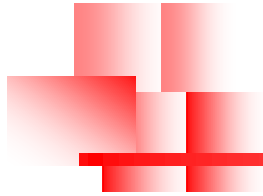


だし屋が造ったベジだし

(商標登録出願中)

Veggie DASHI

【Recipe】



Maekawa Taste Co., Ltd.

Takikomi gohan (rice cooked with ingredients) (Serves 4)

~The delicious flavors of the vegetables and shiitake mushrooms fill your mouth.~



Ingredients

2 cups raw rice

1/3 burdock (about 60g)

1/6 carrot (about 40g)

3 dried shiitake mushrooms (about 15g)

1 fried tofu (about 20g)

70ml Veggie DASHI

Shiitake mushroom soaking water or water

...Up to the scale on the rice cooker

How to cook

- ① Soak the dried shiitake mushrooms in water, remove the stems and cut into 3mm pieces.
✂ Do not discard the soaking liquid.
- ② Pour boiling water over the fried tofu to remove excess oil.
- ③ Thinly slice the fried tofu and carrots.
- ④ Shred the burdock and soak in water for remove lye.
- ⑤ Wash the rice and drain the water.
- ⑥ Put the rice and Veggie DASHI stock into the rice cooker and add the shiitake mushroom soaking water or water up to the rice cooker's line. Mix lightly and add ingredients ① to ③ and cook.

Bukkake soba (Serves 4)

~The fresh broth is perfect for hot days ! ~



Ingredients

4 serving of buckwheat noodles

Appropriate amount of green perilla

Appropriate amount of grated daikon radish

Appropriate amount of green onion

■ Bukkake soup

120ml Veggie DASHI

240ml water

■ Mixed vegetable tempura

1/2 onion (about 120g)

2/3 burdock (about 120g)

1/2 carrot (about 120g)

■ Batter

7 tbsp flour (about 63g)

1 tbsp potato starch (about 9g)

100ml water

How to cook

① Shred the burdock and then soak in water. Slice the onion and thinly slice the carrot.

② Mix the batter ingredients, divide ① into 4 equal parts, shape them and place in oil heated to 170°C for frying.

③ Boil the buckwheat noodles according to the packet and serve on a plate.

④ Plating mixed vegetable tempura and condiments for ③

⑤ Pouring Bukkake DASHI for ④

Potato soy milk soup (Serves 4)



Ingredients

400ml water

1 potato (about 150g)

400ml soy milk

30g Veggie DASHI

How to cook

- ① Peel the potato and quarter slice this.
- ② Put water and ① in a pot and simmer until the potatoes are soft.
- ③ Put soy milk and Veggie DASHI in ② and it's done when it boils.

Tomato soup (Serves 4)



Ingredients

600ml water

1 canned tomatoes (about 400g)

1/2 onion (about 100g)

1 turnip (about 80g)

30g Veggie DASHI

How to cook

① Slice the onion into thin slices of about 3 mm.

The turnip cuts quarter slices about 5mm thin.

② Put water and ① in a pot and simmer until the vegetables are soft.

③ Put canned tomatoes and Veggie DASHI in ② and it's done when it boils.

Tofu and mushroom miso soup (Serves 4)



Ingredients

1 silken tofu (about 300g)

120g mushrooms (king trumpet mushroom, shimeji mushroom, maitake mushroom)

60g Veggie DASHI

800ml water

2 tbsp miso (about 36g)

Appropriate amount of green onion

How to cook

- ① Put water, Veggie DASHI, and mushrooms in a pot and heat.
- ② Once boiling, add the diced tofu.
- ③ Once the tofu is cooked, turn off the heat and add the miso.
- ④ Pour into bowls and sprinkle with green onions.

