

SHU RECIPES

Recipes of Recommended Local Dishes for International Students

Created by the Class Members of Tourism English II 2023

Issued by the Office of Fumiko Yoshikawa, Faculty of Commercial Sciences,
Hiroshima Shudo University, February 2024



Recipe Contributors: Yui Yamada, Nonoka Takemoto and Telmen Otgontuul
Proofreaders: Jim Ronald and Gregory T. Rouault
Japanese Language Adviser: Atsunori Nakasono

Agemomiji [Deep-Fried Momiji Manju Cakes]



Ingredients (3 servings)

- 3 momiji manju cakes
- 90 ml cold water
- 3 bamboo skewers
- 400 ml salad oil
- 75 g tempura flour

You will also need some kitchen papers (paper towels).

Recipe

- 1 Combine the *tempura* flour and water to make the batter.
- 2 Dip the *momiji manju* cakes in the batter.
- 3 Fry them in 180 °C oil for 4 minutes.
- 4 Place the fried cakes on the kitchen paper to drain excess oil.
- 5 Stick each cake on a bamboo skewer and serve.



揚げとる途中にいらわんほうがええ具合にできるよ
(agetoru tochū-ni irawan hō-ga ē guai-ni dekiru-yo)

It turns out better if you don't touch the *momiji manju* cakes while you are frying them.



Kawarasoba

[Soba Fried on a Hot Tile]



Ingredients (4 servings)

- 400 g *chasoba* [soba noodles with green tea powder]
- 4 tablespoons salad oil
- 300 g thinly sliced beef
- 1 tablespoon sugar
- 2 tablespoons *mirin* [sweet cooking rice wine]
- 4 tablespoons soy sauce
- 2 eggs
- 5 g *kizami-nori* [shredded seaweed]
- 5 g green onion
- 400 ml *mentsuyu* [soba dipping sauce]

Recipe

- 1 Boil the *soba* noodles in plenty of boiling water for a little less time than the instructions on the packet, then rinse with plenty of cold water and drain off with a strainer.
- 2 Slice the green onion finely.
- 3 Heat 2 tablespoons salad oil in a frying pan and spread beaten eggs evenly across the pan to make a paper-thin omelette .
- 4 Cool the omelette slightly and cut it in half and then into thin strips.
- 5 Heat 1 tablespoon salad oil in a frying pan, add sliced beef and cook until it browns.
- 6 Add sugar, *mirin* and soy sauce, cook until everything is mixed, and remove from the heat.
- 7 Heat 1 tablespoon salad oil on an electric grill, and fry the *soba* noodles until they become slightly brown.
- 8 Spread it out flat on the grill and turn off the heat.
- 9 Place the egg strips, chopped green onions, shredded seaweed and beef on the top. Dip in the warmed *mentsuyu* sauce and enjoy!



瓦そば作っちゃうよ (kawarasoba tsukutchoru-yo)
We've made *kawarasoba*.

Gansu Burger [Deep-Fried Minced Fish Burger]



Ingredients (2 servings)

- 2 *gansu*
[deep-fried minced fish covered with bread crumbs]*
- 1 tomato
- 2 lettuce leaves
- 2 burger buns
- 2 tablespoons tartar sauce

* It is well known in Hiroshima and you can find it in the paste sections at almost all supermarkets in Hiroshima!



Recipe

- 1 Slice the tomato.
- 2 Toast the burger buns and *gansu* in a toaster oven for about 3 minutes until they brown.
- 3 Place a *gansu*, a slice of tomato and a lettuce leaf on one half of the burger bun.
- 4 Top with a tablespoon of tartar sauce and serve the burgers as a bun on a plate.



How to Make Tartar Sauce

Just mix the following ingredients:

- 1 mashed boiled egg
- 1/8 finely chopped onion
- 5 tablespoons mayonnaise
- 1 teaspoon sugar
- 1 tablespoon vinegar
- A pinch of salt

タルタルソースを作るのがたいぎかったらスーパーに売ってるタルタルソースをこうたらええよ
(tarutarusōsu-o tsukuruno-ga taigikattara sūpā-ni uttoru tarutarusōsu-o kōtara ē-yo)
If you don't feel like making it, you can buy tartar sauce at the supermarket.



Shirunashi Tantanmen

[Dandan Noodles without Soup]



Ingredients (1 serving)

- 70-80 g Chinese noodles
- 1.5 liters hot water
- 100 g minced pork
- 1 cup chopped Japanese leeks
- 1 clove garlic
- 2 teaspoons sesame oil
- 1 tablespoon cooking *sake*
- 1 teaspoon sugar
- 1 teaspoon soy sauce
- 1 teaspoon *miso* [fermented soybean paste]
- 2 tablespoons chopped green onion
- 1 egg yolk

For the sauce:

- 1 tablespoon ground white sesame seeds
- 1 tablespoon vinegar
- 1 teaspoon soy sauce
- 1 teaspoon chili oil
- 1 teaspoon *kashō* [Sichuan pepper]



Recipe

- 1 Chop the Japanese leeks and garlic finely.
- 2 Heat sesame oil in a frying pan over medium heat and add the chopped Japanese leeks and garlic.
- 3 Add minced pork and stir-fry.
- 4 When the meat is cooked, add cooking *sake*, sugar, soy sauce and *miso*, and stir-fry over medium heat until the meat turns dark brown.
- 5 Add the sauce ingredients to a bowl and mix.
- 6 Boil the Chinese noodles in plenty of hot water according to the instructions on the package, and drain the water with a strainer.
- 7 Add the cooked pork and the sauce to the noodles and mix well.
- 8 Arrange the noodles on a plate, topped with a raw egg yolk and green onion to complete.



