

# TRADITIONAL JAPANESE FOOD SELF-CATERING SCHOOL FOR KID'S EASY COOKING EXPERIENCE USING SOUP STOCK

Our school are offering you to experience cooking with Japanese traditional culture, DASHI. We start from “shaving dried bonito that uses only in Japan” and aim to be able to cook by yourself while experiencing homemade’ enjoyment and deliciousness. You learn experientially that we are what we eat. Also, cooking is related logical training, in addition it helps you to be confident when you have done, so we are able to expect to bring up to your self-respect.

- ◆Date In 2022, August 17th, 18th, 19th, 20th  
Start at 10:00 each day (about 2 hours)
- ◆Place National Olympics Memorial Youth Center,  
Lodging Building D, 9F
- ◆Organizer National Olympics Memorial Youth Center
- ◆Target and Capacity (Each day)  
Target: Elementary school student  
Capacity: 15 people  
※There are no restrictions of age or grade, but it is subject to participate without a guardian.
- ◆Participation Fee 300yen/Each day  
※It is available to apply for multiple days, but please apply individually.
- ◆The reference TEL: 03-6407-7701(STEAM.Lab; Higuchi・Aoyagi)  
E-MAIL: yp-event2@niye.go.jp
- ◆Application  
Please apply from the application form below. In the case of many applications, we will hold a draw each day.  
※The application due date is August 7th, and we will inform you the decision of participating by August 10th.



Instructor  
Odashi project Representative  
Ms.Tokiyama Kyoko

application form



<https://forms.office.com/r/c9hcSp5Bze>



# Menu

(Please refer to the menu and select the day you want to participate in and apply.)

## ①17th ;Dashimaki-Tamago (rolled Japanese-style omelette)

We make it with rich dashi stock.

## ②18th ; Niku-jaga (Japanese meat and stew)

Using a fail-proof recipe, so everyone can make it perfectly.

## ③19th ; Curry

We make curry with flavored-dashi, and it tastes richer than usual.

## ④20th ; Somen (Japanese thin wheat noodle)

We make Somen soup base smelling spreads of dried bonito.

※In addition, we will make miso-soup with dried bonito shavings.



Dashimaki-Tamago

Niku-jaga

## Basic schedule

- 09 : 45~ Reception
- 10 : 00~ Opening  
Lecture about Dashi  
Making miso soup
- 10 : 45~ Making side dishes  
The menu is different each time.
- 11 : 30~ Tasting time
- 12 : 00~ Reflection
- 12 : 15~ Closing

## Message from the instructor



Odashi project  
Representative  
Ms. Tokiyama Kyoko

In Japan, we have a wonderful culture of DASHI. Old-fashioned miso, soy sauce and likewise seasoning are only in Japan. In ODASHI-project, throughout hand working of “shaving dried bonito that uses only in Japan”, you are able to experience various things. It doesn't matter when we forget languages and knowledges, but experience will be unforgettable memories. Also, the memories of delicious food. However, if you participate our project, you will feel that it's easy to make dashi stock with dried bonito. Understanding Japanese food culture, and we hope that the population of people who can cook for themselves will increase.  
(Excerpted from the web site of Odashi project)