



# Cook Local Japan



## Today's recipe

### "Kei-han"

*Cooked rice soup with chicken and various condiments. It is a traditional dish of Amami Islands in Kagoshima prefecture.*

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

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

## Place / Prefecture

### Kagoshima

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



| Available at             |     | Ingredients & Preparation |  |   |
|--------------------------|-----|---------------------------|--|---|
| <input type="checkbox"/> | R J | 400g                      | <b>cooked Japanese short grain rice (sushi rice)</b>             | (boiled)  |
| <input type="checkbox"/> | R   | 1 tsp                     | <b>oil</b>   |   |
| <input type="checkbox"/> | R   | 1                         | <b>egg</b>   |   |
| <input type="checkbox"/> | R   | 200g                      | <b>chicken breast</b>  |   |
| <input type="checkbox"/> | R J | 2                         | <b>dried shiitake mushrooms</b>                                  | rehydrate as instructed on the packet, cut off the stem and cut into 3mm slices |
| <input type="checkbox"/> |     | Total 600ml               | <b>water (including the liquid from the rehydrated mushroom)</b> |   |
| <input type="checkbox"/> | J   | 2 tsp                     | <b>cooking sake</b>  |   |
| <input type="checkbox"/> | R J | 1 tbsp                    | <b>mirin</b>   |   |
| <input type="checkbox"/> | R J | a pinch of                | <b>salt</b>  |   |
| <input type="checkbox"/> | R J | 2 tsp                     | <b>soy sauce</b>   |   |
| <input type="checkbox"/> | R J | 2 tsp                     | <b>chicken powder stock</b>                                      |   |
| <input type="checkbox"/> | R J | 30g                       | <b>salad onion (green onion)</b>                                 | thinly sliced   |
| <input type="checkbox"/> | J   | 5g                        | <b>benishoga (Japanese red-pickled ginger)</b>                   |   |
| <input type="checkbox"/> | R J | 2 tsp                     | <b>toasted white sesame seeds</b>                                |   |
| <input type="checkbox"/> | R J | 2g                        | <b>nori (dried seaweed)</b>                                      | finely shredded   |

## Method

- 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.*
- Heat the **oil** in a pan over a medium heat, add the **egg** in a thin circle. After cooking, cut into strips.
- Put the **chicken, shiitake mushrooms, water, cooking sake, mirin, salt, soy sauce, chicken powder stock** in a pan and boil, reduce heat and simmer for 15 minutes. Remove the chicken from the heat and break into bite-sized pieces with fork.
- Serve the rice in a deep bowl, pour the soup and place the chicken, shiitake mushrooms, egg, **salad onion, benishoga, sesame seeds** and **nori** on top.