

JAPAN

From: "Complete Atlas of Japan, 1997 Teikokudo"



HOKURIKU
covers nearly the total area of Fukui, Ishikawa and Toyama prefectures.

SAN'IN
covers the coastal area of 4 prefectures, i.e. Shimane, Tottori, Hyōgo and Kyōto, facing the Sea of Japan.

SANRIKU
covers the Pacific-Coast area of north Miyagi Prefecture and Iwate Prefecture.

TOKAI
covers coastal areas of Aichi Prefecture and Shizuoka Prefecture.

KANSAI
covers Ōsaka Prefecture, Kōbe City, Kyōto City and their vicinities.

SETO'UCHI
covers part of Chūgoku District and Shikoku District embracing the Setonaikai i.e. Japan Inland Sea.

BOUNDARY OF DISTRICT
 PREFECTURAL BOUNDARY
 CAPITAL OF PREFECTURE

REMARK: Some areas of Japan are often called after their old names, such as Kansai, Tōkai, Hōkūriku, San'in, Sanriku and Setō'uchi.



Overview:

- * Japan is composed of a chain of islands, the four main ones being Hokkaido, Honshu, Shikoku and Kyushu. Honshu, the largest, contains many of the main cities, including the capital, Tokyo.
- * More than two-thirds of the country is mountainous, thickly wooded with evergreens in the north and bamboo in the south. Most of the people live on the coastal plains.
- * Rice is produced on two-thirds of the cultivated land. Soybeans are the principal vegetable and oranges the largest fruit crop.
- * Fish and seaweed are abundant.
- * Food must please the eye. Meat, fish and vegetables are cut uniformly and precisely into bite-size pieces, then arranged on separate dishes and trays in neat, parallel lines.
- * A first rule of Japanese cookery is to develop the flavor while preserving the individuality of each ingredient.
- * Favorite foods are tofu and bean curd.
- * Cooking at the table is a Japanese custom.
- * Traditionally, meals and ceremonial teas are served on low wooden tables. Diners sit on cushions or the mat-covered floor, with their legs tucked under them.
- * Desserts are not popular in Japan and when served are neither sweet nor rich.
- * Ikebana = Japanese floral arranging.
- * Origami = Objects out of folded paper.
- * Haiku = Japanese poetry that contains exactly 17 syllables arranged on three lines.

What are Manga and Anime?

Many people might say "Manga are Japanese comics, and Anime is the Japanese version of animation. Anime is usually, but not always, the animated version of popular manga." That's partially true, but it can be misleading. (Note that "anime" in Japan technically means any animated film, and "manga" is any printed cartoon, but people in the rest of the world take them to mean animated films or comics from Japan.)

First of all, though an outsider might think Japan "stole" comics from the West, this is not true. Japan has been making cartoonish art for a very long time (there are humorous ink drawings of animals and caricatured people from hundreds of years ago, bearing striking resemblances to modern manga). True, some aspects of manga are taken from the West (Osamu Tezuka, the "father" of modern manga, was influenced by Disney and Max Fleisher), but its main features, such as simple lines and stylized features, are distinctly Japanese.

(Secondly, Japanese manga and anime come in all types, for all sorts of people. Unlike the U.S., which generally seems to believe that "comics are for kids" (though this has been changing recently), Japanese manga-ka (manga writers) write for everyone from innocent young children to perverted sex-starved men. (SO PARENTS BEWARE!) But even the kiddie stuff tends not to be as simple-minded as the American versions.)

A third major difference is the unique Japanese manga and anime style, which is distinctive and fairly easy to recognize. This is not to say the style is limiting. Within this broad common stylistic ground, each manga artist's technique is distinct and unique. The stereotype is of characters with huge hair and large eyes, but there are many, many variations. And, of course, there is less emphasis on the "superhero" world of the U.S. In most manga, the men and women aren't necessarily exaggerated extremes of their gender stereotypes, and they wear things other than skin-tight costumes. In fact, manga and anime characters tend to have unique and aesthetic tastes in fashion. (It's also true that many modern U.S. comics have thankfully broken this stereotype, and serious-matter cartoonists like Alan Moore or Art Spiegelman have always been around.)

