



Cook / Local Japan



Today's recipe

"Jibuni"

Duck and vegetable stew with a soy sauce broth. It is a traditional popular local dish in Ishikawa prefecture and the use of "fu" is a distinctive feature.

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

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

Place / Prefecture

Ishikawa

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



Available at

Ingredients & Preparation

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<input type="checkbox"/>	300ml water
<input type="checkbox"/> J	1 tbsp cooking sake
<input type="checkbox"/> R J	1 tbsp mirin
<input type="checkbox"/> R	1 tsp sugar
<input type="checkbox"/> R J	a pinch of salt
<input type="checkbox"/> R J	1 tbsp soy sauce
<input type="checkbox"/> J	1 tsp Japanese powder stock

Method

- Put the **water, cooking sake, mirin, sugar, salt, soy sauce** and **Japanese powder stock** in a pan and boil.

<input type="checkbox"/> R	100g carrot	cut into half-moon slices
<input type="checkbox"/> R J	80g satoimo (eddoes, taro)	cut into half-moon slices
<input type="checkbox"/> R J	4 shiitake mushrooms	cut a cross into the top of the mushrooms
<input type="checkbox"/> J	several pieces fu (wheat gluten cake)	rehydrate as instructed on the packet

- *Cook's tip: If peeling the skin is too much trouble, you can buy frozen pre-peeled satoimo at Japanese grocery stores.*
Then put the **carrot, satoimo, shiitake mushrooms** and **fu** in the pot and simmer for 10 minutes until the vegetables are tender.

<input type="checkbox"/> R	150g duck breast	cut into 5 mm slices
<input type="checkbox"/> R	50g flour	

- Dust the **duck breast** with **flour** in a bowl and shake off any excess.
Put the meat in the pan and simmer until the meat is cooked.

<input type="checkbox"/> R	100g spinach	dip in boiling water for 10 seconds, remove from heat, drain, and cut into bite-size pieces.
<input type="checkbox"/> J	1/2 tsp wasabi	

- Serve it in a bowl and garnish with **spinach** and **wasabi** on top as you wish.