

# Essential Hiroshima / Yamaguchi Dialect for You!

Hiroshima/Yamaguchi dialect	Standard Japanese	Grammar & Definition	Example sentence
たいぎい taigi	だるい、面倒な	<i>adj.</i> being bothersome, a drag	お米を研ぐの <u>がたいぎ</u> かったら 無洗米を使い <u>んさい</u>
(～し)んさい (～shi)nsai	(～し)なさい	<i>v. do</i> (imperative but often used to recommend something)	よう <u>け</u> 作って友達に <u>あげんさい</u> ! キャベツは <u>ようけ</u> の <u>せんさい</u> !
ようけ yōke	たくさん	<i>adv.</i> a great deal, plentifully	ソースはオタフクが <u>1番</u> じゃ <u>ろ</u> !
じゃろ jaro	だろう	<i>v. be</i> (to express strongly what you believe)	ばり <u>辛い</u> けん <u>覚悟</u> ん <u>さい</u>
ばり bari	すごく	<i>adv.</i> very	冷える前に <u>食べん</u> ち <u>ゃい</u> !
～けん ～ken	～から	<i>conj.</i> because, since	具を入れたら、 <u>ひつつき</u> も <u>つつき</u> に <u>ならん</u> ように <u>混ぜん</u> さい
(～し)んちゃい (～shi)nchai	(～し)なさい	<i>v. do</i> (imperative but often used to recommend something)	ワラビ粉を使 <u>っ</u> ち <u>よる</u> けん プルプルでお <u>い</u> しいよ!
ひつつきもつつき hittsuki mottsuki	くっついた状態	<i>n.</i> sticking together	
ならん naran	ならない	<i>v. phrase</i> an informal negative form of the verb <i>naru</i> (= become)	
(～し)ちよる (～shi)choru	(～し)ている	<i>v.</i> have done (resultative)	



## SHU RECIPES II

Recipes of Recommended Local Dishes for International Students

Created by the Class Members of Tourism English II 2024

Issued by the Office of Fumiko Yoshikawa, Faculty of Commercial Sciences,  
Hiroshima Shudo University, January 2025



Recipe Contributors: Hinata Nino, Kanato Sazaki, Junichiro Ishikawa,  
Rei Matsuyama and Naomi Numamoto  
Proofreader: Jim Ronald

# Kakimeshi [Oyster Mixed Rice]



## Ingredients (2 servings)

- 2 cups of white rice
- 200 g oysters
- 2 tablespoons soy sauce
- 2 tablespoons Japanese sake
- ½ teaspoon salt
- 1 tablespoon powdered *dashi* [soup stock]
- 200 g *maitake* mushrooms

## Recipe .....

- 1 Rub the oysters with salt and rinse them in water. Do this twice.
- 2 Mix soy sauce, *sake*, and salt in a pot and slowly bring to a boil.
- 3 Once boiled, turn down the heat, add oysters, and simmer for 2-3 minutes.
- 4 Remove the pot from the heat and leave for 10 minutes.
- 5 Put the set amount of washed rice and water into a rice cooker.
- 6 Add the *dashi* powder and *maitake* mushrooms. Turn on the rice cooker.  
\* Keep the oysters for later. They are topping for the cooked rice.
- 7 When cooked, serve the rice into bowls and put the oysters on top.



# Moburi [Special Mixed Rice]



## Ingredients (4 servings)

- 3 cups of white rice
- 1 teaspoon salt
- 70 g carrot
- 80 g burdock
- 5 g dried *shitake* mushrooms
- 1½ pieces of fried *tofu*
- 80 g cooked black beans
- 30 g *sayaingen* [green beans]
- 1½ tablespoons sugar
- 2 tablespoons soy sauce
- 1 tablespoon *sake*
- 1 teaspoon *mirin*
- 30 g *chirimen-jako* [dried tiny whitebait]
- 400 ml water
- 4 g *iriko dashi* powder [powdered stock of small dried fish]



## Recipe .....

- 1 Cook the washed rice, adding salt and the set amount of water in a rice cooker.
- 2 Cut the carrots and fried *tofu* into 3 cm strips. Using a knife or peeler, finely slice the burdock and soak it in water.
- 3 Soak the dried *shitake* mushrooms in water and julienne them. Boil the green beans for 1 minute and cut them into thin strips.
- 4 Simmer the burdock, *shitake* mushrooms, and fried *tofu* in 400 ml of water with *iriko dashi* powder, soy sauce, *sake*, and *mirin*.
- 5 When they are almost cooked, add the carrots and simmer.
- 6 Remove from the heat and leave until cool. Squeeze to remove liquid.
- 7 Mix the cooked rice and the drained ingredients.
- 8 Serve the rice in bowls and put cooked black beans, *sayaingen* and *chirimen-jako* on top when you eat it in a bowl.
- 9 You can also make *onigiri* [rice balls] of *moburi*.



## How to Cook Rice

- 1 Put the appropriate amount of rice into a bowl. If you would like to cook 3 cups of rice, measure the amount using a measuring cup for rice and put it in a bowl.
- 2 Fill the bowl with water, stir the rice in it about 10 times and discard the water. Repeat this 3 times.
- 3 Put the washed rice in the rice cooker and add 200 cc water for each cup of rice.\*

- 4 When you cook seasoned rice or rice with other ingredients such as *kakimeshi* in this recipe booklet, add the other ingredients, and then switch the rice cooker on.
- 5 Once cooked, using a rice paddle, gently loosen and turn the rice from the bottom of the rice cooker.

\*This means that you would add 600 cc water for three cups of rice. Usually there are guides for amounts inside rice cookers to mark the appropriate amount of water for each cup of rice.

