



Cook Local Japan



Today's recipe

"Yaki-kare"

*Baked cheese curry with cheese.
It is a popular dish in Moji, an area in the north-eastern part of Fukuoka prefecture.*

>> Serves: 2

>> 10 mins to prepare and 30 mins to cook

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

Place / Prefecture

Fukuoka

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



Available at Ingredients & Preparation

Available at	Ingredients	Preparation
<input type="checkbox"/> R J	400g	cooked Japanese short grain rice (sushi rice) (boiled)
<input type="checkbox"/> R	1 tbsp	oil
<input type="checkbox"/> R	100g	onion thinly sliced
<input type="checkbox"/> R J	2 blocks	Japanese curry block (curry mix)
<input type="checkbox"/>	300ml	water
<input type="checkbox"/> R	100g	tomato cut into wedges
<input type="checkbox"/> R	100g	Broccoli cut into bite-sized pieces
<input type="checkbox"/> R	1	egg
<input type="checkbox"/> R	50g	grated cheese

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 **oil** in a pan over a low-medium heat, add the **onion** and fry until the onion is brown.
- 3 (Cook enough Japanese curry sauce for 2 people as instructed on the packet.) Add the Japanese **curry sauce block** and **water** in the pan and simmer until the curry sauce block is melted.
**Cook's tip: Depending on the curry sauce product, the amount of curry block and water required to make 300 ml of curry sauce may vary.*
- 4 Preheat the oven to 200°C. Spread the white rice on a ovenproof dish and place the **tomato** and **broccoli** alternately around the rice.
Cook's tip: Leave a slight dent in the centre of the white rice to make it easier to place the raw egg later.* Pour the curry sauce over the white rice, place the **egg in the centre, and cover evenly with **cheese**. Bake in the oven at 200°C for 15 minutes until the cheese is browned.
- 5 Serve in plates sprinkling the **parsley** on top.