And one minor difference between Japanese manga and general superhero comics like D.C. Comics or Marvel Comics (aside from the black and white nature of manga), is that manga are usually the vision of a single writer (though editors have a large say, and sometimes direct the story). Unlike the general superhero type, manga are more like novels, complete and detailed worlds that are the vision of a single author. The characters remain consistent, and they are allowed to grow and develop. On a related topic, manga also tend to be drawn for a weekly or biweekly publication containing numerous other comics by other authors --- and the editors expect cliffhangers/you-really-want-to-read-the-next-issue endings each time. So the plot HAS to develop and HAS to be interesting at a fairly rapid clip. (There are, after all, crowds of hopeful would-be manga-ka waiting in the wings).

(One last difference is the onomatopoeic characteristic of the Japanese language; sound effects fit in much better, and look less stupid, than in English comics. This is just a facet of the language; translated manga sound effects also don't work as well.)

And finally, like all good stories and all real stories, manga and anime have a tendency to end. Heroes and heroines die, or get married, or disappear. The anime series are especially good about this. They tend to have one of three endings: the hero wins (the throne, the person of the opposite sex, whatever), the hero dies (usually after winning), the hero sort of wins (but at a great loss). Of course, the anime or manga is often carefully crafted to either jerk tears out of your eyes, or make you stare in wide-eyed absorption to the very very last line of the credits. I can't describe it here, but think of the ending to any truly good movie, and you probably have it.

Celebrations and Holidays

Cut the following festival names and descriptions apart, gluing the name on one side of an index card and the description of the festival on the other side.

Hina Matsuri (Hee-nah Maht-soo-ree) or **Hinamatsuri** (Doll Festival)

Girls are honored on March 3rd during this festival. The family's collection of ceremonial dolls including an emperor, empress, and members of the royal court are displayed. Also the girls dressed dolls to represent famous heroes of the past. Girls may receive gifts or have special activities planned for them.

Tango no sekku
(Boys' Festival or Children's Day)

Families honor their sons on May 5th by hanging carp windsocks on poles outside their home. Each son is represented by a carp. Carp, a fish that swims upstream against the current, symbolizes perseverance, strength and endurance, traits Japanese parents expect from their sons.

Tanabata
(Star Festival)

This July 7th festival is based on an ancient Chinese myth about a star princess and a cowherd star so in love that they neglected their work. So the princess' father put them at opposite ends of the Milky Way and allowed them to meet only once a year, crossing heaven on a bridge made of birds. Poems are written to the stars on colored pieces of paper and attached to trees or bamboo poles. Paper streamers representing the Milky Way decorate the streets everywhere.

Obon
(Festival of the Dead)

This three-day festival in August is dedicated to the spirits of the dead which are believed to return home at this time. Japanese Buddhist families clean their homes and prepare special foods. Cemeteries and streets are filled with blazing lanterns and bonfires to show the spirits the way home. Bon-odori is the popular aspect of this festival, which includes outdoor dancing. While the music may be electronically amplified, it is always accompanied by a live drum beat.

Shichi-Go-San
(Seven-Five-Three Festival)

This festival honor girls who are 3 and 7 years old, and boys who are 3 and 5 years old. On November 15th the children, dressed in their best, which may be the traditional kimono, go with their parents to the Shinto temple where they will pray to the gods for their children's future.

Kurisumasu
(Japanese pronunciation of Christmas)

Only one percent of Japanese are Christian, but many Japanese celebrate the winter with big parties at major hotels where Santa visits the children. There are decorated trees and exchange of gifts. The occasion has been commercialized by many stores.

New Year's celebration

Starting January 2nd, is the most significant holiday of the year.

