

The  
**Japanese**  
Diet  
*Cookbook*



by  
**April Blomgren**

**Easy and  
Mouthwatering  
Japanese Recipes  
For Better Health**

# The Japanese Diet Cookbook

Easy and Mouthwatering Japanese Recipes for Better  
Health

BY

April Blomgren



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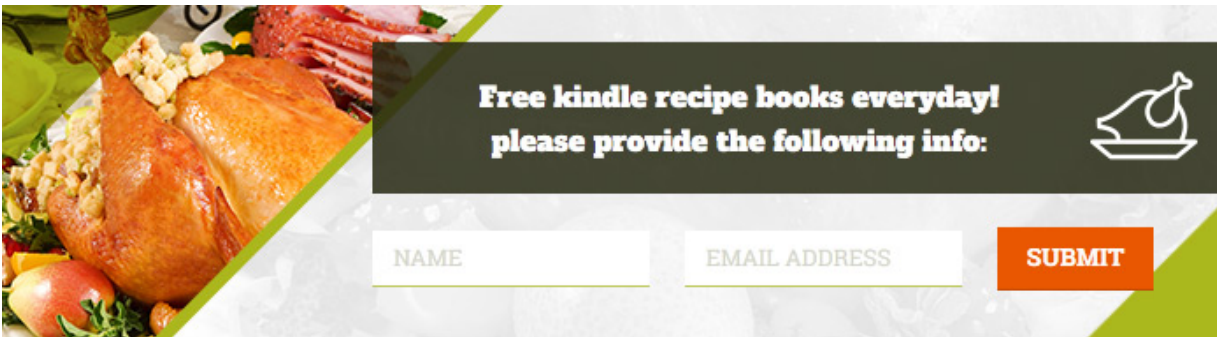
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# Introduction



If you're looking to eat healthier, more environmentally-friendly, and manage good weight, then the Japanese Diet is for you.

It is a trendy diet that is increasing in popularity worldwide, which you should engage.

If you ever enjoyed Japanese take-outs, then you are in for a good splurge as much as you want. The Japanese diet follows the same Japanese cooking style except that it emphasizes on certain types of foods to eat and avoid.

It is an excellent diet to help you promote healthy weight, improve digestion, reduce the risk of chronic diseases, and possibly improve longevity.



It is a major plant-based meal-type merged with seafood consumption. On the diet, you can enjoy foods like fish and seafood, fruits and vegetables, soy foods like miso, tofu, natto, tamari, soy sauce, etc., seaweed, rice and noodles, tempura, and beverages. Some foods to limit or avoid are eggs, dairy milk, red meat and poultry, baked goods, and unhealthy processed fats, sugars, and goodies.

If you've ever felt intimidated by how Japanese food comes together, you can let go of that feeling. It is one of the easiest foods to make while packed with loads of aroma and great tastes.

This cookbook shares thirty Japanese dishes that are excellent for dieting. They are straightforward recipes with some unfamiliar ingredients that you can grab at many food stores near you. They cook quickly and turn out beautifully when presented.

You will drool at some of the images as you go through the book; be warned. When you try these foods, I am sure they will become a staple in your home.

I am pleased to share these recipes with you and hope that you enjoy them to the best.

Welcome to The Japanese Diet Cookbook.

# 1. Dashi



Dashi is a basing stock for many Japanese dishes made from dried seaweed and dried tuna. It is quick and easy to add a good depth of umami flavor to many Japanese meals.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Ingredients:**

- 1 cup kombu (dried seaweed), washed well
- 2 cups katuobushi (dried and thinly shaved tuna)

**Instructions:**

1. Add kombu to a pot and fill with 4 cups of water. Gently bring to a boil over low heat and let slowly simmer for 10 to 15 minutes. Turn heat off,

remove and discard kombu.

2. Stir in katuobushi, let steep for 5 minutes, and then strain through a fine sieve while gently squeezing katuobushi to release liquid. Discard.

3. Enjoy dashi with other foods and preserve leftovers covered in the refrigerator for up to a week.

## 2. Edamame Shichimi



This easy side dish is a tastier way to enjoy edamame while keeping yourself healthy. It uses shichimi togarashi, a spicy Japanese seasoning that you can find at many supermarkets.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 4 mins

**Ingredients:**

- 1 lb. frozen whole edamame, thawed
- ¼ cup extra virgin olive oil + extra for drizzle
- 1 tsp seasoned nori sheets, crumbled
- 1 tsp shichimi togarashi
- Salt to taste

- ¼ cup lemon juice

**Instructions:**

1. Bring a large pot of water to a boil and blanch edamame for 30 seconds to 1 minute. Drain; put edamame in a bowl and toss with olive oil.
2. Heat a grill pan over medium heat and grill edamame on both sides for 2 to 3 minutes or until blistered and tender. Transfer to a bowl.
3. Meanwhile, mix nori sheets, shichimi togarashi, and salt in a bowl. In another bowl, combine lemon juice and remaining olive oil. Add both mixtures to edamame and toss well.
4. Serve on a large platter and enjoy!

