

Kenchin-jiru, or Vegetable chowder

(Energy: 67 kcal, Protein: 4.0 g, Fat: 4.3 g, Carbohydrate: 3.5 g)

Ingredients for 1 serving

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|--------------------------------------|-------------|
| Coarse-grained <i>tofu</i> | 20 g |
| Japanese white radish | 8 g |
| Carrot | 5 g |
| Burdock | 5 g |
| Fresh shiitake mushroom | 8 g |
| Green onion | 5 g |
| Deep-fried tofu pouch | 5 g |
| Dashi broth from dried bonito flakes | 150 ml |
| Salt | 0.5 g |
| Soy sauce | 3.3 g |
| Salad oil | appropriate |
| Seven spice blend | appropriate |



Directions

1. Cut *tofu* bite-sized cubes. Peel Japanese white radish and carrot, and cut them in quarter lengthwise. Cut shiitake mushrooms in quarter or half lengthwise and green onion in 5-8 mm thick lengths into thin slices from the end. Skin a burdock root and cut in 2-mm thick length in thin slices from the end, and soak in water to draw out the bitterness. Absorb oil of deep-fried *tofu* pouch by kitchen papers, and cut it into rectangular block.
2. In a skillet, saute in order of burdock, carrot, Japanese white radish, *tofu*, shiitake mushroom in salad oil over medium-low heat. When all ingredients are well-coated with oil, add the Dashi broth. During removal of any scum on the surface, add deep-fried *tofu* pouch, green onion and sake, and lower heat.
3. Add salt and soy sauce to adjust the favorite taste. Serve garnished with seven spice blend.