

*" Dieting Recipes "*  
*which are good to your*  
*health and environment.*

# *diet recipes book*



*Efforts have been made to lower the use  
of oil in the following recipes.*



BUREAU of SEWERAGE  
TOKYO METROPOLITAN GOVERNMENT

Recipes supervised by Kagawa College of Culinary and Confectionary Arts in Komagome, Tokyo  
In April 2010, the college changed to its present name from Kagawa Education Institute of Nutrition.



**03p**  
nonfry  
marinated salmon,  
Nanban-Style



**05p**  
Fluffy  
sesame seed dumpling



**07p**  
Baked  
doughnuts



**06p**  
Fried eggplant without  
frying soaked in broth



**13p**  
Colorful  
Omelet



**14p**  
Bean Curd Lees  
Quiche



**16p**  
Shrimp with  
Chili Sauce



**14p**  
Microwaved Chicken  
and Green Onions



**15p**  
Fried Rice



**21p**  
Abura-age  
Croquettes



**23p**  
Microwaved  
Sliced Pork  
and Vegetables



**24p**  
French  
Toast



**24p**  
Karaage  
Fried Chicken  
without Frying

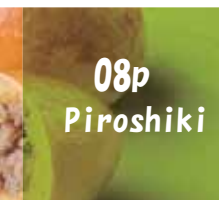




**09p**  
Spaghetti  
with  
Tomato Sauce



**11p**  
Stamina Miso  
Pork Bowl



**08p**  
Piroshiki



**10p**  
Ratatouille



**18p**  
Salad  
Crepes



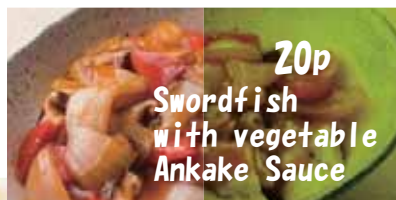
**19p**  
Breaded  
Pork



**17p**  
Macaroni  
Gratin



**18p**  
Healthy  
Croquettes



**20p**  
Swordfish  
with vegetable  
Anlake Sauce



**26p**  
Fried Shrimp  
without  
Frying



DiETING RECIPES  
which are good to your  
health and environment.  
**diet recipes  
book**



**25p**  
Mapo  
Doufu



**26p**  
Soy Bean  
Dry Curry

**27~30p**  
Guide for Sewerage  
and Living

※Cooking time may vary with the state of the ingredients and tools used.



Cooking time  
about 10 min

salt

2.2g



Calories per serving (Kcal)

Conventional  
recipe  
314 kcal →

diet recipes

186 kcal

## nonfry marinated salmon, Nanban-Style



### ■ Ingredients (2servings)

- (A) {  
2 tbsp vinegar  
1 1/2 tbsp soy sauce  
1/2 tbsp sugar  
1 tbsp broth  
1/3 red pepper (according to taste)  
some ginger

2 fillets unsalted salmon

1 green pepper

1/2 onion

some flour

some salt

some oil

some welsh onion cut into thin slices

### ■ Preparation

- ① Cut green pepper and onion into bite-size portions and microwave (500 W) for about 1 min and 30 sec.
- ② Cut salmon fillets into bite-size pieces and dredge in flour. Then place fillets on kitchen paper and microwave (500 W) for about 2 min and 30 sec.
- ③ Pour a small amount of oil into skillet and expose ingredients in ② to strong heat for 2 to 3 min.
- ④ In the meantime, mix ingredients (A) and microwave (500 W) for 2 min.
- ⑤ Mix ① with ④ and add ③.
- ⑥ Place ⑤ in refrigerator for 2 hours to marinate. (This step can be omitted.)
- ⑦ Garnish with the Welsh onion slices.

---

### **diet Point** *Don't pour oil in the sewerage !*

- Instead of deep-frying the salmon in oil, you can microwave it and fry it in a skillet to get the same result as twice deep-frying it.
- By placing the salmon in the microwave prior to putting it in the skillet, you will get a crunchier salmon and prevent it from absorbing excess oil.

