

KITAZAWA SEED CO.

R E C I P E S

Okazu

This is a complete main dish to serve with rice and pickles. Here are a few kitchen garden recipes to add to your everyday menu.

Chinese Cabbage Okazu

- Diced pork, beef or chicken (meat is used as flavoring and is optional)
- 1 sliced onion
- 1 nappa
- 6 cut tomatoes
- Sugar to taste

Brown meat and add sliced onions. Cut nappa into 1" slices. Add the white mid ribs first and then the leaf parts. Add tomatoes and a little water so the stew will not burn. Bring to a boil and then simmer until desired doneness. Add sugar to taste.

Vegetable Okazu

- Diced pork, beef or chicken (meat is used as flavoring and is optional)
- Japanese eggplants, tomatoes, green peppers, green beans, onions, etc.
- Soy sauce
- Sugar

Brown meat and add cut tomatoes. Cut vegetables into large chunk sizes and add a little water so the stew will not burn. Bring to a boil and then simmer until desired doneness. Add a little soy sauce and sugar to taste.