



Recipe Collection

2017



Some of the recipes in this booklet were made by the children during their time at Jan Ken Po. We hope this recipe book will be a wonderful resource for your family.

Enjoy!



FROM THE KITCHEN OF THE WILLETT FAMILY

Shoyu Chicken

INGREDIENTS

1 cup water

1 cup shoyu

1 cup sugar

1 tablespoon garlic

8 pieces of drumstick or chicken thighs

INSTRUCTIONS

In a large pot, combine the chicken, water, shoyu, sugar, and garlic. Bring to boil and simmer for about 20 minutes. Serve the chicken over rice.

FROM THE KITCHEN OF JENNIFER MORITA

Chinese Noodle Salad

My mom has been making this cold noodle salad for family picnics, parties, school functions (and I'm pretty sure one or two Gaku Gei Kai pot-lucks), and it's always a hit. For a little added pizzazz, I like to throw in a slivers of Chinese roast duck.

INGREDIENTS

3-4 bundles of Chinese bean thread noodles
2 cucumbers, cut in half lengthwise, de-seeded and sliced
¼ pound of cooked chicken or char siu, sliced
2 eggs fried and sliced thin
1-2 green onions sliced

Dressing:

6 tablespoons soy sauce
2 tablespoons rice vinegar
1 tablespoon sesame oil
1 teaspoon ground mustard
1 teaspoon sugar

INSTRUCTIONS

Soak the noodles in hot water until al dente. Be careful not to soak too long or the noodles will get gummy. Rinse with cold water and drain. Store in refrigerator. Combine dressing ingredients in a bowl and mix well. Store in covered container.

When ready to serve, place noodles in a bowl or deep platter and arrange toppings. Pour dressing and toss.



Kitchen Rules

BE THANKFUL FOR EVERY MEAL

WASH YOUR HANDS

BE POLITE SAY PLEASE
THANK YOU &

ASK IF THE CHEF NEEDS HELP

eat your veggies

ALWAYS TRY A BITE OF EVERYTHING

KISS THE COOK ♥ ENJOY FAMILY TIME

clean up after yourself

DON'T TALK WITH FOOD IN YOUR MOUTH



FROM THE KITCHEN OF AUNTY ALICE

Aunty Alice's Energy Bars

(contributed by Reiko Plautermans Family)

INGREDIENTS

1/2 block of butter or margarine
2 cups Quaker Oats
1/2 cup peanut butter
2 1/2 cups rice krispies
1 package of mini marshmallows
1 cup raisins
1 cup unsalted peanuts
sesame seeds (optional)

INSTRUCTIONS

Heat oats, rice krispies, and peanuts in the oven at 250 degrees for 10 minutes. Heat butter, peanut butter and marshmallows until melted, stir constantly. Combine raisins with cereal and add to marshmallow mixture. Work quickly.

Pour mixture into a greased 9x12 inch cake pan. Spread and press. Cool for 1 hour. Cut in pieces. Wrap in waxed paper.

FROM THE KITCHEN OF THE HANCOCK FAMILY

Cucumber and Seaweed Salad

(Kyuri to Wakame Sunomono)

INGREDIENTS

2-3 cucumbers, very thinly sliced
pinch of salt
1 tablespoon vinegar

1/2 cup seaweed (dried wakame)
1 tablespoon vinegar

1 cup vinegar
1 cup sugar
1/2 tablespoon salt

INSTRUCTIONS

Pour hot water over the wakame and let it stand until it softens. Drain and cut into bite size strips. Mix in the vinegar. Gently knead the salt into the sliced cucumbers, rinse with cold water and squeeze out the excess water. Sprinkle the vinegar onto the cucumbers and squeeze out the water again.

Heat vinegar, sugar, and salt until sugar is dissolved. Set aside and cool. Combine cucumbers, wakame and vinegar solution and mix well.

FROM THE KITCHEN OF THE HANCOCK FAMILY

Temaki (*Hand-rolled Sushi*)

INGREDIENTS

nori sheets 7 1/4" x 8"	carrots
sushi rice	green beans
egg crepes	goma
shiitake	1/2 dashinomoto
2 cups water	1/3 cup sugar
1/2 cup shoyu	

INSTRUCTIONS

Have all ingredients ready before making temaki.

Soften shiitake in water. After shiitake has been rehydrated, add soy sauce, dashinomoto and sugar and cook until tender. Cool shiitake and cut into thin slices.

