




# Cook / Local Japan



**Today's recipe**  
**"Obihiro Buta-don"**  
*Sweet soy sauce stir-fried pork rice bowl.  
 It is a popular local dish in Obihiro, a city rich in nature in the central-eastern part of Hokkaido.*

>> Serves: 2  
 >> 10 mins to prepare and 10 mins to cook  
 ↓ Regular supermarket(R), Japanese grocery store(J)

**Place / Prefecture**  
**Hokkaido** → *Why not visit the official tourism website (while eating this dish)?*



Available at		① Ingredients & Preparation	
<input type="checkbox"/>	R J	400g	<b>cooked Japanese short grain rice (sushi rice)</b> (boiled)

② Method  
 ⇒ 1 Preheat the **cooked rice**. (You can get cooked rice at Japanese grocery stores and some regular supermarkets.)  
*\*Cook's tip: If you have dry rice, cook the rice as instructed on the packet first. Cooking 180g of dry sushi rice yields approximately 400g of cooked rice.*

<input type="checkbox"/>	R	300g	<b>pork belly</b> cut into 5 mm slices
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⇒ 2 Heat the oil in a pan over a medium heat and add the **pork**.  
 Cook until the surface of the pork is slightly seared.  
 Remove the pork from the pan and clean the pan.

<input type="checkbox"/>	J	2 tbsp	<b>cooking sake</b>
<input type="checkbox"/>	R J	2 tbsp	<b>mirin</b>
<input type="checkbox"/>	R	2 tbsp	<b>sugar</b>
<input type="checkbox"/>	R J	2 tbsp	<b>soy sauce</b>

⇒ 3 Add the **cooking sake**, **mirin**, **sugar** and **soy sauce** to the pan and simmer until caramelized.  
*\*Cook's tip: Simmer enough to thicken, but be careful not to burn it.*  
 Return the pork to the pan and mix with the sauce.

<input type="checkbox"/>	R	30g	<b>peas</b> boiled
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⇒ 4 Serve cooked rice into bowls and toss the pork and **peas** on top.