

Sake Manju

Ingredients (for about 10 pieces)

Jigona flour is made from locally harvested wheat. It is often found at Jinya Market in Hasama Town.

A

Jigona flour (medium-strength flour) 300g

2 teaspoons sugar

A little salt

3g baking powder

B

Sake 20cc

Water 160cc

Yeast 10g

Red bean paste as needed

How to make

- ① Mix A together and mix B well in another bowl
- ② Gradually add B to A and knead with your hands
- ③ Divide the dough in half and divide into 5 portions each (for a total of 10)
- ④ Add the bean paste to the dough and place on a sheet of waxpaper. Cover with a cloth and let sit for about 15 minutes
- ⑤ Turn on the heat in the steamer and heat the inside of the steamer. Steam for 15 minutes, turn off the heat and let sit for 4 minutes

Tip: Make sure that steam is coming out of the steamer before you start steaming.

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Ingredients (makes about 12 pieces)

Sweet potato: 400g

Jigona flour (medium-strength flour): 400g

Baking powder: 2 tablespoons

Sugar: 4 tablespoons

Salt: 1 teaspoon

Water: about 300cc

How to make it

1. Dice the sweet potato into 1cm to 1.5cm cubes
2. Soak in running water for about an hour to remove the scum
3. Add water and salt to the flour, baking powder, and sugar, and knead until the dough is as soft as an earlobe

4. Mix the sweet potato and dough together, and roll into about 12 balls
5. Place in a steaming pot with plenty of steam, and steam for about 20 minutes

Tip: If you soak sweet potatoes in water for a long time, they will not turn black.

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Ingredients (makes about 7 pieces)

Jigona (Medium-strength flour): about 700g

Eggs: 2

Salad oil: a little

Salt: a little

Baking powder: a little

Brown sugar: appropriate amount

How to make

- ① Crush the brown sugar into powder.
- ② Add an egg, a little salad oil, salt, and baking powder to the flour, and mix well while gradually adding water (by eye).
- ③ When the batter is soft enough that it falls in ribbons when poured from 30 cm above, add oil to a heated frying pan and pour it thinly like a crepe.
- ④ Once both sides are cooked, transfer to a flat surface such as a tray or cutting board and sprinkle brown sugar on top.
- ⑤ Roll it up and cut it into bite-sized pieces.

Tips: Adding a little salad oil to the batter makes it easier to cook. Using chopsticks instead of a ladle makes it less likely to form lumps.

Koneri is a summer food.

All you need to do is add bitter melon and eggplant and thicken it with flour or other powders. The thickness of the paste and the amount of water vary from household to household, with some saying "we like it runny" and others saying "I like it thick." It's a very generous and versatile side dish.

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Ingredients (increase or decrease the amount depending on the number of people)

*Vegetables needed

Bitter melon

Eggplant

*Vegetables you have at home, such as leftovers

Pumpkin

Potato

Onion, etc.

Dried small sardines (you can also use dashi made from dried sardines or kelp)

Salad oil

Wheat flour (rice flour is also fine)

Sugar

Mirin

Soy sauce

Granulated dashi (optional)

How to make

- ① Cut the vegetables into bite-sized pieces
- ② Heat salad oil in a pot and fry the dried small sardines. Add the vegetables that are hard to cook, such as potatoes and pumpkin, and fry them first.
- ② Add the desired amount of water and boil. If you want to increase the amount of finished product, add a little more water (We used enough water to cover the vegetables).
- ③ Add the eggplant and bitter melon. When the potatoes and pumpkin are cooked, add sugar, mirin, and soy sauce to taste. You can use light soy sauce, or use granulated or white dashi stock to your liking.
- ④ Drop the flour dissolved in water into the boiling pot and combine the ingredients.

Tip: If you want it to be firmer, add more flour, if you want it to be looser, use less flour.

How to remove the bitterness from bracken (when using baking soda)

1 tablespoon of baking soda per 400g of bracken

1. Place bracken in a pot or other container and sprinkle baking soda
2. Pour boiling water over the bracken (so that the entire bracken is submerged in the water)
3. Cover with a lid and leave overnight
4. Change the water several times until the blackening disappears. Once the water is clear, leave to soak for a few hours

◎ Nanbanzuke bracken

Ingredients (all measured by eye)

Bracken (removed the bitterness)

Sanbai-zu (sugar, salt, vinegar)

Chili pepper

Kaeri chirimen

Sesame oil

How to make

1. Throw the bracken that has been soaked in water and soak it in sanbai-zu (a mixture of sugar, vinegar, and salt).

2. Add the chirimen (dried small sardines a little larger than dried small sardines, but smaller than dried anchovies) and sliced chili peppers, then drizzle on a little sesame oil.

Itadori is a wild plant that reaches its peak in April. It grows wild all over the Tani area. It has a slightly sour and soft taste, and makes a very delicious kinpira.

Ingredients (all measured by eye)

◎Itadori Kinpira

Itadori

Salad oil

Sugar

Soy sauce

Sake

Chili pepper

Sesame oil

White sesame seeds

How to make

1. Peel the skin of the itadori, pour boiling water over it, and then soak it in water for 30 minutes (the method for removing the bitterness is the same as for fuki).
2. Fry in salad oil and season with sugar, soy sauce, and a little sake. Add chili pepper, sesame oil, and white sesame seeds.

◎Simmered butterbur

Ingredients (all measured by eye):

butterbur

mirin

sugar

soy sauce

How to make

- ① Peel the skin first. Cut them into pieces of the same size, boil them, and drain them. If you want to remove the scum, boil them a little longer.
- ② Soak them in water for about 10 minutes.
- ③ Boil them in mirin, sugar, and soy sauce (no water).

◎ Instant pickles

Ingredients (all measured by eye)

Vegetables available at the time

Salt

Sanbaizu (sugar, salt, vinegar)