Boil carrots and green beans until tender. Cut carrots into matchsticks pieces 2-3" long. Cut green beans in half lengthwise. Fry egg crepes into 7-8" rounds, cut into 3-4 strips, then cut strips crosswise into matchsticks pieces. Cut each nori sheet lengthwise in half and then cut each half crosswise making 4 rectangle pieces. Form sushi rice in to golf ball size balls first. Place a small amount of sushi rice on the left side of the nori. Dampen fingers lightly with water and spread rice evenly on the nori covering about 1/3 of the nori. Lay a piece of carrot, green bean, and shiitake and egg over rice. Sprinkle with goma.

Begin rolling the temaki by lifting the long edge of the nori/rice edge, pressing all the ingredients together as you roll. Place the cut edge of the nori side down on the plate.

FROM THE KITCHEN OF THE NAKAGAWA FAMILY

Crab and Shiitake Mushroom Sushi "Casserole"

INGREDIENTS

3 cups cooked rice
Aji Nori Furikake
3/4 cup mayonnaise (Best Foods)
1 cup sour cream
1 package of imitation crab (chopped or finely coarse)
1 package of shiitake mushrooms (rehydrated if dried), stems removed

INSTRUCTIONS

After the rice is cooked, let the rice cool completely in the pot. When the rice is cooled down, create a bed in a shallow baking pan and compact it tightly just as you would if you were making regular sushi roll. Once you have the rice compacted into a bed in the pan, sprinkle the furikake to cover the rice evenly.

Mix together in a bowl the mayonnaise, sour cream, imitation crab, and mushrooms ("good stuff"). Spread the "good stuff" mix into the bed of furikake sprinkled rice compacted into the pan, creating an even generous layer.

Bake the casserole in a preheated oven on broil at maximum temperature and heat it until the topping is slightly browned. Remove and let cool. Serve the finished casserole at room temperature in the pan by cutting it into approximately 1"x2" bite sized pieces. Provide seasoned (like Teriyaki) Korean Nori (if you cant get that, use regular nori, but make sure its fresh and crispy) on the side, which the guests will use to wrap the Crab and Shiitake Mushroom "Rice Casserole" pieces into, which in turn will make it complete as sushi. Enjoy! Then enjoy another one. And another one. So ono!

FROM THE KITCHEN OF THE HANCOCK FAMILY

Dashi for Somen, Udon, and Soba

INGREDIENTS

3 tablespoons mirin (heat first)
3 tablespoons shoyu
1 1/2 cup water
3/4 tablespoon Instant dashi

INSTRUCTIONS

Heat mirin. Add shoyu, water, and dashi. Heat to boiling. Cool. Use for udon, soba, somen, and tempura.

Note: Important to heat the mirin first.

FROM THE KITCHEN OF JILL UDA

English Toffee

INGREDIENTS

1 pound of butter
2 cups of sugar
3/4 cups almonds, coarsely chopped
12 ounces chocolate chips
1 cup almonds, finely chopped

INSTRUCTIONS

Melt the butter. Add 2 cups sugar and bring to a boil. Reduce heat to medium and cook until candy thermometer reaches 300 degrees. Add the coarsely chopped almonds. Stir and pour into a shallow pan, approximately 15-1/2 x 10-1/2 x 1 inch. Cool the candy until it is softly set but still warm. Place half the chocolate chips on top until melted. Spread chocolate over the candy. Sprinkle half of the finely chopped almonds on top. Let cool. Carefully remove candy from the pan. Melt the remaining chocolate chips over a double broiler. Repeat chocolate and almonds on the opposite side.

FROM THE KITCHEN OF LENA YIN

Crispix Arare

INGREDIENTS

1/2 cup oil
1/2 cup corn syrup
3/4 cup sugar
1 stick butter or margarine
2 tablespoon shoyu
2 boxes of Crispix
1 jar furikake

INSTRUCTIONS

Melt all ingredients. Pour over Crispix and mix furikake.

Bake 250 degrees. Mix every 15 minutes for 1 hour.

Cool and keep mixing mixture otherwise it will stick together.

FROM THE KITCHEN OF THE HANCOCK FAMILY

Somen

INGREDIENTS

Dashi for Somen

INSTRUCTIONS

In a large sauce pan, bring an ample amount of water to a boil and add somen noodles. Cook according to package directions or to your liking. Garnish with chasiu, chicken, cooked age, green onions, kamaboko, slivered egg crepes, cooked shiitake (dried mushrooms), or anything you desire.

FROM THE KITCHEN OF THE HANCOCK FAMILY

Shirae Ae

INGREDIENTS

1 tofu
2 bunches of spinach
1/2 cup toasted sesame seeds
2 to 3 tablespoon miso
2 age
3 tablespoon mirin
4 tablespoon sugar
1/2 teaspoon shoyu
salt

INSTRUCTIONS

Drain tofu on towel to get most of the liquid out. Wash spinach. Boil in salted water. Let cool and squeeze out the liquid and cut into 1 1/2 inch strips.