Japanese flash cards

1. Are there more mountains or plains in Japan?
 1. Seventy-five percent of Japan is covered with mountains and only 25% is covered by plains.
2. Anywhere you stand in Japan you are no more than 150 kilometers from the sea. True or False.
 2. True. No place in Japan is more than 150 kilometers from the sea.
3. Japan is made up of four main islands and a few smaller islands.
 3. False. Yes, Japan has four main islands, but there are more than 3,200 smaller islands claimed by Japan.
4. How were Japan's islands formed?
 4. They are the tops of volcanoes and mountain ridges uplifted from the outer edge of the continental shelf of the Pacific Ocean.
5. Most of Japan's people live in the mountains. True or False?
 5. False. Most of Japan's people live on the plains, even though there is not much room.
6. Where are there many natural harbors - north or south of Tokyo on the Pacific Coast?
 6. Along the Pacific Coast of Japan, south of Tokyo, there are natural harbors. North of Tokyo along the Pacific Coast and around on the other side of Japan (the Sea of Japan) there are few indentations in the coastline that would make a good harbor.
7. Rivers in Japan are short and flow rapidly out of the mountain - providing lots of hydroelectric power. True or False?
 7. True. Japan is using its hydroelectric power almost to its maximum potential.
8. Tokyo has a rainy season. True or False?
 8. True. Tokyo is at a latitude similar to that of Los Angeles, but the ocean currents bring a rainy season with about a month of rain in June into July, which is followed by high humidity into September. However, the ocean currents temper winter in Tokyo, so it is a short cold season.

9. Japan is a world leader in earthquake research.

True or False?

9. True. Japan is a world leader in earthquake research. As many as 1,500 earthquakes are recorded annually, but most of them are minor tremors. Japan has built many buildings in recent years to withstand earthquake damage.

10. The Japanese have learned to live with the difficult terrain over the centuries without making any major changes to the land. True or False?

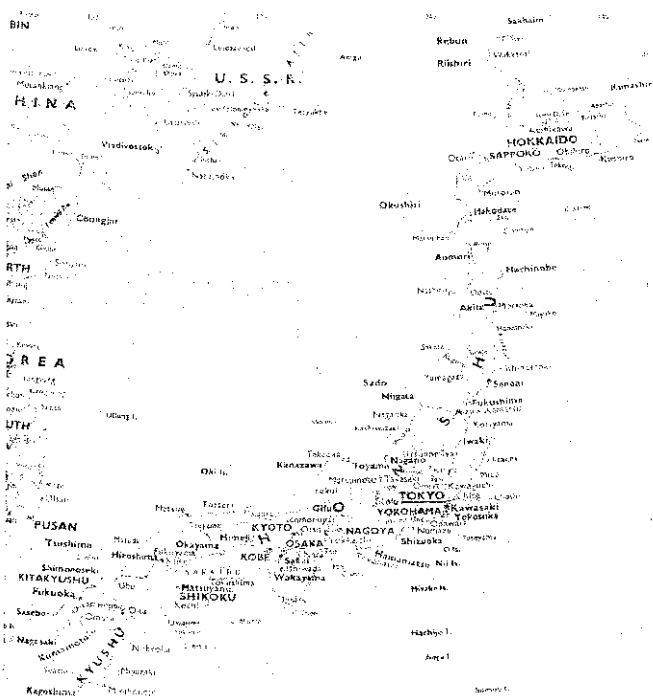
10. False. The Japanese have modified the land by building dikes and draining areas to reclaim land from the sea and by building terraced rice paddies. Currently artificial islands are being created to make new ports.

11. What kinds of food does Japan use? Think about the geography and what kinds of foods come from where.

11. Japan grows rice and vegetables. In the south they can grow two crops of rice each year. Some regions also produce fruit, wheat, and barley. There is dairy farming, especially in the north. Poultry is also grown. Fish is harvested from the seas.

12. Name one kind of power produced due to Japan's geography.

12. Rivers in the mountains produce hydroelectric power. Coal is found in Kyushu and Hokkaido, but it is hard to extract. Japan has to import oil, natural gas and uranium for power.



