

AFJ Japanese home cooking class of 2016–2017

Month	Date	Main theme	Main subject	Examples for the menu
October	18	Introduction of "Dashi" Series 1 of 2	3 kinds of "Dashi using "Konbu seaweed", "Katsuo bonito" and "Shiitake mushrooms"	<ul style="list-style-type: none"> ★Lightly stewed "Koya-tofu" and pumpkins ★Mushroom soup full of "Umami". ★"Takikomi-gohan", seasoned cooked rice with other ingredients.
November	17	Introduction of "Dashi" Series 2 of 2	3 kinds of "Dashi using "Konbu sea weed", "Katsuo bonito" and "Shiitake mushrooms" (adding more variations to Part I)	<ul style="list-style-type: none"> ★Udon in hot broth ("Dashi"). ★Sweet potatoes and sliced pork cooked in lightly vinegar flavored "dashi". ★"Kiriboshi-daikon", cooked dried daikon radish.
January	19	Introduction of basic seasonings A Series 1 of 2	4 kinds of fundamental seasonings in Japanese cooking; Soy sauce, "Miso", "Mirin" and "Sake".	<ul style="list-style-type: none"> ★Grilled fragrant rice balls using soysauce and "Miso". ★Miso soup ★"Nitsuke", boiled fish to be softened and flavorful.
February	16	Introduction of basic seasonings A Series 2 of 2	4 kinds of fundamental seasonings in Japanese cooking; Soy sauce, "Miso", "Mirin" and "Sake". (adding more variations to Part I)	<ul style="list-style-type: none"> ★"Nikumiso", Japanese meat sauce on top of deep fried tofu and Lotus root. ★Boiled beef in shredded daikon radish. ★Egg binding canola flowers.
March	16	Introduction of basic seasonings B Series 2 of 1	3 kinds of representative seasonings in Japanese cooking; Rice vinegar, "Ponzu" and "Yuzu-kosho".	<ul style="list-style-type: none"> ★"Chirashi-sushi", sushi rice mixed with spring vegetables and fish. ★sautéed turnips with fish cakes seasoned with "Ponzu". ★Grilled crispy chicken with "Yuzu-kosho".
April	20	Introduction of basic seasonings B Series 2 of 2	3 kinds of representative seasonings in Japanese cooking; Rice vinegar, "Ponzu" and "Yuzu-kosho". (adding more variations to Part I)	<ul style="list-style-type: none"> ★"Mozuku seaweed" marinated in sweetened vinegar. ★"Grilled spanish mackerel seasoned with "Yuzu-kosho". ★sautéed "Shiitake" mushrooms with "Ponzu" and butter.
May	18	"Bento" and "Kanmi"	An ordinary "Bento" dishes making use of the previous introduction series and adding a little more tips to Japanese cooking. "Kanmi" stands for desserts.	<ul style="list-style-type: none"> ★"Soboro" and scrambled egg on rice, that is loved from generation to generation and another 2 dishes suitable for "Bento". ★"Maccha warabi mochi"
June	15	"Bento" and "Kanmi"	An ordinary "Bento" dishes making use of the previous introduction series and adding a little more tips to Japanese cooking. "Kanmi" stands for desserts.	<ul style="list-style-type: none"> ★Ginger pork, which is also loved from generation to generation and another 2 dishes suitable for "Bento". ★Sesame based "Shiratama shiruko"