### 3. Seared Tuna Tataki with Tatami Sauce



You will find tuna tataki in many Japanese restaurants; did you know they are super healthy? They contain only 211 calories and yet simple to make.

**Servings:** 4

**Prep Time:** 15 mins + 2 hours chilling

**Cook Time:** 40 secs

**Ingredients:**

**Tuna tataki:**

- 1 (23 lb.) tuna loin
- 1 tsp groundnut oil
- 2 tbsp black and white sesame seeds
- English mustard for brushing

- Baby salad green leaves for serving

**Tatami Sauce:**

- 1 tsp grated ginger
- 1 spring onion, thinly sliced
- 1 tbsp soy sauce
- 1 ½ tsp sesame oil
- 1 tbsp lime juice

**Instructions:**

**Tuna tataki:**

1. Brush tuna with groundnut oil, season with salt, and coat with some sesame seeds.
2. Brush a skillet with some groundnut oil and sear tuna for 20 seconds per side. Brush with mustard and quickly roll in remaining sesame seeds. Wrap tuna with cling film and chill in refrigerator for 20 minutes.

**Tatami sauce:**

3. Meanwhile, combine all ingredients in a bowl.

**Serving:**

4. Remove and unwrap tuna, use a sharp knife to slice into 1 ½ inch pieces, and arrange on a platter.
5. Scatter salad leaves on top and serve with tatami sauce.



## 4. Ginger Salmon and Soba Noodle Stir-Fry



Stir-fries are a big part of Japanese servings and they are super delicious!

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Ingredients:**

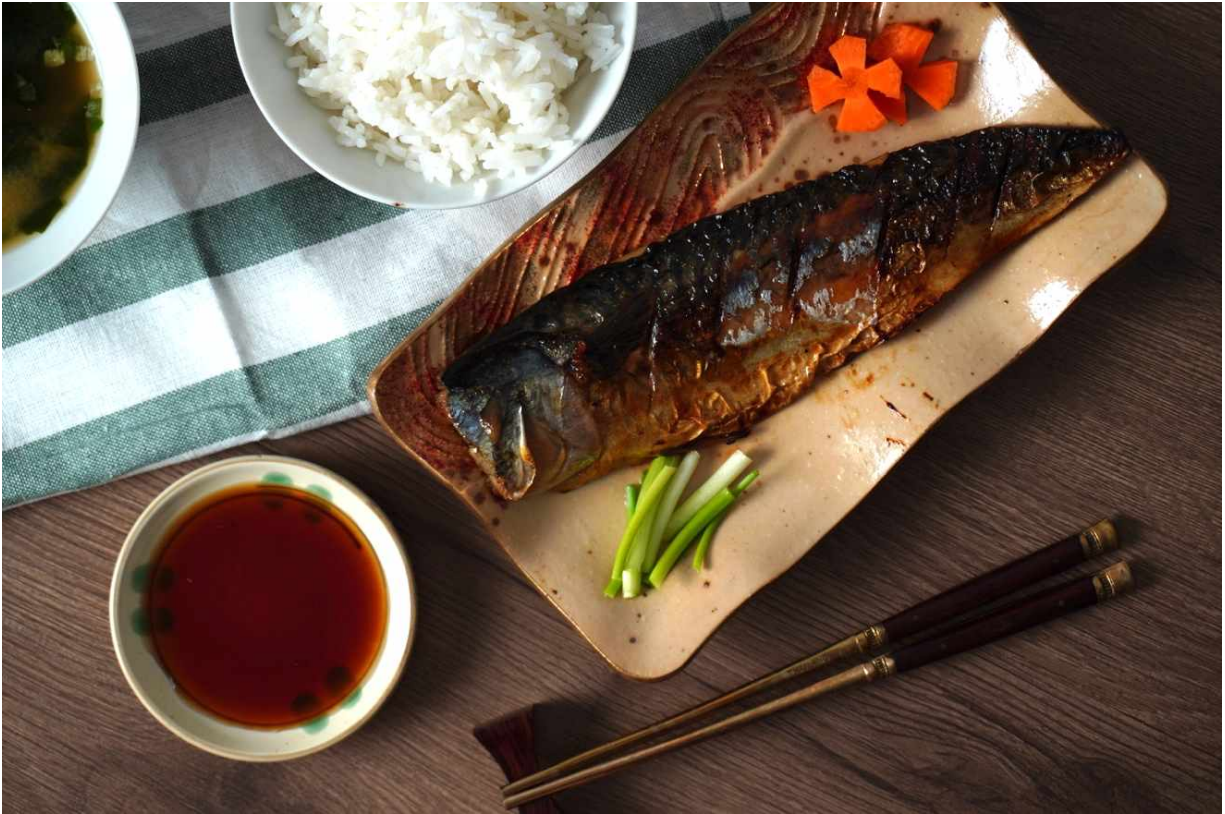
- 1 tbsp grated ginger
- ¼ cup soy sauce
- 1 tbsp sesame oil
- 1 ¼ lb. skinless salmon fillets, deboned, cut into bite-size pieces
- 2 tbsp sunflower oil
- ½ bunch scallions, sliced diagonally
- 2 bunches broccolini, stalks sliced lengthways

