, put radish and carrot,

and stir-fry them for a while until the pieces of radish become slightly transparent.

Finally, put konjac gel and burdock root and stir-fly them lightly.

3. Boil

Put potato, pour mixture of water and Hon-Dashi, and heat the pot.

When the soup is boiled, skim off the foams floating on the surface by ladle and cover the pot and wait until the radish and carrot become soft.

This will take around 15 minutes.

Separate a ladleful of the soup into a bowl and dissolve Miso paste in the bowl.

Then pour it back to the pot and mix the entire soup well.

4. Dish up

Put green onion in the soup, and serve Tonjiru in a bowl for each person.

5. YakiOnigiri

Mix boiled rice in a bowl with 2 tbsp. of soy sauce.

Squeeze boied rice in your hands and shape it into a triangle.

Heat salad oil in a frying-pan,

and grill the two faces until they become hard and the color slightly changes.

Put half of the soy sauce on a face and keep grilling, without flipping, until the face get dry.

Do the same process for the other face.