SUSHI TIPS

- * Japanese or Sushi Rice has corn starch in it. A good brand is Botan by Calrose.
- * Mix rice and vinegar in a wooden bowl with a wooden spoon. Metal tools can react with the vinegar to create an unpleasant taste.
- * Dip hands in water to keep the rice from sticking.
- * If using more than one ingredient, try to use an odd number. Especially avoid amounts of four, because the Japanese character for four means death.
- * Use the sushi mat to form the shape of the roll as desired - square, circular, even triangular.
- * Wipe knife with a wet towel between each cut. Keep the knife wet for easier cutting.
- * Dip sushi fish-side first into soy sauce before eating.
- * Eat a piece of pickled ginger between each piece of sushi to clean the palate.
- * Show courtesy by using the large ends of the chopsticks to serve sushi from a platter.

Many Lands

1145 No. 500 West

Provo, UT

801-375-3789

Premium International Exchange

- 4-H Affiliate

Janice Gordon

965 North Nob Hill Drive

American Fork, UT 84003

801-756-7064

EF Exchange

Evelyn Vincent

7583 Riverbottoms Rd.

Spanish Fork, UT 84660

801-798-2632

ONIGIRI (Oh-knee-gi-ree)

So you've spotted it in anime and manga and now you desperately want to know: "What's the deal with those rice balls? What the heck IS an onigiri?!" The onigiri has become as ubiquitous in Japan as the hamburger. It's a snack that mothers pack in *bentos* (lunch boxes) for their children and their husbands. The typical onigiri is completely wrapped in seaweed and enclosed in a plastic sheet to keep the nori crisp. And you can find onigiri in most convenience stores and at train stations throughout the country. It's like the American version of the granola bar - you eat it when you're on the run. Because onigiri are relatively easy to make, taste good and are small and lightweight, they were the perfect food for soldiers to carry around. The saltiness of the filling is said to have also acted as a preservative.

Classic Onigiri

4 cups of freshly cooked Japanese-style rice

(The key to making good onigiri is to have freshly cooked, hot rice. You can't make good onigiri with cold rice.) You can add sesame seeds if you desire.

2 sheets of nori seaweed, cut into 3cm/2 inch wide strips.

Non-traditional fillings: Ground meat (pork or beef or a mixture), cooked with grated or chopped ginger, then flavored with soy sauce, some red pepper flakes, sake or mirin, and sugar. It should be quite dry. Curry flavored ground meat mixture works surprisingly well too.

Canned tuna, well drained and flaked, flavored with a bit of soy sauce and/or salt to taste.

Chopped up western style pickles (as long as they don't have too much garlic in the brine), well squeezed to get rid of excessive moisture.

For a fairly well-rounded picnic lunch that can all be eaten without utensils, add hard-boiled eggs (with a twist of salt) or cold barbeque chicken or skewered chicken (yakitori), an apple or orange, and vegetable sticks (carrot sticks, celery sticks, cucumber sticks).

Classic fillings: Pickled plum (umeboshi), bonito flakes just moistened with soy sauce (okaka), bonito flakes mixed with pickled plum (umekaka), flaked cooked salted salmon (shake or shiozake) cooked salty cod roe (tarako), chopped up pickles (tsukemono), and tsukudani, various tidbits - bonito cubes, tiny clams, etc. - cooked and preserved in a strong soy-sugar-sauce.

1. Wet your impeccably clean hands with cold water, and sprinkle them with salt. Take 1/4th of the rice and place on one hand. Make a dent in the middle of the rice with your other hand. Put in about 1 tsp or so worth of filling in the dent. Place each ball on a sheet of plastic wrap to make molding them easier.
2. Working rapidly, wrap the rice around the filling, and form into a ball. To make the traditional triangular shape, cup your hand sharply to form each corner, and keep turning it until you are happy with the shape. Practice makes perfect.
3. Wrap the rice ball with 1-2 strips of nori seaweed or entire sheet of seaweed, your preference.
4. Repeat for the rest of the rice.
5. To bring along on a picnic, wrap in plastic film (or in a bamboo leaf (which is traditional)). Some people prefer to carry the nori strips separately, and to wrap them around the onigiri when eating, to preserve the crisp texture of the seaweed. Refrigerate until use. If you want to you can microwave onigiri before eating

Warning: Non-traditional fillings can be quite perishable, so be careful in hot weather if you are taking them for a picnic. Any strongly flavored, salty filling works well.