- 1 cup frozen edamame
- ¼ cup Chinese rice wine (Shao Hsing)
- ½ lb. soba noodles, cooked according to package's instructions and drained
- 2 tsp sesame seeds

**Instructions:**

1. Combine ginger, soy sauce (reserving 1 tbsp), and sesame oil in a bowl and toss in salmon until well coated. Set aside to marinate for 10 minutes.
2. In batches, heat 2 tsp of sunflower oil in a wok and cook salmon for 2 to 3 minutes or until golden brown and flaky. Transfer to a plate and set aside.
3. Heat remaining sunflower oil in wok and stir-fry scallions, broccolini, and edamame for 2 to 3 minutes or until sweaty. Mix in rice wine, reserved soy sauce, and ¼ cup of water. Simmer for 3 to 4 minutes or until liquid reduces by half.
4. Stir in soba noodles, salmon (with resting juices), and toss to warm through. Sprinkle with sesame seeds and dish food. Serve warm.

## 5. Miso Mackerel with Chili Brown Rice



Grilling mackerel is a tastier way to prepare it than steaming, while the miso marinade makes the dish shine. Enjoy it with this chili brown rice accompaniment.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 17 mins

**Ingredients:**

- 4 (1.5 oz each) mackerel fillets, pin-boned
- Extra-virgin olive oil for brushing and tossing
- 2 tsp golden caster sugar
- 4 tbsp white miso

- 2 tbsp mirin
- ½ cup brown rice
- 1-inch ginger finger, grated
- 1 red chili, seeded and minced
- 2 scallions, finely chopped

**Instructions:**

1. Brush mackerel with olive oil; combine brown sugar, miso, mirin, and season mackerel with mixture. Set aside to marinate.
2. Cook rice in a cup of salted water for 10 to 12 minutes or until tender and water absorbed. Combine ginger, red chili, scallions, and 1 to 2 tbsp of olive oil in a bowl and mix mixture into rice, and season rice to taste. Set aside.
3. Heat grill to high heat and cook mackerel on both sides for 5 minutes or until golden brown and flaky.
4. Serve mackerel with rice.



## 6. Sashimi with Chili-Lime Dressing



This tangy and spicy snapper dish will make you fall in love with Japanese cuisine in a minute. It is super quick to make, so jump right onto it.

**Serving:** 4

**Prep Time:** 10 mins + 1 hour chilling

**Cook Time:** 8 mins

**Ingredients:**

- 1 lime, juiced
- 1 tsp dried chili flakes
- 3 tsp light soy sauce
- 2 tsp peanut oil
- 1 tsp caster sugar
- ½ tsp sesame oil

- 2/3 lb. skinless sashimi-grade snapper fillet, pin-boned
- 2 scallions, thinly sliced diagonally

**Instructions:**

1. Combine all ingredients in a bowl except for snapper and scallions.
2. Thinly slice snapper into ¼-inch thick pieces and arrange on a platter. Garnish with scallions and serve with chili-lime dressing. Enjoy!

## 7. Okayu (Rice Porridge)



You probably have tried rice porridge before, but have you given this Japanese one a shot yet? The aroma is on another level and contains some cool healthy toppings.

**Serving:** 4

**Prep Time:** 10 mins + 30 mins soaking

**Cook Time:** 40 mins

**Ingredients:**

- ¼ cup Japanese short-grain rice, raw
- 1 cup + 2 tsp water

**Toppings:**

- Shredded Japanese salted salmon



- Japanese pickled plum (umeboshi)
- Toasted white sesame seeds
- Chopped scallions
- Shredded nori seaweed
- Fresh Japanese parsley

**Instructions:**

1. Rinse rice under running water until water is clear.
2. Soak rice in water for 30 minutes. Drain after and add rice with water to a pot; cover, bring to a boil, and then simmer rice for 30 to 40 minutes, while occasionally stirring to prevent burning until rice is porridge-like.
3. Dish rice into serving bowls and toppings. Enjoy!

