



♥ DETAILS

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AROUND THE WORLD

WITH 

discover Japan

Yaki Curry

♥ DATE: 10 MARCH 2018

♥ INGREDIENTS

- 1 onion
- 2 potatoes
- 1 carrot
- 300g mince meat (chicken, pork, beef)
- 115g curry roux
- 1 tbs oil
- 850ml water
- 2 tbs panko crumbs
- 80g cheese
- 2 eggs

♥ NOTES

Serves 4

♥ METHOD

- 1 Pre-heat the oven to 250°C.
- 2 Heat the oil in a pot and stir fry the mince meat. Cut the onion, potato and carrot into small pieces and add the vegetables to the pot.
- 3 Add water and mix, simmer for about 15 minutes. Add curry roux and stir, and simmer for another 5 minutes.
- 4 Move the mixture to an oven-safe dish and top with cheese, panko crumbs and eggs.
- 5 Place the curry into the oven for around 8-10 minutes until the surface begins to brown.



Miso Soup

♥ DATE: 10 MARCH 2018

♥ INGREDIENTS

- 4 tbs miso (including dashi)
- 640ml water
- 1 egg
- 1 onion

♥ NOTES

Serves 4

♥ METHOD

- 1 Cut the onion into thin slices. Fill a pot with water and bring to the boil.
- 2 Once boiling, add the sliced onion and cook until onion is soft and translucent.
- 3 Add the miso and stir well, then turn the stove off. Add beaten egg, and serve.

Nasu Dengaku

♥ DATE: 10 MARCH 2018

♥ INGREDIENTS

- 1 eggplant
- 3 tbs miso
- 3 tbs sugar
- 1 tbs mirin
- 1 tbs sake
- 1 1/2 tsp dashi
- 2 tbs oil
- a little white sesame seeds
- grated ginger to taste

♥ METHOD

- 1 Put miso, sugar, mirin, sake and dashi in a small pan and cook on low heat for about 5 minutes (never stop stirring) until it gets glossy (if it's too hard add a little bit of water).

Cut an eggplant lengthwise in half and score the eggplant in a diamond pattern. Place eggplant into a bowl of water for 10 minutes to remove the bitter taste.
- 2 Dry the eggplant with a paper towel and wrap with cling wrap and warm it up in the microwave for 5 minutes. Heat the oil in the pan and fry the eggplant until it gets a little charred on both sides.
- 3 Cover with the lid on low heat and cook for a further 5 minutes. Move eggplant to another plate and put dengaku miso on the top of eggplant. Sprinkle with sesame seeds and grated ginger and serve.



Salmon Takikomi Gohan

♥ DATE: 10 MARCH 2018

♥ INGREDIENTS

- 2 salmon fillets
- 1 enoki mushroom
- 2 cups of rice
- 2.5 tbs sake
- 2 tbs soy sauce
- 1/2 tsp salt
- 520ml water
- spring onion to garnish
- white sesame seeds to garnish

♥ METHOD

- 1 Polish the rice with the hand (no soap) and change the water for few times until it's clear.
- 2 Soak the rice for about 30 minutes then drain the rice and put it in the pot.
- 3 Add all the other ingredients then put the pot on high heat to boil.
- 4 When it's boiling, turn it down to Medium heat for 5 minutes, then turn it down to Low heat for 4 minutes.
- 5 Turn the heat back up again to High heat for 5 seconds then leave off the heat without opening the lid for 10 minutes.
- 6 Chop spring onion and sesame seeds for garnishing and serve.

Karaage

♥ DATE: 10 MARCH 2018

♥ INGREDIENTS

- 2 chicken thighs (300-350g)
- 1 garlic clove, grated
- 1 piece of ginger, grated
- 1 tbs soy sauce
- 1 tbs sake
- 2 eggs
- a pinch of salt
- a pinch of pepper
- 6 tbs corn flour
- 1 tbs sesame oil

♥ NOTES

Serves 4

♥ METHOD

- 1 Preheat your oven to 220°C.

Cut the chicken thighs into bite-size pieces and place into a plastic bag. Add the grated garlic, grated ginger, soy sauce, sake, eggs, salt and pepper into the plastic bag and rub together until evenly coated.
- 2 Place plastic bag into the fridge and let the chicken marinate for at least 30 minutes. After the chicken has marinated, place into a bowl and add the corn flour. Rub well, then add the sesame oil and and rub until well coated.
- 3 Place onto a lined or oiled baking tray and bake for 30 minutes until cooked through and golden brown.