



## Yoshiko's Recipe



## Rice with Bamboo Shoot

### Ingredients

Rice	4 cups
Bamboo Shoot	1
Fried Tofu	2
① Bonito Soup	4 cups
② Soy Sauce	0.4 cup
③ White Soy Sauce	
④ Mirin Sweet Sake	
⑤ Sake	0.4 cup

※ Rice Bran or Baking Soda



### Directions

1. Slit and peel off the bamboo skin
2. Boil bamboo shoot with rice bran/ baking soda. After boiling, cook on low heat for 50 min. Once bamboo is soft, turn off heat and let it chill overnight. Wash and soak the cold bamboo shoot in water
3. Wash rice and drain off excess water for 30 min.
4. Cut Bamboo Shoot in 1cm x 2cm x 2mm slices
5. Cut fried tofu into thin strips
6. Season bamboo shoot and fried tofu with ingredients ② ③ ④ ⑤
7. Mix seasoned ingredients, 4 cups of rice, and 4 cups of bonito soup in a pot
8. Bring the pot to boil with lid on. Once boiled, cook on low heat for 12 min. then let steam for 12 min.
9. Mix well and enjoy

### Cooking Tips

Seasoned rice with bamboo shoot is a popular Japanese dish in the springtime

➔ Fresh bamboo shoot is very hard and has a bitter taste that must be removed by boiling

When cooking Japanese rice, the ideal ratio of rice to water is 1:1.2. Ratio can be flexible depending on your preference of soft/hard rice.

➔ The amount of Soy sauce must be about 1/10 of the amount of rice

Japanese basic soup stock *dashi* is made by boiling dried bonito and kelp. Convenient *dashi* packet is also available such as Kayanoya dashi stock powder.

➔ Once the pot is boiled, have a taste of the soup and add soy sauce if necessary

Cooking fresh bamboo shoot may seem a bit of work, but the taste is rewarding!