## 8. Sake-Poached Chicken with Soba Noodles



Cooking chicken this way (poaching) isn't only tasty but healthy without unhealthy fats. Enjoy this satisfying dish by following this recipe.

Serving: 4

**Prep Time:** 10 mins

**Cook Time:** 29 mins

### **Ingredients:**

- ½ cup dried shiitake mushrooms
- 2 cups chicken stock
- ¼ cup light soy sauce
- ½ cup sake
- 1 ½ tsp caster sugar
- 2 chicken breast fillets

- 1 bunch bok choy
- ½ lb. soba noodles
- ½ cup enoki mushrooms
- 1 long red chili, thinly sliced

**Instructions:**

1. Soak shiitake mushrooms in 2 cups of water; set aside for 5 minutes and then drain. Reserve soaking liquid.
2. Add chicken stock, soy sauce, sake, sugar, and reserved mushroom liquid to a pot. Simmer over low-medium heat with occasional stirring. Add chicken and continue simmering for 10 minutes. Turn chicken over; add bok choy and cook for 5 to 7 more minutes or until chicken cooks through. Transfer chicken and bok choy to a plate, cover, and set aside to keep warm.
3. Bring poaching broth back to a boil and add soba noodles and both mushrooms; cook for 7 minutes or until noodles are tender.
4. Use tongs to remove noodles into serving bowls. Shred chicken and add to noodles along with bok choy, mushrooms, and red chili. Spoon broth on top and serve.

## 9. Grilled Lettuce with Tosazu Dressing



Would you think lettuce will taste this good as a BBQ side? Well, it does!  
Have a good treat.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 3 mins

**Ingredients:**

**Tosazu dressing:**

- 4 tbsp rice vinegar
- ½ tsp soy sauce
- 1 ½ tsp mirin
- 1 tbsp caster sugar

**Grilled lettuce:**

- 4 little gem lettuces, quartered
- 2 tbsp rapeseed oil
- Toasted sesame seeds for serving

**Instructions:****Tosazu dressing:**

1. Combine all dressing ingredients in a bowl and set aside.

**Grilled lettuce:**

2. Toss lettuce with rapeseed oil and grill in a preheated grill pan or grill for 2 to 3 minutes or until partially charred and tender.

3. Place lettuce on a serving platter, top with dressing, and garnish with sesame seeds. Serve.

## 10. Shrimp Fried Rice



Well, fried rice originates from the Japanese and Chinese regions; hence, it is a good choice to add to your diet while preparing it the right way.

**Servings:** 4

**Prep Time:** 15 mins

**Cook Time:** 2 hours 30 mins

**Ingredients:**

- 2 tbsp canola oil
- 1 large egg, beaten
- 12 medium shrimp, peeled and deveined
- 1 tsp sake
- Salt and black pepper to taste
- 1 tbsp roasted sesame oil

- 2 scallions, chopped
- 2 cups cooked Japanese short-grain rice (day-old better)
- 1 leaf iceberg lettuce, shredded
- 1/8 tsp white pepper
- 1 tsp soy sauce

**Instructions:**

1. Heat canola oil in a wok over medium heat and scramble eggs for 2 to 3 minutes or until set. Transfer to a plate.
2. Add shrimp, sake, salt, and black pepper to wok; stir and cook for 2 to 3 minutes or until pink and opaque. Transfer to side of eggs.
3. Heat sesame oil in skillet and stir-fry scallions for 2 minutes or until tender. Mix in rice to warm through and stir in lettuce; combine well and season with white pepper and soy sauce. Mix well and cook for 1 to 2 minutes.
4. Fold in egg and shrimp; let warm for 1 minute and dish food. Serve warm.



# 11. Miso Salmon, Soba Noodles, and Ponzu Dressing



What a hearty, loaded combination! You won't get tired digging into this healthy dish.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Ingredients:**

**Ponzu dressing:**

- ¼ cup soy sauce
- 1 tbsp sake
- ½ lemon, juiced
- 1 tbsp mirin

### **Salmon and noodles:**

- ½ lb. soba noodles
- 2 bunches broccolini, trimmed and halved lengthways
- 1½ tbsp white miso paste
- 1 tbsp mirin
- 1 tsp caster sugar
- 2 tsp sake
- 1 tsp sesame oil
- 1 lb. salmon fillet, skinned and boned
- 1 cup thinly sliced red cabbage
- ¼ mesclun leaves
- Toasted sesame seeds for topping

### **Instructions:**

#### **Ponzu dressing:**

1. Combine all ponzu dressing ingredients in a bowl and set aside.

#### **Salmon and noodles:**

2. Cook soba noodles in a large pot of salted water over high heat according to package's instructions. In the last 2 cooking minutes, stir in broccolini and cook until the time ends. Drain and run under cold water. Let all liquid drip and set aside.

