



Cook / Local Japan



Today's recipe

"Ton-zuke"

Pork saute marinated in a miso based sauce. It is a popular local dish in Atsugi, a city in the central part of Kanagawa prefecture.

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook (ex. 1 hour for marinating)

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

Place / Prefecture

Kanagawa

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



Available at		① Ingredients & Preparation	
<input type="checkbox"/>	R J	1tsp	garlic grated
<input type="checkbox"/>	R J	1tsp	ginger grated
<input type="checkbox"/>	J	1 tbsp	cooking sake
<input type="checkbox"/>	R J	1 tbsp	mirin
<input type="checkbox"/>	R J	1.5 tbsp	miso (fermented soybean paste)
<input type="checkbox"/>	R	1 tbsp	honey
<input type="checkbox"/>	R J	1 tbsp	sesame oil
<input type="checkbox"/>	R	300g (2 slices of)	pork loin steak cut a slit between the meat and the fat (to prevent the pork loin from warping)

⇒ 1 Put the **garlic, ginger, cooking sake, mirin, miso, honey, sesame oil** in a zipper bag and mix well. Then add **pork** to the bag and keep it in fridge. (Marinate for 1 hour.)

<input type="checkbox"/>	R	1 tsp	oil
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⇒ 2 Heat the **oil** in a pan over a low-medium heat and add the pork and marinade. Fry until the pork is cooked and slightly seared.
*Cook's tip: Miso tends to burn easily, so do not cook over high heat.

<input type="checkbox"/>	R	100g	sweetheart cabbage shredded
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⇒ 2 Serve the pork on a plate and garnish the **cabbage**.
*Cook's tip: It is recommended to eat it as a side dish with rice.