Sushi Rice

- 1½ cups Japanese rice (short-grain)
- 1½ cups water
- 1 tablespoon mirin
- 1 postcard-size piece of kombu (a type of kelp, optional)

Rinse and soak rice as directed on the bag. If using a rice cooker, cook ingredients according to directions.

For stove top preparation, add water, rice, mirin and kombu (if using) to a pot with a tight-fitting lid and bring to a boil. After 2 - 3 minutes over high heat, reduce to low and cook for 15 minutes. Turn off heat and let the rice steam for another 20 minutes before removing from burner. Discard kombu. Makes 3 cups of rice

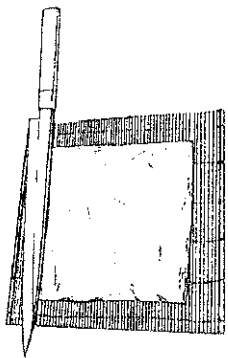
Vinegar Mixture for Sushi Rice

- 4 tablespoon rice vinegar
- 2 tablespoons sugar
- ½ teaspoon salt

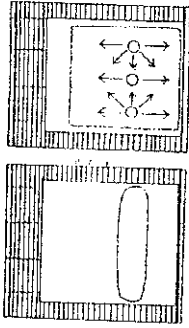
Heat ingredients in a non-aluminum saucepan, stirring until the sugar and salt have dissolved. If you want it sweeter, add more sugar. If you want it more vinegary, decrease the sugar and add more vinegar. **Don't let mixture boil.** Remove from the heat and set aside to cool

Mixing with the rice. Transfer 3 cups of hot rice to wooden bowl or rice tub that has been soaked in water. This helps keep the rice from sticking. Pour the vinegar mixture a little at a time over a paddle held flat over the rice. This stops over-saturation. Incorporate the vinegar mixture by slicing the paddle through th rice. DO not stir.

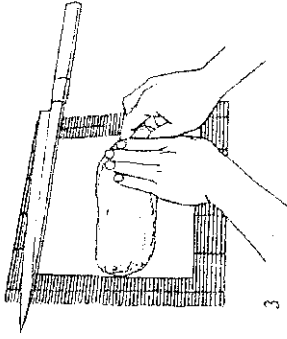
As you mix the vinegar into the rice, fan the bowl to help facilitate cooling. Not only will this create a glossy finish, but it helps keep the rice from falling apart. If the rice isn't cooled to room temperature quickly enough while adding the vinegar mixture, the rice will become mush. Cover until ready. Refrigerating will make the rice lose its stickiness.



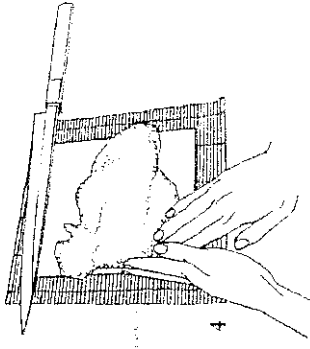
1. place *nori* sheet on bamboo mat



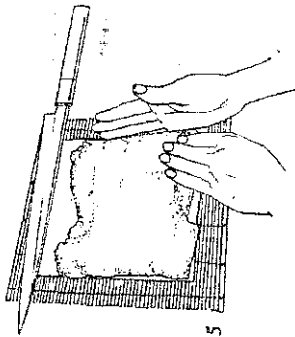
2-6. spread rice with fingertips to 3 edges of *nori* sheet, leaving about 1/4 of sheet uncovered