3. Preheat a grill to high.

4. Combine miso, mirin, sugar, sake, and sesame oil in a bowl. Brush mixture on salmon and grill on both sides for 5 minutes or until lightly charred and flaky.

5. Divide salmon into serving bowls with noodles and broccolini mix, red cabbage, and mesclun leaves. Drizzle ponzu dressing on top, garnish with sesame seeds, and serve.

## 12. King Prawn Yaki Soba



The sauce makes this dish, and for a healthier serving, prawn is better than chicken or red meat. Enjoy!

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Ingredients:**

**Yaki soba sauce:**

- 1 tsp caster sugar
- 1 tsp soy sauce
- $\frac{1}{4}$  tsp white pepper
- 1 tbsp Worcestershire sauce
- 1 tbsp oyster sauce

- ½ tbsp tomato ketchup

**King prawns and noodles:**

- Vegetable oil for frying
- 1 small onion, halved and sliced
- 1 small red bell pepper, seeded and thinly sliced
- ½ lb. raw king prawns, butterflied
- 4 scallions, sliced diagonally
- A handful of bean sprouts
- 2/3 lb. fresh ramen noodles
- Pink pickled shredded ginger shredded for topping
- Toasted black and white sesame seeds for topping

**Instructions:**

1. Combine all sauce ingredients and set aside.
2. Heat oil in a wok and sauté onion and bell pepper for 4 minutes or until tender. Mix in prawns, scallions, and cook for 2 to 3 minutes or until opaque and pink. Stir in bean sprouts, noodles, sauce, and cook for 2 to 3 minutes or noodles are ready.
3. Dish food, top with pickled ginger, sesame seeds, and serve warm.



## 13. Yakitori Chicken Skewers with Miso



Chicken is not the most ideal on a strict Japanese diet. Still, if your cravings don't let you be, then these tasty skewers will satisfy you well yet keeping you healthy.

**Serving:** 4

**Prep Time:** 10 mins + 15 mins

**Cook Time:** 12 mins

**Ingredients:**

- 4 tbsp miso paste
- 4 tbsp mirin
- 2 tbsp caster sugar
- 4 chicken thigh fillets, cut into 2-inch cubes
- 3 scallions, cut into 2-inch strips

- 4 metal skewers for threading
- Vegetable oil for brushing

**Instructions:**

1. Combine miso paste, mirin, and caster sugar in a bowl. Toss in chicken and scallions and let marinate for 15 minutes. After, alternately thread chicken and scallions on skewers.
2. Preheat grill to medium-high heat, brush grates with some vegetable oil and cook skewers for 10 to 12 minutes on both sides or until chicken cooks through.
3. Dish skewers and serve warm.



## 14. Yaki Udon Noodles



Stir-fries are the best options because they cook quickly and contain everything you need for a healthy and filling meal. This dish is also an excellent vegetarian one.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 9 mins

**Ingredients:**

**Yaki sauce:**

- 2 tbsp mirin
- 2 tbsp soy sauce + extra for serving
- mirin 2 tbsp
- 1 tsp tomato ketchup
- ½ tsp golden caster sugar

- 1 tbsp Worcestershire sauce

**Udon noodles:**

- Vegetable oil for frying
- 4 scallions, thinly sliced
- 1 small head broccoli, cut into florets and blanched
- 1 medium red bell pepper, seeded and sliced
- 1 tbsp fresh ginger paste
- 1 garlic clove, minced
- 1/3 lb. udon noodles, cooked and rinsed to separate

**Instructions:**

1. Combine all sauce ingredients in a bowl and set aside
2. Heat oil in a wok and sauté scallions, broccoli, and bell pepper for 5 minutes or until tender. Stir in ginger, garlic, and cook for 1 minute or until fragrant.
3. Mix in noodles, sauce, and simmer for 2 to 3 minutes or until noodles warm through.
4. Dish food, top with more soy sauce as desired, and serve warm.

# 15. Grilled Corn and Parmesan Salad with Miso Ponzu



This easy salad isn't dull on the tongue. The flavors are on point, and it is satisfying.

