



# Japanese Home Cooking

にほん おふくろの味

りょうり じょうひん あじ  
おもてなし料理にもなる上品な味  
ちやわんむ  
茶碗蒸し

ざいりょう よにんぶん  
材料 (4人分)

●むきえび 4尾 ●しいたけ 2枚 ●かまぼこ 4切れ ●鶏肉 100g ●みつば 適量 ●卵 3個

[だし汁]

●だし汁 (かつお) 450cc ●しょうゆ 小さじ1 ●みりん 小さじ1/2

つく かた  
作り方

- ① だし汁は合わせておく。熱い場合は冷ましておく。
- ② しいたけと鶏肉は1口大に切る。
- ③ 卵をボウルに割り入れ、泡立たないように溶く。
- ④ ③にだし汁を少しずつ加えて混ぜ合わせ、漉し器やざるなどで漉す。
- ⑤ 茶碗などの器に材料を等分に入れ、④を注ぐ。
- ⑥ 蒸気の立った蒸し器に⑤を並べ、ふたをして10分ほど弱火にかけ、火を止めて5分ほど蒸らす。
- ⑦ 上に刻んだみつばを適量乗せる。

- \* 茶碗蒸しは、だし汁と卵液を合わせたものを容器に入れて蒸した、日本料理の定番の副菜です。会席料理では必ずといっていい程登場する一品で、栄養が高い料理としても愛されています。夏には冷やして食べることもあります。
- \* つるんと滑らかに出来上がるように、火加減に気をつけましょう。蒸す際に火が強過ぎるとが入って(内部が穴だらけになる)食感が悪くなります。具は今回ご紹介した以外に、ぎんなんや百合根、焼きアナゴなどが定番で豪華ですが、好きな肉類や魚介類、野菜を入れても、またシンプルにあまり具を入れなくても美味しく作れます。
- \* 茹でうどんを入れたものは、特に「小田巻蒸し (おだまきむし)」と呼ばれます。うどんも消化が良いので、喉越しも良い小田巻蒸しは風邪で弱っている時などにもうってつけの料理です。

## Chawan Mushi

An Elegant Dish that You can Present to Guests

Ingredients (Serves 4)

4 shelled shrimp 2 *shiitake* mushrooms 4 slices of *kamaboko* 100 g chicken meat As much *mitsuba* as required 3 eggs

*Dashi jiru* (soup stock)

450 cc *dashi jiru* (*katsuo*) 1 tsp *shoyu* 1/2 tsp *mirin*

Preparation

- 1) Mix together the *dashi jiru*. If the *katsuo dashi* is still hot, allow it to cool down.
- 2) Cut the *shiitake* and chicken meat into bite-sized pieces.
- 3) Break the eggs into a bowl, and beat them without producing any froth.
- 4) Add the soup little by little to the beaten egg and mix. Strain the mixture through a strainer or a *zaru*.
- 5) Divide the ingredients equally and place in china cups or other bowls. Pour the mixture over the ingredients.
- 6) Place the bowls in a preheated steamer, cover it, and steam for about 10 minutes at low heat, and then for about another 5 minutes with the heat turned off.
- 7) Place chopped *mitsuba* on top.

- \* *Chawan mushi*, made from soup and beaten eggs mixed in a cup, is a traditional Japanese side dish. It is so common as a *kaiseki* dish that it seems every *kaiseki* meal features it, and it is also renowned as a highly nutritious dish. In summer, it is sometimes eaten cold.
- \* To obtain a smooth texture in this dish, you have to make sure that you use the correct level of heat. If the heat is too high during steaming, the inside of the *chawan mushi* will be full of holes, and it will become unpleasant to eat. You can use other ingredients in addition to those we have suggested here. Ginkgo nuts, lily roots and broiled conger eel are traditional, and make the dish quite fancy, but it will also be delicious if you use whatever meat, fish or vegetables that you prefer, or even if you make a simple dish without many ingredients at all.
- \* *Chawan mushi* with boiled *udon* in it is called *odamaki mushi*. *Udon* are easy to digest and *odamaki mushi* is pleasant to eat when you have a sore throat, making this a perfect dish for when you are feeling ill with a cold.