



Cook Local Japan



Today's recipe

"Tokushima-don"

Rice bowls with pork and bamboo shoots.
It is a popular local dish which is made by putting Tokushima ramen's ingredients on top of rice.

>> Serves: 2

>> 10 mins to prepare and 20 mins to cook

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



Place / Prefecture

Tokushima

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



Available at

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

<input type="checkbox"/>	R	200g	pork belly cut into 2 mm slices
<input type="checkbox"/>	R J	2tsp	ginger grated
<input type="checkbox"/>	R J	3 tbsp	cooking sake
<input type="checkbox"/>	R J	3 tbsp	mirin
<input type="checkbox"/>	R J	1.5 tbsp	sugar
<input type="checkbox"/>	R J	1.5 tbsp	soy sauce
<input type="checkbox"/>	R J	1/2 tsp	chicken powder stock

<input type="checkbox"/>	R	1 tsp	sesame oil
<input type="checkbox"/>	R	100g	bamboo shoots sliced
<input type="checkbox"/>	R J	1/2 tsp	soy sauce
<input type="checkbox"/>	R J	1/2 tsp	chicken powder stock

<input type="checkbox"/>	R	1 tsp	sesame oil
<input type="checkbox"/>	R	100g	bean sprouts
<input type="checkbox"/>	R	a pinch of	salt
<input type="checkbox"/>	R	a pinch of	ground black pepper

<input type="checkbox"/>	R	2	egg yolk (Caution: fit for raw consumption)
<input type="checkbox"/>	R J	30g	salad onion (green onion) thinly sliced

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.

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. Put the **pork, ginger, cooking sake, mirin, sugar, soy sauce** and **chicken powder stock** in the pot over a high heat and simmer until all liquid is absorbed.
Remove the pork from the pan and clean the pan.

3 Heat the **sesame oil** in a pan over a low-medium heat, add the **bamboo shoots** and sprinkle with **soy sauce** and **chicken powder stock**. Fry until bamboo shoots are cooked.
Remove them from the pan and clean the pan.

4 Heat the **sesame oil** in a pan over a low-medium heat, add the **bean sprouts** and sprinkle with **salt** and **ground black pepper**. Fry until bean sprouts are cooked.
Remove them from the pan and clean the pan.

5 Serve cooked rice into bowls and place the pork, bean sprouts, bamboo shoots and **salad onion** on top of the rice. Put the egg yolk in the center.