Serving: 4

**Prep Time:** 10 mins

**Cook Time:** 11 mins

**Ingredients:**

**Miso ponzu:**

- 1/5 tbsp Kewpie mayonnaise
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp white miso paste

- 1 ½ tbsp soy sauce
- 2 tsp fresh lemon juice

**Salad:**

- Vegetable oil for deep-frying
- 4 sweet corn cobs, in husks
- Shichimi togarashi (spicy Japanese seasoning) for serving
- ¼ cup grated Parmesan cheese + extra for topping
- 2 witlof, trimmed, leaves separated

**Instructions:**

1. Combine all miso ponzu mixture in a bowl and set aside for serving.
2. Heat grill to high heat and cook corn on all sides for 5 to 6 minutes or until partially charred. Slice off corn kernels and set aside.
3. Heat some vegetable oil in a deep fryer and fry corn kernels for 4 to 5 minutes or until golden brown and crispy. Transfer to a paper towel-lined plate to drain grease.
4. Combine corn kernels with Shichimi togarashi and Parmesan cheese. Arrange witlof on a serving platter and top with corn kernel mixture. Drizzle with miso ponzu, garnish with more Parmesan cheese and serve warm.

## 16. Kimchi Fried Rice



Grab some leftover rice and make this tangy and spicy kimchi fried rice. It serves well with fried eggs and a vegetable sauté.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 7 mins

**Ingredients:**

- 2 tbsp vegetable oil
- 2 scallions, chopped
- 2 garlic cloves, minced
- 1 cup kimchi, drained (2 tbsp juice reserved)
- 2 cups cooked Japanese short-grain rice (preferably day old)
- 2 tsp gochujang (Korean chili paste)

- 1/3 tbsp soy sauce
- 1 tsp roasted sesame oil
- Black pepper to taste
- 5 nori seaweed, chopped
- 2 large eggs, cooked sunshine style for serving
- 1 tsp toasted white sesame seeds for garnish

**Instructions:**

1. Heat vegetable oil in a wok and stir-fry scallions and garlic for 2 minutes or until tender and fragrant. Mix in kimchi and cook for 1 minute.
2. Add rice, kimchi juice, gochujang, soy sauce, and cook for 3 to 4 minutes or until rice warms. Season with black pepper, sesame oil, and mix well. Fold in nori seaweed.
3. Dish food, top with eggs, and garnish with sesame seeds. Serve warm.



## 17. Tsukune (Chicken Meatballs)



To enjoy chicken on the Japanese diet (rarely), these quick and straightforward meatballs will please you right.

**Servings:** 4

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Ingredients:**

**Sauce:**

- 2 tbsp ketchup
- 2 tbsp oyster sauce
- 2 tsp Worcestershire sauce

**Chicken meatballs:**



- 1 lb. skinless and boneless chicken thighs, chopped
- 1 small onion, grated
- 1 garlic clove, grated
- 1 tsp ginger paste
- 1 tsp caster sugar
- 1 egg white
- 1 tsp fresh lemon zest
- 1 tbsp barbecue sauce
- 1 tbsp white sesame seeds for topping
- 1 sheet nori seaweed, cut into thin strips for serving

**Instructions:**

1. Preheat oven to 400 degrees F and line a baking tray with greaseproof paper.
2. Mix all sauce ingredients in a bowl and set aside.
3. Add all chicken ingredients to a food processor and whiz until well combined. Form 2-inch balls from mixture and place on baking tray in a single layer. Bake in oven for 10 minutes or until almost cooked.
4. Brush half of sauce on top of meatballs, sprinkle with sesame seeds, and bake further for 10 minutes or until golden brown and cooked through.
5. Place meatballs on a serving platter, garnish with nori sheets and serve with remaining sauce.

## 18. Teriyaki Salmon with Pickled Veggies



You can say bye to take-outs and enjoy this sumptuous meal.

**Servings:** 4

**Prep Time:** 10 mins + 30 mins marinating

**Cook Time:** 10 mins

**Ingredients:**

**Teriyaki salmon:**

- ¼ cup soy sauce
- 2 tbsp mirin
- 1 tbsp caster sugar
- 1 tbsp sake
- 4 skinless salmon fillets
- 1 tsp toasted white sesame seeds for garnish

**Pickled veggies:**

- 7 tbsp rice vinegar
- 1 tsp caster sugar
- 2 tbsp pink pickled ginger, shredded
- 1 small carrot, sliced into thin matchsticks
- ½ daikon radish, sliced into matchsticks
- 1 cucumber, seeded and grated

**Instruction:**

**Teriyaki salmon:**

1. Combine soy sauce, mirin, sugar, and sake in a bowl. Toss in salmon and marinate in refrigerator for 30 minutes.
2. Meanwhile, combine all pickled veggie ingredients in a bowl, cover, and set aside to marinate at room temperature.
3. Preheat oven to 360 degrees F and line a baking tray with greaseproof paper. Place salmon on baking tray and bake in oven for 8 to 10 minutes or until golden brown and cooked.
4. Serve salmon with pickled vegetables garnished with sesame oi. Enjoy with rice.

