



Cook Local Japan



Today's recipe

"Gu-zoni"

Soup with rice cakes, chicken and vegetables.

It is a traditional dish in Shimabara, a region in the south-eastern part of Nagasaki prefecture.

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

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

Place / Prefecture

Nagasaki

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



Available at

Ingredients & Preparation

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<input type="checkbox"/> R J	1 dried shiitake mushrooms rehydrate as instructed on the packet, cut off the stem and cut into 3 mm slices
<input type="checkbox"/>	Total 600ml water (including the liquid from the rehydrated mushrooms)
<input type="checkbox"/> R	100g chicken thigh cut into bite-sized pieces
<input type="checkbox"/> R	50g carrot cut into bite-sized pieces
<input type="checkbox"/> J	20g gobo (burdock) finely shredded
<input type="checkbox"/> J	30g renkon (lotus root) cut into bite-sized pieces
<input type="checkbox"/> R J	50g chinese leaf (chinese cabbage) cut into bite-sized pieces
<input type="checkbox"/> J	15g koya-dofu (freeze-dried tofu) rehydrate as instructed on the packet
<input type="checkbox"/> J	2 tbsp cooking sake
<input type="checkbox"/> R J	2 tbsp mirin
<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
<input type="checkbox"/> J	4 mochi (rice cakes) Preferably, round rice cake.
<input type="checkbox"/> J	50g kamaboko (Japanese fish cake) cut into 3 mm slices
<input type="checkbox"/> J	a pinch of yuzu peel thinly sliced

Method

- *Cook's tip: You can buy frozen pre-shredded gobo at Japanese grocery stores.
Put the water in a pot and boil. Then put the **shiitake mushrooms, water, chicken thigh, carrot, gobo, renkon, chinese leaf, koya-dofu, cooking sake, mirin, salt, soy sauce** and **Japanese powder stock** in the pot and simmer for 10 minutes until the vegetables are tender.
- Add the **mochi** and **kamaboko**, cover and reduce heat to low and simmer for 5 minutes until the mochi is soft.
- Serve in deep bowls, sprinkling **yuzu peel** on top.