



Cook / Local Japan



Today's recipe

"Sutamina-natto-tamanegi"

*Spicy rice bowl with pork and natto.
It is a popular local dish and often served in school lunches in Tottori prefecture.*

>> Serves: 2

>> 10 mins to prepare and 10 mins to cook

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

Available at		Ingredients & Preparation		
<input type="checkbox"/>	R J	400g	cooked Japanese short grain rice (sushi rice)	(boiled)
<input type="checkbox"/>	R J	1 tbsp	sesame oil	
<input type="checkbox"/>	R	100g	onion	finely chopped
<input type="checkbox"/>	R J	1tsp	garlic	grated
<input type="checkbox"/>	R J	1tsp	ginger	grated
<input type="checkbox"/>	R	150g	minced pork	
<input type="checkbox"/>	J	1 pack	natto (Japanese fermented soybeans)	
<input type="checkbox"/>	R J	30g	salad onion (green onion)	thinly sliced
<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	1 tbsp	soy sauce	
<input type="checkbox"/>	R J A	1 tsp	doubanjiang (Chinese chili bean sauce)	

Place / Prefecture

Tottori

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



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 Heat the **sesame oil** in a pan over a medium heat, add the **onion, garlic** and **ginger** and fry until the onion is brown.
- 3 Add the **pork, natto, salad onion, cooking sake, mirin, sugar, soy sauce** and **doubanjiang** and fry until the pork is cooked.
Serve cooked rice into bowls and toss the pork and vegetables on top.