



# JAPAN

## Shopping List

### Meat

- 1 lb boneless, skinless chicken breasts

### Dairy/Refrigerator/Freezer

- 1 cup frozen peas
- 6 large eggs
- 7 tablespoons unsalted butter
- 1/4 cup heavy whipping cream

### Produce

- 5 garlic cloves
- 1 teaspoon crushed fresh ginger or 1/4 teaspoon dried ground ginger
- 1 small onion, finely chopped
- 2 medium carrots, peeled and cut into small dice
- 4 scallions, thinly sliced
- Fresh fruit like strawberries or raspberries for garnish
- 4 cups fresh green beans

### Spices/Baking

- 4 teaspoons sesame oil
- 3/4 cup soy sauce
- 1/4 cup rice vinegar
- 2 tablespoons honey
- 2 tablespoons brown sugar
- Salt and pepper
- 5 tablespoons sesame seeds
- 11 tablespoons soy sauce
- 1 cup granulated sugar
- 4 tablespoons vegetable or canola oil
- 1/4 cup all purpose flour
- 1 cup unsweetened cocoa powder
- 1 cup semi-sweet chocolate chips
- Powdered sugar, to taste
- 4 cups cooked white rice



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## Goma-Ae Green Beans

Serving Size: 1 Cup Green Beans; Calories 110; Carbohydrates: 17g; Total Fat 3.6g; Sugars 10.6g; Dietary Fiber 4g; Protein 4g

### Ingredients:

- 4 cups fresh green beans
- 3 tablespoons sesame seeds
- 3 tablespoons soy sauce
- 2 tablespoons sugar
- 1 pinch salt

### Equipment Needed:

- Frying pan
- Large mixing bowl
- Large pot
- Colander

Prep Time

15 min

Total Time

15 min

Servings

4



### Instructions:



1. Dry roast the sesame seeds in a frying pan for a few minutes. Gently jiggle the pan to ensure they do not burn.



2. In a large bowl, mix together sesame seeds, soy sauce, sugar, and salt.

# Goma-Ae Green Beans

## Instructions Continued:



3. Trim the ends of the green beans and then cut if they are too long.



4. Cook green beans by boiling until desired tenderness is reached.



5. Drain green beans and briefly place them under running water so they stay green.



6. While the green beans are still warm, toss them in the sesame dressing and serve.



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# JAPAN

## Easy Fried Rice

Serving Size: 1 Cup Rice; Calories 238; Total Fat 4.1g; Carbohydrates: 45g; Sugars 0.8g; Dietary Fiber 1.5g; Protein 5.5g; Sodium: 530mg

### Ingredients:

- 4 cups cooked white rice
- 4 tablespoons vegetable or canola oil, divided
- 1 small onion, finely chopped
- 2 medium carrots, peeled and cut into small dice
- 4 scallions, thinly sliced
- 4 medium cloves garlic, minced (about 4 teaspoons)
- 2 teaspoons soy sauce, or more to taste
- 2 teaspoons toasted sesame oil
- Salt and pepper, to taste
- 2 large eggs
- 1 cup frozen peas

### Equipment Needed:

- Large frying pan

### Note:

- For best results, use Chinese-style medium-grain rice, jasmine rice, or sushi rice. Rice should either be cooked fresh, spread on a tray, and allowed to cool for 5 minutes or transferred to a loosely-covered container and refrigerated for at least 12 hours and up to 3 days.

Prep Time

15 min

Total Time

15

Servings

6



### Instructions:



1. Heat 2 tablespoons of oil in a large frying pan over high heat.



2. Add the rice, stirring and tossing until the rice is pale brown and toasted, about 3 minutes.

# Easy Fried Rice

## Instructions Continued:



3. Press the rice up the sides of the pan, leaving a well in the middle. Add 1 tablespoon oil to the space.



4. Add onion, carrots, scallions, and garlic and cook until lightly softened and fragrant.



5. Add soy sauce and sesame oil and toss to coat. Season with salt and pepper.



6. Push rice to the sides of the pan and add 1 tablespoon oil. Break the eggs into the oil.



7. Use a spatula to scramble the eggs, breaking them into small bits. Combine eggs into the rice.



8. Add frozen peas and toss until peas are thawed. Serve immediately.



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# JAPAN

## Chicken Teriyaki

Serving Size: 4 oz Chicken; Calories 228; Carbohydrates: 16g; Total Fat 4g; Sugars 15g; Dietary Fiber 1g; Protein 30g

### Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 to 2 teaspoons sesame oil
- 1/2 cup soy sauce
- 1/4 cup water
- 1/4 cup rice vinegar
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 1 garlic clove, crushed
- 1 teaspoon crushed fresh ginger (or 1/4 teaspoon dried ground ginger)
- Sesame seeds to serve

### Equipment Needed:

- Large frying pan
- Garlic press
- Mixing bowl

Prep Time

10 min

Total Time

20 min

Servings

4



### Instructions:



1. Begin heating a large frying pan over high heat.



2. Meanwhile, pat the chicken breasts dry with paper towels.

# Chicken Teriyaki

## Instructions Continued:



3. Cut chicken breasts into cubes.



4. Add sesame oil to the hot pan followed by the chicken.



5. Brown the chicken well on all sides. Remove from pan and set aside.



6. In a bowl, mix together soy sauce, water, rice vinegar, honey, brown sugar, garlic and ginger.



7. Pour sauce into the pan. Allow the sauce to come to a boil and cook for 1 to 2 minutes until it starts to thicken.



8. Add the chicken back to the pan. Cook for 4 to 5 more minutes until chicken is cooked and thoroughly coated in the sauce.