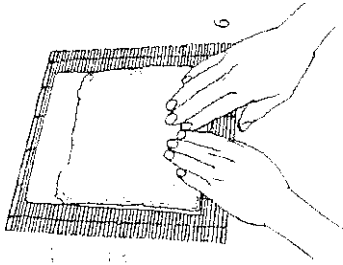
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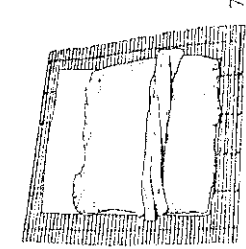
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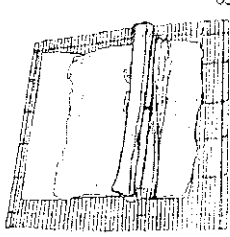
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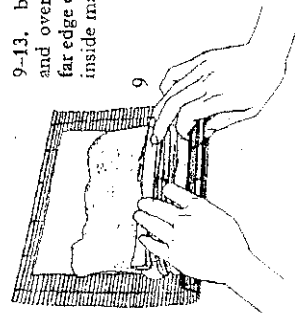


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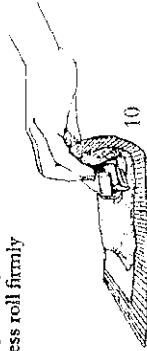
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7, 8. lay filling ingredients across rice at a point about 1/4 the *nori* sheet length

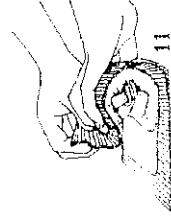


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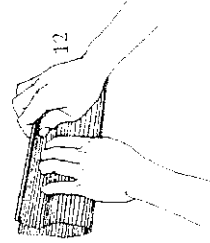
9-13. bring closest *nori* edge up and over to meet *nori* just beyond far edge of rice, then press roll firmly inside mat



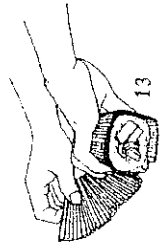
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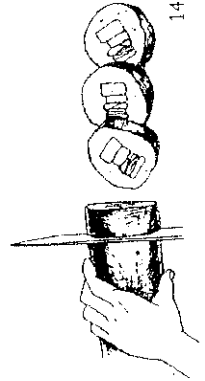
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12



13



14

14. cut each roll into eighths by cutting roll in half, then each half into fourths

Nori-Roll Sushi

1 package sea weed
Sushi Rice (sticky) cooked
1 tablespoon light soy sauce
½ teaspoon salt

1 egg scrambled
tuna in water
2 tablespoons sugar

1. Place one sheet of sea weed shiny-side down on a bamboo mat. Spread the sushi rice in a 3/8 inch layer over 3/4 of the nori sheet. First moisten your hands (hand-vinegar) to keep the rice from sticking to your hands as you work.
 2. Next, lay the core ingredients across the center of the rice. To roll, hold the line of ingredients firmly in place with your fingertips, and with your thumbs push up and turn the end of the bamboo mat.
 3. Gently, but firmly press the bamboo mat around the roll for about 30 seconds to shape it. (The art of making this kind of sushi is getting the core ingredients at the very center of the roll; this is what takes practice.)
 4. To unroll, place upon a flat surface (usually a cutting board, because cutting is the next step) so the edge of the nori is on the bottom.
 5. To serve, cut the roll in half crosswise and each half into 4 pieces. Use a wet knife, and clean it between cuttings. Do not saw through the roll. Arrange the slices on a platter or individual plates.
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Sunomon (Cucumber and Shrimp Salad

½ pound cooked shrimp, peeled and deveined
1 cucumber, peeled and thinly sliced
½ cup rice vinegar
1/4 cup sugar
4 tablespoons soy sauce
4-6 leaf lettuce leaves, washed, dried (refrigerate to crisp)

1. Put shrimp and cucumbers in mixing bowl.
2. Prepare dressing: Combine vinegar, sugar, and soy sauce in small jar, cover , and shake well. Pour dressing over shrimp and cucumbers, toss gently, and refrigerated until ready to serve. Toss again before serving.
3. To serve, put a lettuce leaf on each individual salad plate. Divide cucumber slices equally among plates and arrange on lettuce. Arrange an equal number of shrimp on each plate.

Tempura (with fish)

Fresh or frozen cod, flounder or mackerel can be used.