Heat frying pan. Add sliced age (do not wash out) and fry until crumbly.

Grind toasted goma in suribachi, add miso, drained tofu and grind together. Combine with spinach. Add sugar, shoyu, and salt to suit your taste.

FROM THE KITCHEN OF CHRISTINE OYAKAWA

Sata Andagi

(Okinawan Donut)

INGREDIENTS

6 eggs
1 small can evaporated milk (5.33 oz.)
2 1/2 cups sugar
5 1/2 cups flour
1 tablespoon baking powder
Oil for deep frying

INSTRUCTIONS

Beat eggs in mixing bowl. Add evaporated milk and sugar. Beat lightly. Sift flour and baking powder 2 times. Gradually add flour mixture to egg mixture, beating lightly, until thoroughly combined. Do not overbeat.

Heat oil to 350 degrees. Gently drop teaspoons of dough into oil. (Dip hands in water to prevent sticking, then scoop dough into palm of hand working from edge of bowl to form ball. Squeeze dough out between thumb and index finger, move thumb toward index finger to "cut" end off as it gently drops into oil. Fry until golden brown and ball starts to split open, about 3 minutes. Drain on paper towels. Best eaten right away!

Makes about 30-40 andagi (can cut recipe in half).

FROM THE KITCHEN OF THE HANCOCK FAMILY

Microwave Mochi

INGREDIENTS

1 1/2 cup mochiko
1 1/2 cup water
3/4 cup sugar
Few drops of food coloring (red or green)
katakuriko or cornstarch
anko balls

INSTRUCTIONS

Mix mochiko, water, and sugar until smooth. If you like, add food coloring. Pour into greased microwavable pan. Cook on high for 8 minutes. Beat with chopsticks after taking it out of microwave so it will be sticky and thick. Roll out onto cutting board sprinkled with lots of katakuriko or cornstarch. Form a roll with the mochi batter. Cut into small pieces. You should be able to get almost 20 pieces from one batch. Flatten mochi pieces and place a small ball of anko in the center and wrap mochi around it.

FROM THE KITCHEN OF THE HANCOCK FAMILY

Gyoza

INGREDIENTS

2 packages gyoza wrappers
4 green onions, chopped fine
4 cups cabbage or napa, chopped
6 shiitake, soaked and chopped fine
1/2 teaspoon fresh ginger, grated
1/2 teaspoon fresh garlic, chopped fine
1 teaspoon sesame oil
1 teaspoon shoyu
dash of salt

For dipping sauce

1 package gyoza ichiban tare (sauce)
1/2 teaspoon kadoya aji oil

INSTRUCTIONS

Sauté onions, cabbage, and shiitake until cabbage is just tender. Sprinkle vegetables lightly with salt.

Mix ginger, garlic, sesame oil and shoyu together and pour over vegetables. Combine all ingredients and mix thoroughly. Lay Gyoza skin on the center of the Gyoza maker. Drop a teaspoon or less of the vegetables onto the Gyoza wrapper in the center. Do not overfill the Gyoza wrapper. You will have difficulty closing the Gyoza wrapper. With wet fingers, lightly moisten the inner rim of the Gyoza wrapper and fold over and press together.

Place a little oil in a non stick frying pan and brown Gyoza slightly. Pour 1/4 cup water over browned Gyoza, cover pan and, let simmer for about 5 minutes. Serve with Gyoza tare (sauce) or with mustard and soy sauce.

FROM THE KITCHEN OF THE HANCOCK FAMILY

String Beans Goma-ae

INGREDIENTS

1 pound string beans
1/2 cup sesame seeds, toasted
3 tablespoon sugar
3 tablespoon shoyu
1 tablespoon miso

INSTRUCTIONS

Cook beans in uncovered pan in boiling water. Do not overcook. Drain and cut into pieces.

Grind sesame seeds in suribachi. Add remaining ingredients. Add sauce to beans and mix well.

FROM THE KITCHEN OF THE HANCOCK FAMILY

Inari Sushi/Age Sushi

INGREDIENTS

1 dozen age (fried bean cake)
3 cups dashi (soup stock)
1/2 cup sugar
1/4 cup shoyu (or less if you like light colored age)
1 teaspoon Salt

INSTRUCTIONS

Cut age in half. Slit gently to make a pocket. Cover with water and bring to a boil to remove as much of the oil as possible. Change water once or twice. Drain. Gently rinse with warm water. Squeeze as much water out of the age as possible. Combine the rest of the seasonings and cook the age in the sauce until soft. Fill the age pockets with seasoned rice.