おいしいよ!じゃけえ食べてみんさい! (oishi-yo! jakē tabete-minsai!)
It's delicious, so give it a try!

Sanzoku Onigiri [Bandit Rice Ball]



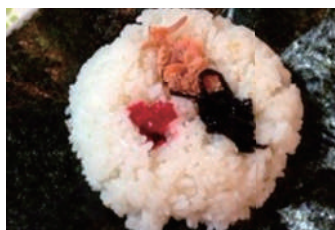
めっちゃみやすいけん作ってみんなさい!
(metcha miyasui-ken tsukutte-minsai!)
It's very easy, so try making it!

Ingredients (1 serving)

- 300 g warm white rice
- 1 tablespoon canned (or jarred) salmon
- 1 tablespoon *goma kombu*
[seasoned sesame *kombu* seaweed]
- 1 pitted *umeboshi* [Japanese pickled plum]
- 1 sheet of *yaki-nori*
[whole-size toasted seaweed (laver)]

Recipe

- 1 Add warm white rice to a bowl.
- 2 Flip the rice on to the sheet of seaweed. Make three holes in the rice with your finger and fill the holes with salmon, sesame *kombu* seaweed, or pickled plum.
- 3 Fold the 4 corners of the seaweed sheet into the center. Leave it for a few minutes.
- 4 Turn over the rice ball and shape it into a softball-sized ball by using your hands.



How to Cook Rice

Things to prepare

- 1 rice measuring cup (1 cup = 180 ml)
- 1 rice paddle called *shamoji* in Japanese
- 180 ml Japanese rice
- 200 ml water (to cook rice)

Directions

- 1 Measure 1 cup of rice using the measuring cup and put the rice in a bowl.
- 2 Add plenty of water to the bowl, stir quickly 2 or 3 times, and discard the water.
- 3 Wash the rice with the palm of your hand, rinse it in clear water a few times. Repeat this 3 or 4 times until the water is clear.
- 4 Transfer the rice to the rice cooker bowl, add 200 ml water and set it in the rice cooker.
- 5 Once cooked, loosen the rice with a rice paddle as soon as possible. Move the rice paddle gently from the bottom of the rice cooker so as not to crush the rice grains.

やおいご飯ができるよ! (yaoi gohan-ga dekiru-yo!)

Following these instructions, you will get nicely soft cooked rice!



Hiroshima-Style Okonomiyaki

[Hiroshima-Style Savory Pancake]



Ingredients* (2 servings)

- ¼ cabbage
- 150 ml water
- 2 eggs
- 100 g sliced pork belly called *baraniku*
[thinly sliced pork including much fat]
- 10 g bonito flakes
- 30 g bean sprouts
- 15 g *tenkasu*
[dried bits of deep fried *tempura*-flour-batter]
- 2 tablespoons mayonnaise
- 10 g finely chopped green onion
- 50 g *okonomiyaki* flour mix
- 2 tablespoons *okonomiyaki* sauce

* You can easily find all the items at most supermarkets in Hiroshima.

Recipe

- ① Finely slice the cabbage and green onions.
- ② Add *okonomiyaki* flour mix, one half of a beaten egg and water, and mix with a whisk until the batter becomes light.
- ③ Spread the batter thinly over the pan to make a crepe.
- ④ Top the crepe with sliced cabbage, bean sprouts, *tenkasu* and pork belly slices.
- ⑤ When the crepe is turning brown, turn everything over with two *hera* [a metal spatula] and gently press down the *okonomiyaki* all over with a *hera* to release the water of the cabbage.*
- ⑥ Spread the remaining beaten egg thinly on the electric grill to make a paper-thin omelette.
- ⑦ Place the *okonomiyaki* on the omelette.
- ⑧ Turn over the whole *okonomiyaki* again.
- ⑨ Generously drizzle *okonomiyaki* sauce and mayonnaise, and sprinkle bonito flakes and chopped green onion over the *okonomiyaki*.



* Many people like noodles in their *okonomiyaki*. To add these, fry separately then at ⑤ put the *okonomiyaki* on the top of the noodle.



麺も入れる人がおいいよ (men-mo ireru hito-ga oi-yo)
Many people add noodles to their *okonomiyaki*, too.

Essential Hiroshima / Yamaguchi Dialect for You!

Hiroshima/Yamaguchi dialect	Standard Japanese	Grammar & Definition	Example sentence
いらわん irawan	触らない	v. phrase not touch	揚げとる途中にいらわんほうが
ええ ē	良い	adj. good	ええ具合にできるよ
(〜し)ちよる (〜shi)choru (〜し)とる (〜shi)toru	(〜)ている	v. have done (resultative)	瓦そば作っちゃよよ
〜でがんす ~degansu	〜でございます	v. be (polite copular verb)	おいしいでがんす!
たいぎい taigī	だるい、面倒な	adj. being a drag, bothersome	タルタルソースを作るのがたいぎかったら
こうた kōta	買った	v. bought (past tense)	スーパーに売っとるタルタルソースを こうたらええよ
じゃけえ jakē	だから	conj. so, therefore	おいしいよ! <u>じゃけえ</u> 食べてみんさい!
(〜し)んさい (〜shi)nsai	(〜し)なさい	v. do (imperative but often used to recommend something)	
めっちゃや metcha	滅茶苦茶、すごく	adv. very	
みやすい miyasui	容易な、簡単な	adj. easy	めっちゃやみやすいけん 作ってみんさい
〜けん ~ken 〜け(え) ~ke[kē]	〜から	conj. because, since	
やおい yaoui	やわらかい	adj. soft	<u>やおい</u> ご飯ができるよ!
おいしい oi	多い	adj. many, much	麵も入れる人が <u>おいしい</u> よ