½ pound fish

salt

pepper

2 ½ tablespoons cornstarch

mixed with a little water

1 ½ cups sesame oil

½ cucumber

Sauce

1 ½ tablespoons vinegar or lemon juice

1/4 tablespoon grated ginger

2 tablespoons soy sauce

1. Cut the fish into eight chunks. Cut each chunk lengthwise without going all the way through. Sprinkle the fish with salt and pepper.
 2. Make a paste in the shallow bowl of the cornstarch and water. It should have the consistency of glue. Dip the fish into this mixture and then fry in the sesame or other vegetable cooking oil over medium-high heat. Drain the fried fish on paper towels before serving.
 3. Prepare the sauce which will be used to dip the fish chunks into before serving. Put into a small bowl for everyone to use.
 4. Cut the half cucumber into inch-long strips and add salt. Serve the fish with the cucumber as a garnish.
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Okonomi-yaki (Japanese pancake)

(This is a great way to clean out your frig's leftovers)

1 box mix

1 1/3 cups water

2 eggs

Add about 2 cups of a variety of grated or diced meat and vegetables. Suggestions: Meat = roast beef, shrimp, hot dog, etc. Grated or Diced Vegetables = Napa or regular cabbage, carrots, corn, potatoes, etc.

Make pancake and serve topped with Okonomi sauce and Japanese mayo. Sprinkle top with flakes included in mix.

Inarizushi (Stuffed Friend Bean Curd Bags)

3 cups sushi rice cooked
4 mushrooms diced
2 carrots diced
1 can Inarizushi broth
1 can fried bean curd bags

1. Combine sushi rice, mushrooms, carrots, and broth. Mix well.
 2. Fill bean curd bags with mixture and roll the top of the bag over the rice to enclose it. Serve.
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Gyoza - Golden Fried Meat Dumplings

1 cup Napa cabbage grated fine
1 teaspoon salt
1 package Gyoza skins or potstickers
1 egg white
1 ½ pounds ground pork
1/4 cup carrot grated
1/8 cup onion grated fine or
1 tablespoon dried onions reconstituted
1 bottle Gyoza dipping sauce
1 tablespoon sesame oil
1 teaspoon sugar
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon ginger
dash garlic

1. Mix cabbage with salt and let sit for 10 minutes; squeeze out the excess water.
2. Mix with remaining ingredients.
3. Place small portion of meat mixture in center of gyoza skin. Fold circle in half and moisten the edges with egg white. Use index finger and thumb to bring the sides together to make three pleats in one edge of skin while keeping the other edge smooth.
4. Heat pan, then add 2 tablespoons oil. Arrange gyoza flat side down - line the pan with additional gyoza. Turn the heat to low and fry gyoza for 1 minute or until golden brown. Flip to other side and repeat.
5. Add ½ cup hot water and cover. Cook for 6 minutes over medium heat or until almost all water has evaporated. Remove and serve with dipping sauce.

Curry Rice

1 pound chicken or hamburger browned, chopped
1 medium onion, chopped
1 cup celery, chopped

6 cups water
1 box Curry (VERMONT Brand)

6 cups rice cooked

1 stick butter
1 medium green pepper, chopped
1 cup carrot, chopped
2 cups potato, chopped
1 cup apple, unpared, chopped
½ cup mushroom, chopped

1. Brown meat, onion, and celery in a sauce pan.
 2. Chop vegetables and fruit. In deep pan brown vegetables in butter.
 3. When vegetables and fruit are browned, add meat mixture to deep pan.
 4. Add water, Bring to boil, then simmer until vegetables and fruit are cooked (about 20 minutes).
 5. Remove from heat. Break curry sauce mix into pieces (or cut smaller) and add to saucepan. Return to heat and cook over low heat about 20 minutes or until curry thickens.
 6. Spoon over cooked rice.
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Fried Rice with Pork