## 19. Miso Butter Snapper with Brocolini



It is a quick, delicious, and healthy assemblage.

**Servings:** 4

**Prep Time:** 10 mins

**Cook Time:** 23 mins

**Ingredients:**

- 1 tbsp white miso paste
- 2 tbsp softened unsalted butter
- 4 skinless snapper fillets
- 1 tbsp soy sauce
- 1 tbsp peanut oil
- 1 tsp sesame oil

- 2 small red chilies, thinly sliced
- 2 bunches broccolini, halved lengthways
- 1/3 lb. mixed mushrooms, stalks trimmed
- 1 tsp toasted sesame seeds
- ½ lime, juiced
- Sliced scallions for garnish

**Instructions:**

1. Preheat oven to 400 degrees F.
2. Mix miso and butter in a bowl and brush onto both sides of snapper.
3. Combine soy sauce, peanut oil, sesame oil, and red chili in a bowl. Add broccolini and toss well, mushrooms, sesame seeds, and toss well.
4. Spread vegetable mixture in baking dish and top with snapper. Roast in oven for 18 to 20 minutes or until fish is golden brown and flaky, and vegetables are tender.
5. Dish food, drizzle with lime juice, and serve warm.



## 20. Roast Yuzu Chicken with Slaw



Yuzu is a citrus fruit found in East Asia, which improves the flavor of this chicken dish while tenderizing it.

**Servings:** 4

**Prep Time:** 10 mins + 20 mins marinating

**Cook Time:** 1 hour

**Ingredients:**

- 2 tbsp unsalted butter, melted
- 2 tbsp soy sauce
- $\frac{1}{4}$  cup yuzu juice or orange juice
- 2 garlic cloves, smashed
- 2 tsp fresh ginger paste
- 4 chicken thighs, skin-on, and bone-in

- ½ tsp sesame oil
- 1 tbsp peanut oil
- ½ tsp caster sugar
- Toasted black sesame seeds to garnish
- Lemon wedges for serving

**Slaw:**

- 1 cup sugar snap peas, sliced lengthways
- ½ bunch chives, cut into 2-inch strips
- 1 large carrot, sliced into thin matchsticks
- 1 avocado, thinly sliced
- 1 ½ cups wild rocket leaves
- 3 radishes, trimmed and thinly sliced

**Instructions:**

1. Combine butter, soy sauce, yuzu juice, garlic, and ginger paste. Add chicken and coat well with marinade. Cover and marinate in refrigerator for 20 minutes.
2. Preheat oven to 360 degrees F and line a baking tray with foil.
3. Place chicken on baking tray, baste with some marinade, and roast in oven for 1 hour, brushing with marinade every 15 minutes until chicken is golden brown and cooked through.
4. Meanwhile, combine all slaw ingredients in a bowl.
5. Serve chicken with slaw and enjoy!



# Drinks

## 21. Sake Martini Cocktail



Swap vermouth for Sake in this straightforward drink to make it Japanese.

**Serving:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 3 tbsp gin
- 3 tbsp sake
- Lemon peel for garnish

**Instructions:**

1. Combine gin and sake in a martini glass, garnish with peel, and enjoy!

## 22. Orange Ginger Cocktail



It is a tangy and spicy kick to warm you up in the evening.

**Serving:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 2 cubes of sugar
- 1 lemon wheel
- 1 lime wheel
- 1 orange wheel
- ½ tsp Grenadine syrup
- 4 dashes Angostura bitters
- 1 cocktail cherry

- ¼ cup Japanese whisky
- A splash of ginger ale

**Instructions:**

1. Add sugar, citrus wheels, grenadine, Angostura bitters, and cherry to a glass. Gently smash with a spoon to release oils and juices.
2. Add a little whisky and ice cubes; stir. Top up with ginger ale and serve.

## 23. Mint and Lemon Cocktail



It is a wonderful, refreshing drink right for summer.

**Servings:** 4

**Prep Time:** 10 mins

**Ingredients:**

- 7 mint leaves
- 1 tsp simple syrup
- ½ lemon, juiced
- ¼ cup Japanese whisky
- Crushed Ice

**Instructions:**

1. Add mint leaves, syrup, and lemon juice to a glass; smash with a spoon to release juices and oils.

2. Pour in whisky, add crushed ice, stir, and enjoy.



## 24. Sour Cherry Cocktail



It has a sour kick behind its sweet taste for a unique thrill.

