

**CHECKIEN & VEG HOTPOT - (TORIDANGO NABE)**



Serves: 3 Preparation time 20 minutes, Cooking time: 20 minutes

**EQUIPMENT:**

2 quart pot (This can be a donabe (claypot), cast iron pot or sauce pan with a lid)  
Portable gas stove (for the table or bench)  
OR  
Electric frypan with a lid  
Individual serving bowls



Donabe (clay pot) and Portable Gas stove

**INGREDIENTS:**

500g Chicken mince. (for meat balls)  
2 table spoons of grated ginger  
3 table spoons of sesame oil and oyster sauce  
3 table spoons of chopped spring onions  
100-150g Mushrooms / Shitake Mushrooms / Enoki Mushrooms  
1 bunch of Bok choy chopped in quarter  
200g sliced pumpkins  
1 bunch of broccolini (cut in half)  
3 potatoes cut into slices (about 1 cm)  
(You can add whatever vegetables you would like to eat.)  
Ponzu Sauce (This is soy sauce based citrus sauce. Serve in small bowls) Optional

**SOUP:**

Dashi Soup

Approx 2 cups of boiling water  
(depending on pot size -you need to fill the hotpot 50 %)  
Add 6 grams of dashi powder to the water in your hotpot  
(or you can use any stock eg chicken, vege, etc.)

**OR**

Approx 2 cups of boiling water and 4 table spoons of Konbu tsuyu (This is a concentrated sauce made from soy sauce, dashi, and mirin)



だし(Dashi Shimaya)



昆布つゆ(Konbu tsuyu)

Dried kelp based sauce tsuyu

**INSTRUCTIONS (how to cook)**

1. Prepare all of your vegetables for cooking in the pot.
2. In a bowl combine Chicken mince, grated ginger, sesame oil, oyster sauce and shallots. Mix together evenly until the mince becomes sticky. Form the mixture into small balls using 2 spoons method.
3. Get ready to cook. Pour boiling water into the pot on the portable gas stove. Add the stock and mix. Adjust flavour to taste.
4. Begin with placing veges into the pot, hard veges first (ie potatoes, root veges) then adding about 1/2 of your Chicken mince balls.(remaining chicken mince balls are added as you eat.)
5. Put the lid on. Strong heat until boiling(steam is coming out) then turn down to medium heat.
6. After 5-10minutes cooking time, serve all Ingredient with Ponzu sauce in small individual bowls.



**ITADAKIMASU !!! (THANK YOU FOR THE MEAL and LET'S EAT!!)**



## Easy Bone Broth Soup with Chicken Wings in a Rice Cooker (Slow cooker)



8 servings



60 minutes

### INGREDIENTS

Chicken wings: 1 kg

Water: 2 liters, Salt: about 10g

bonito or kombu Dashi (kelp) Powder 6g x 2  
dried kelp (if possible 2 pcs (5 cm x 10 cm))

Ginger: 100g

Shallots: 2-3 stalks

[DASHI POWDER CLICK HERE](#)

## DIRECTIONS

1. Cut the ginger into slices about 0.5cm thick. Cut the green parts of the shallots and set aside.
2. Cut the daikon radish into bite-sized irregular pieces.
3. Place the chicken wings, ginger, shallots, and all other ingredients into the rice cooker (slow cooker).
4. Adjust the amount of water and seasoning according to the size of your rice cooker.
5. Once all ingredients are added, press the "cook" button on the rice cooker.

When the water in the rice cooker begins to boil and steam starts to come out, cancel the cooking setting and switch to "keep warm." If you leave it on the cooking mode, it will continue cooking until all the water in the rice cooker evaporates, so be careful. Leave it on "keep warm" overnight, and the next day you will have a delicious bone broth soup with tender chicken meat.



### NOTES

You can enjoy the soup as it is, or use it to make various dishes such as chicken meatball hot pot, miso soup with bone broth (adding grass-fed butter will turn it into a luxurious butter miso soup), bone broth ramen with noodles, or mixed rice using the soup. You can also shred the chicken wings and use them in dishes like Bang Bang Chicken Salad or fried rice.