2/3 cup long-grain rice

3 tablespoons peanut oil

1 large onion

8 ounces pork tenderloin thinly sliced

2 mushrooms sliced

2 closed garlic cloves crushed

1 tablespoon soy sauce light

1 teaspoon brown sugar light

½ cups peas cooked

2 eggs beaten

salt

1. Cook the rice in a saucepan of lightly salted boiling water for about 15 minutes, until tender, but not soft. Drain well, rinse under cold running water, and drain again thoroughly.
2. Heat the oil in a preheated wok. Add the onion and pork and stir-fry for 3-4 minutes, until just beginning to color.
3. Add the mushrooms and garlic to the wok and stir-fry for 1 minute.
4. Add the soy sauce and sugar to the mixture and stir-fry for a further 2 minutes.
5. Stir in the rice and peas, mixing well. Transfer mixture to a warm dish.
6. Stir the eggs into the wok and cook, stirring for 2-3 minutes until beginning to set.
7. Return the rice mixture to the wok and mix well. Transfer to a warm serving dish and serve immediately.

TIPS: You can cook the rice in advance and chill or freeze it until required.

Oyako Domburi (Chicken Omelet over Rice)

1/4 pounds mushrooms	2 tablespoons vegetable oil
3 green onions	
1/4 pound chicken breast	4 eggs, beaten
1/4 cup chicken broth	4 cups warm cooked rice
2 tablespoons soy sauce	
1 teaspoon ginger, finely chopped fresh or 1/2 teaspoon ground ginger	1/2 teaspoon sesame seeds, for garnish
1 teaspoon sesame oil	

1. Slice thinly the mushrooms and green onions. (Save half of the onion slices for garnish).
 2. Slice thinly the chicken.
 3. Place mushrooms, onions, and chicken in a medium- sized bowl.
 4. Put chicken broth, soy sauce, ginger, and sesame oil in small bowl, mix well, and pour over chicken mixture. Mix well to coat.
 5. Heat vegetable oil in skillet or wok over medium-high heat. Add chicken mixture. Stir continually until the chicken is cooked through - about 3 minutes. Add eggs, mix well, cover, and cook for about 3 minutes, until eggs are set. Remove from the heat, keep covered, and let the mixture steam for about 3 minutes.
 6. Put warm rice in individual bowls. Divide and spoon egg mixture equally on top of rice. Sprinkle with sesame seeds and rest of the green onions for garnish. Serve as main meal with extra soy sauce on the side.
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Katsudon (Pork Cutlet on Rice)

8 cups rice
4 pork cutlets - 6 oz.
Salt
Pepper

BREADING

6 tablespoons flour
2 eggs beaten
2 ½ cups dry bread crumbs
oil

TOPPING

1 small onion
2 ½ cups dashi
7 tablespoons mirin
3 tablespoons light soy sauce
3 tablespoons dark soy sauce
4 green onions cut into lengths
6 eggs beaten

1. Boil rice.
2. Pound cutlets with a mallet to flatten slightly. Slash fat at edge of cutlets to keep the meat from curling during deep-frying. Salt and pepper both sides.
3. Dust with flour, dip in beaten eggs, and coat both sides thickly with bread crumbs. Let rest 2 or 3 minutes before deep-frying.
4. Heat a generous amount of oil in a heavy-bottomed pot to medium temperature and deep-fry cutlets one at a time, turning once, until golden brown - about 6 minutes total. Remove, drain on absorbent paper, and cut crosswise into ½ inch slices. Keep hot.
5. Slice onion into rounds or half-moons, and in a large frying pan in a scant amount of oil, saute onion over high heat until transparent and soft. Add the dashi, mirin and soy sauce to the pan. Bring to a simmer. Add the green onion lengths.
7. Pour the beaten eggs over the simmering onions. Stir when the egg begins to set. The egg is done when still a little runny and juicy. (Do not cook egg until hard and dry.) You want the juices to seep down into the rice in the bowl from the egg topping.
8. To assemble and serve: Put a single portion of hot rice, 1 ½ to 2 cups, into a donburi-type bowl. Neatly arrange a sliced cutlet to cover half the rice. Use the fried onion and egg "topping" to cover part of the cutlet and the rest of the rice. Use all the liquid. Serve immediately.