



Japanese Home Cooking / 日本のおふくろの味

寒い日に心も体も温まる
おでん

ざいりょう よにんぶん
材料 (4人分)

- こんぶ 20cm ●大根 1/2 本 ●こんにやく 1 枚 ●ゆで卵 4 個 ●がんもどき 2 枚 ●ちくわ 2 本 ●つみれ 4 個
- さつま揚げ 4 枚 ●はんぺん 1 枚

[煮汁]

- カツオ節 20g ●酒 大さじ 4 ●みりん 大さじ 3 ●しょうゆ 大さじ 4 ●塩 小さじ 1 ●水 8 カップ

つく かた
作り方

- ① こんぶは「結びこんぶ」にする。水につけて柔らかくし、4本の带状に切り、結び目を作る。
- ② 大根は皮をむき、2cm程度の輪切りにして、味がしみ込みやすいように表面に十字の切れ目を入れる。固めに下茹でする。
- ③ こんにやくは三角形に4等分し、表面に格子状の切れ目を入れ、さっと下茹でする。
- ④ ゆで卵はむいておく。
- ⑤ がんもどきとちくわは2等分、はんぺんは4等分しておく。
- ⑥ 鍋に水を入れて、沸騰させ、カツオ節を入れる。3分ほど弱火で煮てから漉す。
- ⑦ ⑥に酒、みりん、しょうゆ、塩を入れ、煮立ったら弱火にし、煮えにくいもの(大根、こんぶ、こんにやく、ゆで卵)から入れ、30

ふんでいどに さいご くわ
分程度煮る。最後にはんぺんを加える。

⑧ 食べる時は好みで練りがらしをつける。

- * おでんは家庭でもよく作られますが、日本の屋台、近年はコンビニエンスストアで販売される料理の定番となっています。また日本のおでんは台湾や韓国などにも定着しており「オデン」として親しまれているそうです。
- * 煮汁を一から作るのが面倒な場合は「おでんつゆ」等の市販品を使ってもいいでしょう。なお関東では濃い色合いのつゆで薄味、関西では薄い色合いで濃い味が伝統的とされていますが、現在の東京やその近郊のおでん屋の味は、関東人好みの濃い味のほうが優勢ようです。また関西では、濃い味のもの（かんとだき）、薄味のものをおでんと呼び分けることもあります。
- * 今回のレシピの具は基本的な物ですが、これ以外にもにんじんやじゃがいも、厚揚げ豆腐やしらすき（糸こんにゃくを束にして結んだもの）、串に刺した牛スジ肉などもよく入れます。またおでんの具の主役とも言える練り製品（魚のすり身を加工した物）は様々なものがあります。寒い季節になるとスーパーなどにおでんダネコーナーが登場しますので、美味しそうなものを色々買って鍋に入れてみてください。みんなでおでん鍋を囲むと寒さも吹っ飛びますよ。

O-den

Warms Body and Soul on Cold Days

Ingredients (Serves 4)

20 cm piece of *konbu* Half a *daikon* 1 block of *konnyaku* 4 boiled eggs 2 cakes of *ganmodoki*
(tofu and vegetable patties) 2 *chikuwa* (fish sticks) 4 *tsumire* (fish balls) 4 *satsuma-age* (fried fish cakes) 1 *hanpen* (fish cake)

[Broth]

20 g *katsuo bushi* 4 tbsp sake 3 tbsp *mirin* 4 tbsp *shoyu* 1 tsp salt 8 cups water

Preparation

- 1) Make your *konbu* into *musubi-konbu* by softening it in water, cutting it into four strips and tying a knot in each strip.
- 2) Peel the *daikon*, and cut it into round slices about 2 cm thick. To ensure that the flavor of the broth penetrates into the *daikon*, cut a cross in its surface. Cook until still slightly firm.
- 3) Cut the *konnyaku* into four equal triangular pieces, and cut a grid pattern in the surface of each piece. Cook quickly.
- 4) Remove the shells from the boiled eggs.
- 5) Cut each piece of *ganmodoki* and each *chikuwa* stick into two equal pieces, and the *hanpen* cake into four equal pieces.
- 6) Pour the water in a pot and bring to a boil. Add the *katsuo bushi*. Simmer on low heat for about 3 minutes, then strain the *katsuo bushi*.
- 7) Add the sake, *mirin*, *shoyu* and salt to the water. When the broth boils, turn the heat to low and begin adding the ingredients, beginning with the ones that take the longest to cook (*daikon*, *konbu*, *konnyaku* and boiled eggs). Cook for about 30 minutes, adding the *hanpen* at the end.
- 8) Eat with Japanese mustard paste as a seasoning if desired.

**O-den* is often made at home, but it is also a standard meal available at food stalls in Japan, and *o-den* pots have also recently appeared in convenience stores, cementing the status of the dish as one of Japan's favorites. *O-den* has also spread to Taiwan and Korea, and it is also now popular in Thailand and other countries.

*If making the broth from scratch or preparing *dashi* using *katsuo bushi* is too much bother, you can also use commercially available products such as *o-den tsuyu*. Traditionally, it has been said that Kanto *tsuyu* is dark with a weak flavor, while Kansai *tsuyu* is light with a strong flavor. Recently, however, most of the *o-den* stalls in Tokyo and the surrounding areas have taken to serving *tsuyu* with a strong flavor that is liked by Kanto people. In Kansai also, strongly flavored *tsuyu* is sometimes called *kanto-daki*, and weakly flavored *tsuyu* is sometimes called *o-den*.

*The ingredients listed in this recipe are the basic ones, but people often put other ingredients in *o-den*, including carrots, potatoes, *atsu-age* tofu, *shirataki* (ribbon *konnyaku* tied up in bundles) and beef hind shanks on skewers. In addition, there are a variety of choices available in the processed fish products that are the main ingredients of *o-den*. When the weather starts turning cold, you will also find special *o-den* shelves at supermarkets and other food stores, so why don't you try buying a bunch of tasty-looking items and cook them up with your *o-den*? Sitting around the *o-den* pot with family or friends, you will find that the winter cold just melts away.