Salted tofu caprese (Serves 4)



Ingredients

2 silken tofu (about 600g)

2 tsp salt (about 12g)

2 tomatoes (about 200g)

★60g Veggie DASHI

★2 tbsp olive oil (about 24g)

★2 tbsp vinegar (about 30g)

Appropriate amount of black pepper

How to cook

- ①【Salted tofu】 Drain the tofu and sprinkle 1/2 tsp of salt on the surface, then spread it evenly with your fingertips.
- ②Place ① upside down on a thick kitchen paper and spread the 1/2 tsp salt on it in the same way. Wrap the tofu in a kitchen paper, place on a tray, and refrigerate for at least half a day. (Same with the other piece of tofu.)
- ③Remove stems from tomatoes, cut in half lengthwise and thinly slice. Cut the salted tofu into 5mm width pieces.
- ④Mix the ★seasonings.
- ⑤To dish up ③ on a plate and sprinkle ★seasonings and black pepper.

Fried freeze-dried tofu (Serves 4)



Ingredients

6 freeze-dried tofu (dry) (about 120g)

Appropriate amount of water to soak freeze-dried tofu

★ 4 tbsp cooking sake (about 60g)

★ 60g Veggie DASHI

★ 2 tsp grated ginger (about 10g)

★ 1 tsp grated garlic (about 5g)

8 tbsp potato starch (about 72g)

Appropriate amount of oil

How to cook

- ① Soak freeze-dried tofu according to the packet. Drain well and tear into bite-sized pieces.
- ② Put ① and the ★seasonings into a food-storage bag, mix well, and refrigerate for about 30 minutes.
- ③ Put ②, which has been lightly squeezed out of the water, into a tray with potato starch spread on it, and sprinkle potato starch all over.
- ④ Heat the oil to 170°C, add ③ and fry until the batter becomes crispy.
- ⑤ Drain oil and dish up them on a plate.

Stir-fried sweet and spicy glass noodles (Serves 4)



Ingredients

100g glass noodles

Appropriate amount of water to soak glass noodles

200g thinly sliced onions

60g shredded carrots

60g shredded bell peppers

60g garlic chives cut into 3cm pieces

Pinch of salt and paper

★60g Veggie DASHI

★2 tbsp cooking sake (about 30g)

★2 tbsp sweet cooking sake (about 36g)

★2 tbsp sugar (about 18g)

★2 tsp gochujang (about 12g)

★2 tsp grated garlic (about 10g)

★2 tbsp sesame oil (about 24g)

★2 tbsp white sesame (about 12g)

4 tbsp oil (about 48g)

How to cook

- ① Boil water in a pot, add the glass noodles and boil until them a little harder than usual , then rinse in cold water and drain.
- ② Put the ★seasoning in a bowl and mix.
- ③ Heat 2 tbsp of oil in frying pan, lightly stir-fry the onion and carrot, then sprinkle with salt and pepper.
- ④ Add the bell papers to ③ and stir-fry for another minute, then remove the vegetables to a plate.
- ⑤ Add 2 tbsp of oil to the same frying pan and stir-fry the glass noodles for about 30 seconds.
- ⑥ Add the ★seasonings and mix well with the glass noodles, then add the vegetables from ④ and stir-fry until the liquid is reduced.
- ⑦ Add the garlic chives and stir-fry for about 1 minute.

Mitarashi dango (Serves 4)

~ Rice dumpling covered with a sweet soy sauce ~



Ingredients

150g glutinous rice flour

150g silken tofu

60ml water (You don't have to put everything in)

★60g Veggie DASHI

★4 tbsp sugar (about 36g)

★4 tbsp water (about 60g)

★2 tsp potato starch (about 6g)

Appropriate amount of oil

How to cook

①Put the glutinous rice flour and tofu in a bowl and knead with your hands.

Add water little by little and knead until it is no longer powdery and feels like an earlobe.

②Boil water in a pot, roll ① into 16 pieces and boil.

After they float, boil for another minute or so, then place them in a bowl of water to cool.

③Thread ② onto a bamboo skewer and fry both sides in a frying pan with a thin layer of oil.

④Add the ★seasonings to a pot and simmer over low heat until thickened.

⑤Put ④ on ③.

