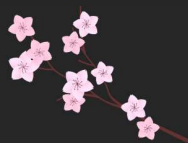




Cook / Local Japan



Today's recipe

"Mamebu-jiru"

Soy sauce based soup with walnut and brown sugar dumplings. It is a popular local dish in the northeastern part of Iwate prefecture and has long been eaten at ceremonial events.

>> Serves: 2

>> 10 mins to prepare and 25 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

Place / Prefecture

Iwate

Why not visit the official tourism website (while eating this dish)?



Available at

Ingredients & Preparation

<input type="checkbox"/>	R	100g	flour	
<input type="checkbox"/>		50ml	hot water	
<input type="checkbox"/>	R	50g	walnuts	
<input type="checkbox"/>	R	2 tbsp	brown sugar (unrefined sugar)	

- ⇒ 1 First, make the "Mamebu".
- ⇒ Put the **flour** into a bowl, add the **hot water** little by little, mix with chopsticks or a fork, and when the mixture comes together, knead it for about 5 minutes.
- ⇒ Then divide it into 8 equal portions and crush and spread out each one. Put **walnuts** and **sugar** inside, and roll it up so that the contents do not come out.
- ⇒ **Cook's tip: After dividing the dough into 8 portions, sprinkle flour onto them to prevent sticking. Also, sprinkle flour on your hands to prevent sticking when you roll it up.*

<input type="checkbox"/>		500ml	water	
<input type="checkbox"/>	R	100g	carrot	diced
<input type="checkbox"/>	J	50g	gobo (burdock)	finely shredded
<input type="checkbox"/>	R J	2	shiitake mushrooms	cut off the stem and slice into 3 mm slices
<input type="checkbox"/>	R J	200g	hard tofu	diced

- ⇒ 2 **Cook's tip: You can buy frozen pre-shredded gobo at Japanese grocery stores.*
- ⇒ Put **water** in a pot and boil it. Then put **carrot**, **gobo**, **shiitake mushroom** and **tofu** in the pot and simmer for 10 minutes until the vegetables are tender.

<input type="checkbox"/>	R J	2 tbsp	soy sauce	
<input type="checkbox"/>	J	1tsp	Japanese powder stock	

- ⇒ 3 Put the "Mamebu", **soy sauce** and **Japanese powder stock** into the pot and simmer for 5 minutes until the "Mamebu" are boiled. Serve in soup bowls.