

Japanese Home Cooking

にほん おじ 日本のおふくろの味

Kenchin-jiru

A Body-warming Soup Dish with Plenty of Vegetables

やさい と からだ あたたまる 野菜をたくさん摂れて体も温まる けんちん汁

Ingredients (Serves 4)

- 1/4 *daikon* radish • 1/2 carrot
- 1/2 – 1 *gobo* (burdock) • 1/3 block of *konnyaku*
- 1/2 block of tofu • 4 cups *dashi-jiru* (soup stock)
- 2 tbsp soy sauce • Pinch of salt
- Sesame oil or vegetable oil

ざいりょう にんぷん 材料 (4人分)

- だいこん 1/4本 • にんじん 1/2本
- ごぼう 1/2~1本 • こんにやく 1/3枚 • 豆腐 1/2丁
- だし汁 4カップ • 醤油 大さじ2 • 塩 ひとつまみ
- ゴマ油、又はサラダ油 適量

Preparation

つく かた 作り方

- ① Cut *daikon* and carrot into easily-cooked bite-size pieces. Shave *gobo* into thin strips (like you would a pencil tip) and briefly soak them in water to remove any harshness.
- ② Cut or tear *konnyaku* and tofu into bite-size pieces.
- ③ Heat some oil in a pot and cook the *daikon*, carrot, and *gobo*. When the vegetables are well coated in oil, put the *konnyaku* and tofu in the pot, and add *dashi-jiru*.
- ④ Simmer until vegetables are soft, while skimming off any foam that rises to the surface.
- ⑤ Season with soy sauce and salt.

- ① だいこんとにんじんは火が通り易く食べ易い大きさに切る。ごぼうはさががき(鉛筆を削る要領で削ぎ切りにする)にして水にさらしてアクを抜く。
- ② こんにやくと豆腐は一口大に切るか手でちぎっておく。
- ③ 鍋に油を熱し、だいこんとにんじんとごぼうを炒め、油が回ったらこんにやく、豆腐を入れ、だし汁を加える。
- ④ 途中でアクを取りながら野菜が柔らかくなるまで煮る。
- ⑤ 醤油と塩で味を整えたら出来上がり。

★ There are various theories about the origin of the term “kenchin,” but one popular theory is that it is a corrupted form of the term “kencho-jiru,” a vegetarian dish made by the priests of a Zen temple in Kamakura named Kencho Temple. The term *kenchin-jiru* is sometimes used to refer to a miso-based soup containing pork or chicken in addition to vegetables, but perhaps because it was originally a vegetarian dish, it more often refers to a simple, clear broth containing only vegetables and neither miso nor meat.

★ 「けんちん汁」の「けんちん」の由来は諸説ありますが、鎌倉にある禅寺、建長寺の僧が作っていた精進料理「建長汁(けんちょうじる)」が訛ったものという説があります。豚肉や鶏肉が入ったものや味噌を入れたものをけんちん汁と称することもあります。元々が精進料理だからでしょうか、肉は使わず野菜だけ、味噌も入らない素朴な吸い物のことをけんちん汁と呼ぶことが多いようです。

★ *Dashi-jiru* can be made easily using instant *dashi* powder that is available at stores, but taking the extra effort to make *dashi* from *kombu* (dried kelp) or *katsuo-bushi* (dried bonito flakes) lends an authentic flavor to your Japanese dishes.

★ だし汁は市販されている顆粒の和風だしを使うと手軽ですが、昆布やかたおぶし等を煮出して作ると本格的です。

★ Beside the ingredients included in this recipe, you might also try adding such seasonal vegetables as pumpkin and mushrooms, root vegetables such as *satoimo* (taro), and green vegetables such as *negi* (Japanese leek) and *komatsuna* (Japanese mustard spinach). *Kenchin-jiru* with lots of ingredients is an ideal dish for this cold season, as it is an excellent source of vitamins, minerals, and nutrients that will warm your body.

★ 今回紹介した具以外に、かぼちゃやきのこ類といった旬の野菜、さといも等の根菜、ねぎやこまつな等の青菜等も入れてみてください。具沢山のけんちん汁はビタミンやミネラル等の栄養補給もでき、体も温まり、風邪をひきやすいこの季節にうってつけの料理です。