**Servings:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 1 ½ oz Japanese whisky
- ½ oz simple syrup
- 1 oz lemon juice
- 1 cocktail cherry
- Ice cubes

**Instructions:**

1. Combine all ingredients in glass, stir well, and enjoy!



## 25. Blood Orange Cocktail



It is a sweet drink with a surprise spicy kick, maybe no surprise anymore because I just revealed it.

**Servings:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 1 cup blood orange juice
- 2 tsp simple syrup
- 2 tsp jalapeno peppers
- ½ cup Japanese whiskey
- Crushed ice

**Instructions:**

1. Combine all ingredients in glass, stir well, and enjoy!

## 26. Tomato Oishi Cocktail



This cocktail is a take on bloody Mary, but a healthier version.

**Servings:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 3 tbsp ozeki dry sake
- $\frac{1}{4}$  cup tomato juice
- 1 lemon slice
- 2 ice cubes
- 1 celery stick, halved

**Instructions:**

1. Add sake to a glass and top with tomato juice, lemon slice, and ice cubes.

2. Stir well, stick in celery sticks and enjoy!

## 27. Cranberry Umetini



It is a subtle way to enjoy cranberry juice with a Japanese hint.

Serving: 1

**Prep Time:** 10 mins

### **Ingredients:**

- ¼ tbsp plum wine
- 2 tsp cranberry juice
- 1 tsp dry gin
- Freezer-chilled martini glass for serving

### **Instructions:**

1. Add all ingredients to a cocktail shaker and shake well.
2. Pour into a freezer-chilled martini glass and enjoy!



## 28. Chu-Hai Shochu Cocktail



Give yourself a fruity touch with this tall glass of a treat.

**Servings:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 3 tbsp fruit juice
- 3 tbsp barley shochu
- $\frac{1}{4}$  cup soda water

**Instructions:**

1. Mix fruit juice and shochu in a tall glass and top with soda water. Enjoy!



## 29. Minty Yuzu Sake Sorbet



It is a refreshing sorbet for the hot afternoon.

**Servings:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 2 tbsp junmai sake
- 1 tsp sugar
- 1 tbsp yuzu juice
- 1 mint leaf
- ½ to 1 cup crushed ice

**Instructions:**

1. Add all ingredients to a food processor and blend for 10 seconds until forms a sorbet consistency.
2. Spoon into a glass and enjoy!

## 30. Whisky Highball



It is a semi-strong to help you relax after a hectic day.

**Servings:** 1

**Prep Time:** 10 mins

**Ingredients:**

- 1 ½ tbsp Suntory whisky
- 3 tbsp soda water
- Crushed ice

**Instructions:**

1. Combine all ingredients in a glass and enjoy.

# Conclusion

What thoughts are running through your mind about the Japanese diet?

These receipts aren't only mouthwatering but delicious and nutritious for a healthy body.

I hope you will enjoy more of the recipes as I wish you a lovely time at it and don't forget to share all of these recipes with your family!

Cheers!

# Author's Afterthoughts



***Thanks ever so much to each of my cherished readers for investing the time to read this book!***

*I know you could have picked from many other books but you chose this one. So a big thanks for buying this book and reading all the way to the end.*

*If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on **Amazon.com**. Your support does make a difference and helps to benefit other people.*

***Thanks!***

***April Blomgren***





# About the Author



*April Blomgren*

Hello everyone! Are you ready to grill tonight? My name is April and I love to cook and entertain friends and family almost every weekend. If you share my passion for great food, easy preparation time but mouthwatering results, you and I are going to get along just fine!

I think a successful meal among loved ones is based on a few key factors: fresh ingredients and appropriate cooking method. Some meats for example, can truly benefit from being marinated overnight, and will be at their best prepared on the grill. Another aspect of cooking I must insist on, no matter what your cooking style is: rely on the use of herbs and spices. Please favor fresh herbs each time you can. However, I understand that it

may be difficult during certain periods of the year, so simply keep a well-stocked pantry of dried basic herbs and spices such as cinnamon, nutmeg, basil, oregano, thyme or any other favorites.

Finally, once you embark that exciting culinary journey with me, you will realize that simplicity is also one of my allied. Don't overthink when cooking. Inspire yourself of recipes, have fun doing it and taste as you go. Sure, you might once in a while burn a few pork chops or use too much salt in your sauce, you are just human. Cooking is not about succeeding every time, it is about the opportunity to learn and get better. Don't be afraid to taste your dishes along the way, adjust the seasonings and serve accordingly.