Vegetable paella (Serves 4)



Ingredients

- 1 green onion (about 100g)
- 4 small bell peppers (about 300g)
- 1 king trumpet mushroom (about 40g)
- Appropriate amount of mitsuba (Japanese parsley)
- 2 cups raw rice
- 2 tbsp vegetable oil (about 24g)
- 450ml water

30g Veggie DASHI

How to cook

- ① Chop the green onions roughly. Cut the bell peppers into 5mm widths.
Cut the king trumpet mushrooms lengthwise into thin strips of 5mm width and then cut them in half.
Cut the mitsuba into 4cm widths.
- ② Heat vegetable oil in a frying pan, add green onions and stir-fry for 1 minute over medium heat.
Once the aroma comes out, add 2 cups of rice without washing, and stir-fry over medium heat for 4 minutes until the rice is translucent.
- ③ Add water and Veggie DASHI in that order, mix briefly and bring to a boil.
- ④ Add the bell peppers and king trumpet mushrooms to ③ and bring to a boil again, then cover and cook for 12 minutes.
- ⑤ Once the rice is cooked, top with mitsuba and it's done.

Yasaiyaki look likes takoyaki (About 20 pieces)

~Takoyaki is a ball-shaped food made by cooking a mixture of wheat flour batter, diced octopus, and other ingredients.~



Ingredients

★120g flour

★200ml soy milk

★220ml water

★15g Veggie DASHI

30g tempura bits

1/5 cabbage (about 150g)

Appropriate amount of green onions

Appropriate amount of vegetable sweet sauce

How to cook

- ①Chop the cabbage and onion finely.
- ②Add the ★ingredients to a bowl and mix well.
- ③Add tempura bits and ① to ② and mix well.
- ④Cooking with a takoyaki maker.
- ⑤Pour the vegetable sweet sauce over it and serve.

Deep-fried thick tofu in sweet and sour pork style (Serves 4)



Ingredients

★60g Veggie DASHI

★4 tbsp sugar (about 36g)

★4 tbsp vinegar (about 60g)

★4 tbsp ketchup (tomato sauce)(about 72g)

★4 tsp potato starch (about 12g)

★6 tbsp water (about 90g)

4 deep-fried thick tofu (about 480g)

4 green peppers (about 120g)

1 carrot (about 150g)

1 onion (about 200g)

How to cook

① Mix the ★seasoning.

② Pour boiling water over the deep-fried thick tofu to remove excess oil.

Cut the deep-fried tofu, green peppers, carrots, and onions into bite-sized pieces.

③ Cook the green peppers, carrots, and onions in a 600W microwave for 1.5 minutes each.

④ Add a small amount of oil to a frying pan and add ③ and the deep-fried tofu and stir- fry.

⑤ Add ① and when it thickens, it's done.

Cold tofu with versatile veggie sauce (Serves 3)



Ingredients

★ 2 tbsp Veggie DASHI (about 30g)

★ 1 tbsp sugar (about 9g)

★ 1 tbsp vinegar (about 15g)

A slice of ginger (about 15g)

2 small green onions (about 14g)

1/2 cucumber (about 50g)

1/3 tomato (about 40g)

1/5 onion (about 40g)

1.5 silken tofu (about 450g)

How to cook

① Finely chop the ginger and green onions.

Cut cucumbers, tomatoes, and onions into 5mm cubes. Put everything in a food-storage bag.

② Add the ★ seasonings, mix together and refrigerate for 20 minutes for flavors to blend.

③ Place ② on top of the silken tofu.

Shishito pepper with sesame sauce (Serves 4)



Ingredients

60g Veggie DASHI

400g shishito pepper

A pinch of white sesame

4 cherry tomatoes each (red and yellow)

A pinch of salt

How to cook

- ① Wash the shishito peppers and boil them quickly in boiling water with a pinch of salt.
- ② Boil slightly hard, drain in a colander, and cool in cold water as soon as possible to prevent the color from fading.
- ③ Once cooled, cut the shishito peppers appropriately and squeeze them lightly.
- ④ Place the shishito peppers in a bowl and pour in the Veggie DASHI.
- ⑤ Add white sesame seeds and mix well.
- ⑥ Serve in a glass dish, garnished with cherry tomatoes.

