



**2021 Caregiver Conference**  
**Culinary Tips for Caregivers Recipes**  
*By Jane Matsumoto*

**Disclaimer: Follow all recommendations and dietary restrictions expressed by your care provider. Adjust the sodium, sugar, and carbohydrate intake from the recipes accordingly.**

**Meal #1: Ichiju Sansai Meal with Furikake Salmon, Stir-Fried Napa, and Mushrooms**

**Miso Soup Ingredients** (2 servings):

- 2 Cups dashi
- 2 Tbsp (or less, depending on taste) miso paste of choice
- ¼ block soft tofu, cut into bite sized pieces
- A few pieces of dried cut wakame
- Stalk of one green onion, chopped

**Miso Soup Directions:**

1. Bring dashi close to boiling point on high heat and reduce heat to medium.
2. Add the dried wakame.
3. Add miso paste (use a strainer to melt the miso and avoid lumps).
4. Add tofu to the pot and bring the heat back up (do not boil)
5. Once the tofu is warm, pour the soup into a bowl and finish with chopped green onions.

**Grilled Salmon Ingredients:**

- 1 salmon steak or filet with skin on or off (depending on preference)
- Nori furikake to cover top and bottom of fish.
- 1 Tbsp oil (or less for non-stick pan)
- Shoyu or condiment like yuzu kosho (Japanese pepper sauce) (optional)
- Fresh lemon wedge (optional)
- Chopped green onions for topping

**Grilled Salmon Directions:**

1. Lightly coat both sides of the fish and generously sprinkle furikake on both sides of the salmon.
2. Heat oil in a pan and cook for 3-4 minutes per side (depending on thickness).
3. Remove from heat and keep warm
4. Finish with optional condiments, lemon wedge and chopped green onion garnish before serving

**Grilled Mushroom & Cabbage Ingredients:**

- 1/3 Cup dashi
- 2 Fresh shiitake mushrooms or a combination of mushrooms of choice, per person
- 2 small Napa cabbages or regular cabbage leaves (can substitute for 3 cups fresh spinach leaves or 1 baby bok choy)
- 1 Tbsp butter or oil of choice
- Salt & Pepper
- 2 Tbsp sake (optional)

**Grilled Mushroom and Cabbage Directions:**

1. For napa or regular cabbage, cut the leaves to 2" wide ribbons.
  - a. Spinach leaves can be left whole; bok choy can be split in half on the vertical
2. Heat oil or butter in the pan over medium-high heat.
3. Add in the mushrooms.
4. As the mushrooms warm, gently toss the greens and add the dashi/sake or substitute with plain water.
5. Sprinkle with salt and pepper to taste.
6. Once the vegetables are cooked, serve immediately next to the salmon.

## **Meal #2: Donabe Mille-Feuille with Napa and Shabu-Shabu Pork or Beef with Ponzu Sauce**

Adapted with permission from Just One Cookbook - <https://www.justonecookbook.com/mille-feuille-nabe/#wprm-recipe-container-57575>

### **Donabe Mille -Feuille Ingredients** (2 servings):

- ½ Napa cabbage, cut vertically (only the larger leaves will be used)
- ¾ lb. lean thin shabu-shabu pork or shabu-shabu beef
- 1 Inch. of ginger, peeled and thinly sliced
- 2 Cups dashi
- 1 Tbsp shoyu
- 2 Tbsp mirin
- ¼ Cup sake (optional)
- Cooked Japanese short-grain rice

### **Donabe Mille-Feuille Directions:**

1. Add dashi stock, shoyu, mirin, sake, and sliced ginger into a mixing bowl and set aside.
2. Cut off the end of napa cabbage.
3. Take one to two pieces of thin shabu-shabu meat and lay it on top of one napa cabbage leaf.
4. Continue this layering process for five to six layers.
5. Cut your layered napa cabbage and meat into thirds and set vertically into donabe (or pot), ensuring that the cabbages fit snugly into the pot. Use extra napa cabbage leaves to fill center as needed.
6. Add the soup mix that was prepared at the beginning and add to the donabe (or pot).
7. Cover with lid and set heat to high, bring to a quick boil, reduce to medium-low and let simmer for 5 - 8 minute, until ready to serve.
8. Serve with ponzu dipping sauce and accompany with a side of rice.

### **Ponzu Sauce Ingredients:**

- 2-3 Tbsp shoyu
- Juice from ½ of a lemon (or Japanese rice vinegar)
- 1 stalk green onion - green and white parts
- Shichimi Togarashi (red pepper flakes) (optional)

### **Ponzu Sauce Directions:**

1. Cut lemon in half and juice it into a bowl using a strainer to catch pulp and seeds.
2. Add shoyu.
3. Top with chopped green onions.
4. For less concentrated sauce, use the dashi from the donabe/pot to thin the sauce.



**OPTIONAL - Shime - post dinner 'rice porridge':**

- The Japanese enjoy a post-dinner dish called "shime."
  - This uses the stock from the donabe/pot to cook down rice.
- Add cooked rice to achieve the level of desired thickness.
  - More broth means more liquid and a soupier texture.
- OPTIONAL - As the rice gets incorporated into the broth, add in an egg and mix to make a creamy texture.
- OPTIONAL - Add more shoyu and lemon as desired to achieve a flavor to your liking.

### Meal #3: Gyudon or Niku-Don

Adapted with permission from Just One Cookbook -  
<https://www.justonecookbook.com/yoshinoya-beef-bowl-gyudon/>

#### Gyudon or Niku-Don Ingredients (2 servings):

- ½ white or yellow onion
- 1 stalk green onion
- ½ cup dashi
- 1 Tbsp sake
- 2 Tbsp mirin
- 1 Tbsp sugar (adjust, according to taste)
- 2 Tbsp shoyu
- ¾ lb. shabu shabu beef
- Neutral oil of choice
- 2 large egg
- 2 servings of cooked Japanese short-grain rice
- 2 Tbsp pickled red ginger (optional)

#### Gyudon or Niku-Don Directions:

1. Thinly slice the white/yellow and green onions. Set the green onions aside for garnish.
2. Heat a frying pan over medium heat and add white/yellow onions in the pan.
3. Once onions are tender, add sliced beef on top of the onions. Add the sugar on top of the beef.
4. Once the beef is no longer pink, add mirin, sake, and shoyu into the pan.
5. Reduce the heat and let it simmer for 3-5 minutes.
6. Drizzle beaten egg over the beef. Cover and cook until egg is at desired doneness. (do not stir or the egg will scramble)
7. Add chopped green onion on top and serve over a bowl of rice.
8. Serve with red ginger on side (optional).

#### NOTE for Gyudon:

- Shabu-shabu meat is used because it's tender and comes in a package sized for two servings
- Sukiyaki meat is a good option as well, but is thicker meat than shabu-shabu meat
- Gyudon without an egg freezes well! If you only need one serving, omit the egg for the left-over portion to be frozen and defrosted easily, and served over steaming hot rice for a quick meal.