



Cook Local Japan



Today's recipe "Soba-meshi"

*Stir-fried rice and yakisoba noodles with spicy sauce.
It is a popular dish in Kobe, a city in the southern part of Hyogo prefecture.*

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

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

Place / Prefecture

Hyogo

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



Available at

Ingredients & Preparation

<input type="checkbox"/>	R	J	200g	cooked Japanese short grain rice (sushi rice)	(boiled)
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<input type="checkbox"/>	R		1 tbsp	oil	
<input type="checkbox"/>	R		100g	pork belly	cut into 2 mm slices
<input type="checkbox"/>	R		100g	sweetheart cabbage	roughly chopped
<input type="checkbox"/>	R		a pinch of	salt	
<input type="checkbox"/>	R		a pinch of	ground black pepper	

<input type="checkbox"/>	R	J	1 pack	pre-cooked yakisoba noodles (egg noodles)	cut into 2 cm pieces
<input type="checkbox"/>	R	J	2 tbsp	okonomiyaki sauce or takoyaki sauce	
<input type="checkbox"/>	R	J	1 tbsp	soy sauce	
<input type="checkbox"/>		J	1 tsp	Japanese powder stock	

<input type="checkbox"/>		J	20g	benishoga (Japanese red-pickled ginger)	
<input type="checkbox"/>		J	1 tsp	aonori (dried seaweed flakes)	
<input type="checkbox"/>		J	3g	katsuobushi (bonito flakes)	Microwave at 600w for 30 seconds. When cooled, crush them with your fingers to a powder.

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 90g of dry sushi rice yields approximately 200g of cooked rice.

2 *Cook's tip: If making thinly sliced pork is too much trouble, you can buy fresh or frozen pork at Japanese grocery stores and Asian grocery stores.
Heat the **oil** in a pan over a medium heat, add the **pork** and **cabbage** and sprinkle with **salt** and **ground black pepper**. Fry until pork is cooked.

3 Add the cooked rice, **yakisoba noodles**, **Okonomiyaki sauce**, **soy sauce** and **Japanese powder stock**, mix well and fry for a few minutes.

4 Then serve on plates. Garnish **benishoga** and sprinkle with **aonori** and **katsuobushi**.