9. Remove from heat. Sprinkle sesame seeds over chicken and serve.

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 AROUND THE WORLD



# JAPAN

## Chocolate Gateau

Serving Size: 1 Piece Cake; Calories 249; Total Fat 13g; Sugars 26g; Dietary Fiber 2g; Protein 2g

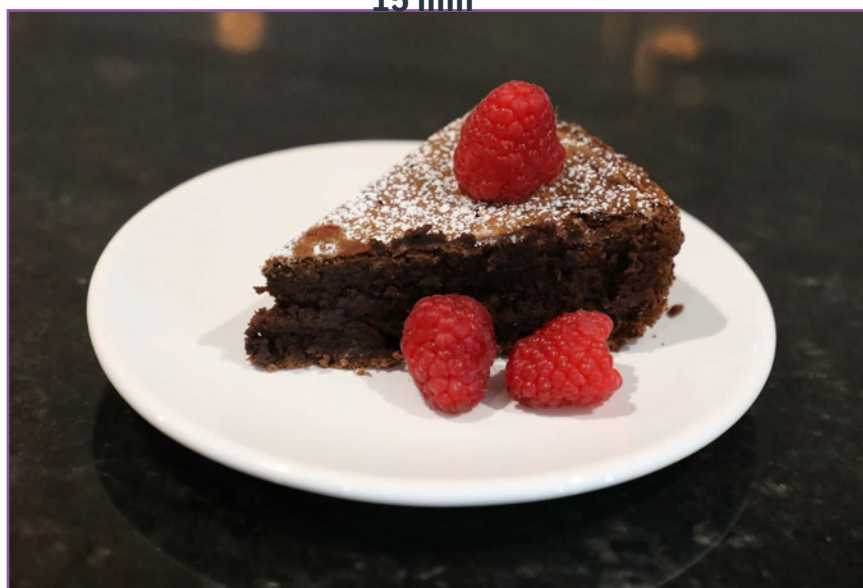
### Ingredients:

- 6 1/2 tablespoons unsalted butter
- 1/2 tablespoons unsalted butter (for greasing)
- 1/4 cup all purpose flour, plus extra for dusting
- 1 cup unsweetened cocoa powder (measure 1 cup and remove 1 tablespoon to be precise)
- 1 cup semi-sweet chocolate chips
- 4 large eggs (cold)
- 1/8 teaspoon salt
- 14 1/2 tablespoons granulated sugar, divided in half)
- 1/4 cup heavy whipping cream
- Fresh fruit like strawberries or raspberries for garnish
- Powdered sugar, to taste

### Equipment Needed:

- 8-inch cake pan or baking dish
- Parchment paper
- Sifter
- Saucepan
- Mixing bowls
- Hand mixer
- Rubber spatula

Prep Time	Total	Servings
30 min	1 hr	8
	15 min	



### Instructions:



1. Center a rack in the oven and preheat to 375°F. Butter the cake pan and dust the inside with flour. Tap out excess flour.



2. Line the bottom of the pan with parchment paper. Butter the paper and dust with flour.



# Chocolate Gateau

## Instructions Continued:



3. Combine flour and cocoa powder. Sift and set aside.



4. Heat water in a saucepan and bring to a simmer.



5. Place a heatproof bowl over the simmering water and add the chocolate chips. Make sure bowl is not touching the water.



6. Stir until chocolate is melted.



7. Add butter to the chocolate and let it melt completely. Transfer bowl to counter to cool.



8. Separate eggs, placing egg whites in a large bowl and yolks into another bowl.



9. Add salt to the bowl with the egg whites. Beat with egg whites until they are foamy.



10. Begin adding 7 tablespoons of the sugar in 2 to 3 separate additions, beating after each addition.



11. Continue to beat on high speed until stiff peaks are formed. Set aside.

# Chocolate Gateau

## Instructions Continued:



12. Add the rest of sugar to the bowl with the egg yolks. Beat until creamy.



13. Stir in the heavy whipping cream.



14. Stir in melted chocolate mixture.



15. Stir in flour and cocoa powder mixture.



16. Stir in 1/3 of the meringue (beaten egg whites) into the batter.



17. Then, add the rest of the meringue and gently fold until color is uniform.



18. Pour the batter into the cake pan and give the dish several taps on the counter to bring up any air bubbles.



19. Bake at 375°F for 10 minutes.



20. Then, reduce temperature to 340°F and bake for 30-35 minutes, until a toothpick pulls out moist crumbs when inserted in the center of the cake.

# Chocolate Gateau

## Instructions Continued:



21. Transfer dish to a cooking rack and let cool completely. As the cake cools, it may slightly deflate.



22. Run a knife along the edge of the pan and carefully turn cake over onto a plate or cake stand.



23. Decorate the cake with fruit and dust powdered sugar on top before serving.



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