Deep-fried tofu ~ Starch veggie sauce ~ (Serves 4)



Ingredients

1 silken tofu (about 300g)
Appropriate amount of potato starch
Appropriate amount of veggie oil

【Starch veggie sauce】

30g Japanese radishes
20g carrots
10g field peas
150ml water

30g Veggie DASHI

【Potato starch with water】

1 tbsp potato starch (about 9g)
1 tbsp water (about 15g)

How to cook

- ① Cut the tofu into pieces of your desired size.
- ② Coat the tofu with potato starch and fry it .
- ③ Slice the Japanese radish and carrots thinly, and cut the field peas diagonally into halves.
- ④ Put water and Veggie DASHI in a pot and boil the Japanese radish and carrots.
- ⑤ When the Japanese radishes and carrots are soft,
add the field peas and water-dissolved potato starch to thicken.
- ⑥ Place ② on a plate, top with the starch veggie sauce and serve.

Yamagata Prefecture specialty

Boiled Konjac balls (Serves 4)



Ingredients

48 Konjac balls (about 400g)

★ 60g Veggie DASHI

★ 140ml water

Optional mustard paste

How to cook

- ① Put Konjac balls and enough water (not included in the quantity) to cover them in a pot and boil them. After parboiling, change the water and rinse.
(If there is no need to parboil, rinse with water.)
- ② Put the ★ ingredients to cover the Konjac balls in a pot, and when it boils, add the Konjac balls.
- ③ Simmer over high heat until it boils again, then reduce to medium heat and until the broth is low.(about 50 minute)
- ④ Once it's done, stick 4 konjac balls on a skewer.
- ⑤ Garnish with mustard paste if you like.

Dress bell peppers with pickled plums and bonito flakes (Serves 4)



Ingredients

1 red bell pepper (about 150g)

1 yellow bell pepper (about 150g)

1 pickled plums (about 15g)

30g Veggie DASHI

Appropriate amount of bonito flakes

How to cook

- ① Thinly sliced bell peppers in a heat-resistant container, cover lightly with plastic wrap, and microwave (500W) for about 1 minute.
- ② Pickled plums chop finely with a knife and mix with Veggie DASHI.
- ③ Put ① and ② into a container and refrigerate for about 30 minutes.
- ④ Put bonito flakes on ③ and it's ready.

Cold chawanmushi ~Japanese steamed brothy custard~ (Serves 3)



Ingredients

60g Veggie DASHI

2 eggs(about 100g)

2 shiitake mushrooms(about 30g)

Appropriate amount of boiled bamboo shoots

Appropriate amount of carrots

60g chicken

15 edamame beans(about 15g)

Appropriate amount of parsley

How to cook

- ① Beat the eggs well without foaming.
- ② Cut each ingredient into appropriate sizes.
- ③ Mix the Veggie DASHI and the egg mixture from ① together.
- ④ Place the ingredients in a bowl, pour in ③ and cover with aluminum foil.
- ⑤ Fill a steamer pot with water, bring to a boil, place ④ and steam over medium heat for about 10 minutes.
- ⑥ Place the chopsticks into the chawanmushi bowl, and when the soup becomes clear, remove the bowl from the pot.
- ⑥ Allow to cool, cover and chill in the refrigerator, then garnish with parsley.

Tofu garlic butter steak (Serves 4)



Ingredients

2 firm tofu (about 600g)

Appropriate amount of potato starch

Appropriate amount of oil

2 cloves of garlic(about 10g)

Appropriate amount of chopped green onion

48g butter

★60g Veggie DASHI

★4 tbsp sweet cooking sake (about 72g)

How to cook

- ①Wrap the tofu in kitchen paper and microwave at 600W for about 4 minutes.
- ②Cut tofu into bite-size pieces and coat thoroughly with potato starch. Slice the garlic.
- ③Add a generous amount of oil to a frying pan and stir-fry the sliced garlic over medium heat until fragrant. When golden brown, remove the sliced garlic.
- ④Stir-fry the tofu in ② in garlic-scented oil. When one side is light golden brown, turn over and brown the same way.
- ⑤When both sides are browned, add butter and ★sauce, toss and turn off the heat immediately.
- ⑥Arrange on a plate, pour over a good amount of sauce, and sprinkle chopped green onions and garlic on top.