



JAPANESE HOME COOKING CLASS - PICNIC BENTO!

6/17/2023 via Zoom Meeting

OuchiGohan – Japanese Home Cooking Class - Picnic Bento June 17, 2023 @ 5:00pm – 6:30pm ET

We are looking forward to seeing you on Saturday. We will learn about the importance of choosing 5 colors in a variety of foods for your bento. You can use any kind of square or rectangular box with a lid or food storage containers that are about 2 inches deep. You may need more than 1 box to fit all the food. or bento boxes designed for a picnic!

Join Zoom Meeting -

<https://us02web.zoom.us/j/4048421400?pwd=TW8xR0ptN3pxcUZjWkR1dGF1T09TQT09>

Meeting ID: 404 842 1400

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Ingredients

Serves 2-4

- ½ to 1 pound chicken thighs, cut into 2-inch pieces or ½ pound firm tofu, drained* (amount depends on how many in your group)
- 2 cloves garlic
- 3 slices fresh ginger
- 1/2 cup cornstarch plus 2 teaspoons or katakuriko (potato starch)
- 1/2 cup canola oil
- 3 eggs
- 2 teaspoons sugar
- 2-3 regular size hot dogs or 4-6 mini hot dogs (wiener sausages) (tofu dogs do not work to make octopi but we can make decorative cuts)
- 2 mini (Persian) cucumbers
- 1/4 lemon
- 8 mini mozzarella balls
- 8 cherry tomatoes
- 2 cups cooked rice
- Sesame seeds or furikake of your choice – Nori, Yukari,
- Fruit suggestions: grapes, strawberries, pineapple chunks,

*To drain tofu, wrap in 2 layers of paper towels and place on a plate. Place slightly larger plate as a weight on top of the tofu and let sit for 20 minutes. Remove plate and paper towel. Pat dry.

Condiments

- Soy sauce
- Salt
- Ketchup

Equipment

- Containers for bento
- Paring knife
- Spatula for turning omelet
- tongs
- Plastic wrap
- Wire cake rack
- Plate
- Cupcake liners
- Medium-size non-stick skillet
- Toothpicks
- Decorative picks (optional)
- Small bowls
- Mixing bowls and spoons
- Measuring spoon

RECIPES



Karaage -Japanese Fried Chicken

Japanese fried chicken, is the most popular food for bento. It is made with chicken thighs, dark meat which keeps it moist. Traditionally the skin is left on. We go for a healthier version and use skinless thighs. The chicken is shallow instead of deep fried. You can even make this recipe in the air-fryer. This chicken tastes great hot or cold.

- ½ to 1 pound skinless-boneless chicken thighs, cut into 1-1/2 inch pieces or tofu
 - 2 garlic cloves, minced
 - 3 slices fresh ginger, minced
 - 2 teaspoons soy sauce
 - 1/2 cup cornstarch or katakuriko (potato starch)
 - 1/2 cup canola oil
 - Lemon wedge
 - Salt to taste
1. Set a wire cake rack on a plate.
 2. Place the cut chicken in a bowl and add the garlic, ginger, and soy sauce. Mix well. Cover the bowl and let marinate in the refrigerator for at least 30 minutes. If you are using the tofu, cut the tofu into 12 squares and follow the directions to marinate.
 3. Take the chicken from the refrigerator.
 4. Place the cornstarch on a plate. Roll half the chicken in the cornstarch.
 5. Add the oil to a medium size skillet and heat on medium for about 1 minute, until the oil starts to shimmer.
 6. Add the coated chicken pieces to the oil. Careful not to let the oil splatter. Cook for about 2 minutes until the chicken starts to turn brown.
 7. Take a pair of tongs and turn each piece over. Cook an additional 2 minutes. Turn over the chicken one more time and cook for another minute. With your tongs carefully place each piece of chicken on the wire rack. If you are using tofu, follow the same procedure. You will need to turn the tofu pieces on all sides to fry.
 8. Repeat with the remaining half of the chicken. Sprinkle on a little salt. Serve with lemon wedges.

“Tako Wiener “Octopus Franks

These mini wieners are cut into the shape of an octopus. When the wieners are cut and placed in boiling water the legs curl up like an octopus. Instead of boiling you can also sauté in a small amount of oil and then add a little ketchup and continue to stir fry until the legs curl.

- Mini franks or regular size hot dogs, cut in half
- Ketchup for dipping – optional
- 2 cups water

1. Cut the frank, just below the tip (head) straight to the bottom lengthwise. Make another lengthwise cut through the halves to make 4 legs. You can stop here or carefully cut each leg in half lengthwise to make 8 legs.
2. Fill a small saucepan halfway with water. Bring the water to a boil. Add the prepared franks. Cook for 1 minute or until the legs curl.
3. Remove the “octopi” with a slotted spoon. Set on a plate until ready to use. Ketchup for dipping is optional.

Tamagoyaki – Rolled Omelet

Makes 1 roll - approximately 4-6 pieces

- 3 eggs
- 2 tablespoons water
- 2 teaspoon sugar
- 1/2 teaspoon soy sauce
- 1 tablespoon canola oil

1. Whisk together eggs, water, sugar, and soy sauce In a bowl.
2. Add oil to an 8 or 10-inch skillet. Tear a piece of paper towel and wipe the oil all around the non-stick pan. Heat the pan on medium heat for 30 seconds.
3. Pour about 2/3 of the egg mixture all at once into pan. Use a pot holder if necessary and lift the pan by the handle, tilt to spread the egg around the sides of the pan.
4. Lift the edges and let the mixture seep under the omelet. Cook until just set – about 1-2 minutes.
5. With a spatula from the edge closest to you, begin to roll the omelet away from you until you form a log.
6. Rub the greased paper towel over the exposed areas of the skillet.
7. Pour the remaining egg into the pan. Lift the log up and let the egg seep under the roll. When the egg is set, about 1 minute, with a spatula, roll the egg toward you. Let cook for another minute.
8. Slip the rolled egg to cutting board and let rest for 10 minutes to cool before cutting.
9. Optional: place egg roll onto a sushi mat or a piece of foil and wrap around egg log.
10. Cut the roll into 6 pieces.