お米を研ぐのがたいぎかったら無洗米を使いんさい  
(okome-o toguno-ga taigikattara musenmai-o tsukainsai)  
If it's a drag to wash, just use no-wash rice.



ようけ作って友達にあげんさい!  
(yōke tsukutte tomodachi-ni agensai!)  
Make lots of rice balls and share them with your friends!



# Fuchu-Style Okonomiyaki

[Fuchu-Style Savory Pancake]



キャベツはようけのせんさい!  
(kyabetsu-wa yōke nosensai!)  
Put lots of sliced cabbage on top!

## Ingredients (2 servings)

- 100 g *okonomiyaki-ko* [*okonomiyaki-flour*]
- 120 ml water
- 150-160 g *yakisoba* noodles [noodles for stir frying]
- 300 g cabbage
- 3 tablespoons *okonomiyaki* sauce
- 3 teaspoons mayonnaise
- 140 g minced beef
- 4 pinches of dried bonito powder
- 2 eggs



## Recipe .....

- 1 Slice the cabbage finely.
- 2 Mix the *okonomiyaki* flour and water.
- 3 Spread the batter thinly onto a hot frying pan.
- 4 Sprinkle dried bonito flakes on top of the crepe.
- 5 Place a generous heap of cabbage on top.
- 6 Start cooking the noodles in another frying pan, separate them as they cook, and then place them on top of the cabbage.
- 7 Spread the minced meat on top and leave the *okonomiyaki* for 2-3 minutes as the cabbage cooks.
- 8 Pour over beaten egg.
- 9 Turn over and press the *okonomiyaki* with a *hera* [a metal spatula] on the frying pan, pushing down the sides.
- 10 Once the beef is cooked through, place on a plate, and top with *okonomiyaki* sauce and mayonnaise.

ソースはオタフクが1番じゃろ!  
(sōsu-wa otafuku-ga ichiban-jaro!)  
Otafuku sauce is the best!



# Hiroshima-Style Tsukemen

[Hiroshima-Style Dipping Noodle]



## Ingredients (1 serving)

- 200 g Chinese noodles
- 200 g cabbage
- 1 cucumber
- 100 g Japanese leeks
- 3 pieces of *char siu* [boiled pork]
- 1 boiled egg (cut into halves)

## For the sauce:

- 200 g *mentsuyu* [noodle soup base]
- 2 tablespoons vinegar
- 2 tablespoons chili oil
- 2 tablespoons toasted sesame seeds



## Recipe .....

- 1 Mix the noodle soup base, vinegar, chili oil, and toasted sesame seeds and cool in fridge. This is the dipping sauce.
- 2 Cut the cucumber and Japanese leeks into fine strips.
- 3 Cut the cabbage into small pieces.
- 4 Boil the Chinese noodles and cabbage, wash in cold water and drain well.
- 5 Place the noodles on a large plate and place the cucumber, Japanese leeks, cabbage, *char siu* and 2 halves of a boiled egg on top of it to complete.
- 6 Eat with the dipping sauce.



ばり辛いけん覚悟しんさい  
(bari karai-ken kakugo shinsai)  
It is very spicy, so be careful!



# Hiroshimakko Jiru [Hiroshima Miso Soup]

冷える前に食べちゃい!  
(hieru-maeni tabenchai!)  
Eat it up before it gets cold!



## Ingredients (3 servings)

- 700 ml water
- 1 tablespoon powdered *dashi* [soup stock]
- ½ carrot (thinly sliced)
- 1½ potatoes (cut into bite-sized pieces)
- 20 g *chirimen-jako* [dried tiny whitebait]
- 1½ blocks firm *tofu* (cubed)
- 15 g fried *tofu* (cut into strips)
- 10 g green onion (sliced)
- 1½ tablespoons *miso* paste

## Recipe

- 1 Bring water to a boil in a pot.
- 2 Add the powdered *dashi* and stir well to dissolve.
- 3 Add the sliced carrot and potato pieces to the pot, and cook over medium heat for 5–7 minutes, or until the vegetables are tender.
- 4 Add the *chirimen-jako* and fried *tofu* strips, and simmer for another 2 minutes.
- 5 Gently add the cubed *tofu* and warm it through, without letting it boil too much.
- 6 Add the *miso* paste, stirring to dissolve. To keep its flavor, be sure to add the *miso* just before turning off the heat.
- 7 Finally, add the green onion, give it a quick stir, and turn off the heat.



# Uiro [Sweet Rice Jelly]



## Ingredients (4 servings)

- 75 g *warabi-ko* [*warabi*-powder]
- 75 g flour
- 75 g sugar
- 300 g *koshian* [sieved sweet bean paste]
- 450 ml cold water

## Recipe

- 1 Mix all the ingredients well in a bowl.
- 2 Pour it through a strainer into a heat-resistant container up to 2 cm in depth. If you have more of the mixture left, put it into another container.
- 3 Remove any bubbles on the surface with kitchen paper [paper towel].
- 4 Cover the container loosely with plastic wrap and heat in the microwave at 500 W for 10 minutes. Heat it a little more if the jelly is still not clear and not gelled yet.
- 5 Let the jelly cool slightly and then chill it in the refrigerator for 1 hour.
- 6 Remove from the container and cut it into small rectangles, as in the picture.



具を入れたら、ひつつきもつつきにならんように混ぜんさい  
(gu-o iretara, hittsuki-motttsuki-ni naranyōni mazensai)

Keep stirring the ingredients as you cook so they don't all stick together.



ワラビ粉を使っちょるけんプルプルでおいしいよ!  
(warabiko-o tsukatchoru-ken purupuru-de oishi-yo!)

Because it's made from *warabi-ko*, it's jiggly and delicious!