- Instead of deep-frying the dumplings, you can boil them to reduce use of oil.
- To enhance the flavor, use sesame oil.

## Fluffy sesame seed dumplings



### Ingredients (2servings)

#### Dough

- 50 g rice flour
- 50 g chinese yam
- 10 to 15 cc milk
- 10 to 15 cc milk

#### Main ingredients

- 50 g ground chicken
- some salt
- some sesame (white, black)
- 3 tbsp sesame oil

#### Ginan

- 50 cc broth shirodashi
- 2 tsp mirin cooking sake
- 1 tsp soy sauce (light-colored type)
- 2 tsp starch
- 1/2 radish sprouts

### Preparation

- 1 Peel the Chinese yam, steam it in a steamer and grind it thoroughly in a mortar.
- 2 Add the milk (or soybean milk) to the rice flour and mix it to create dough.
- 3 Gently boil the ground chicken ,drain, add some salt to make the main ingredients.
- 4 Divide the dough into four equally large pieces, stretch each into a round shape and roll in ③ in the middle.
- 5 Boil water and boil ④. Use a bamboo skewer to prick the dumplings. Take it out onto a strainer when no dough sticks to the skewer.
- 6 Wet your hands with water and sprinkle sesame seeds over ⑤.
- 7 Pour sesame oil into hot skillet, add ⑥ and roll them around in the skillet until they acquire a golden brown color. Put the dumplings on a plate.
- 8 In a saucepan, add shirodashi, mirin cooking sake and light-colored soy sauce and expose to heat. Then add water-soluble starch to thicken the mixture into ginan.
- 9 Pour some of ⑧ on top of ⑦ and garnish with the washed radish sprouts.

# Fried eggplant without frying soaked in broth



## ■ Ingredients (1serving)

- 1 egg plant
- 80 cc soba dipping sauce  
(straight)
- 1/2 tsp sugar
- 1 tsp mirin cooking sake
- 1 tbsp oil
- 5 cm welsh onion cut into  
thin slices
- some shavings of dried bonito

## ■ Preparation

- 1 Add some sugar and mirin cooking sake to the soba dipping sauce.
- 2 Soak finely sliced Welsh onion in water.
- 3 Remove the calyces in the eggplant, cut lengthwise, score and coat them uniformly in oil.
- 4 Place ③ in a microwave-safe bowl covered with plastic wrap and microwave (500 W) for 2 min.
- 5 Pour the sauce ① on ④, cover using plastic wrap and microwave (500 W) again for 2 min.
- 6 Serve ⑤ in a bowl and sprinkle finely sliced welsh onion and dried bonito shavings over the eggplant.

## diet Point *Don't pour oil in the sewerage !*

- Make shallow cuts in the eggplant and use 1 tablespoon of oil to cover uniformly and you will use only half the amount of oil normally used in deep-frying.

## Baked doughnuts

### diet Point *Don't pour oil in the sewerage !*

- After removing doughnuts from molds, cover them in plastic wrap to prevent them from drying out and leave them to cool at room temperature.



#### Ingredients (9 to 10 pieces)

- 1 large egg
- 70 g sugar
- 40 g unsalted butter
- 36 g milk
- 1/3 lemon peel (ground)
- 2 to 3 drops vanilla essence
- 140 g cake flour
- 60 g bread flour
- 6 g baking powder
- 0.4 g nutmeg
- some brown butter (unsalted)
- some butter (unsalted) for basting
- some cinnamon powder

#### Preparation

- Mix egg and sugar.
- Add the melted butter, milk, ground lemon peel and vanilla essence to ①.
- Sift cake flour, bread flour, baking powder and nutmeg. Then add in ② either by hand or using a spatula.
- Cover the dough ③ with plastic wrap and place in refrigerator for 15 or longer.  
(mould)
- Stretch the dough ④ into a roughly 1 cm thick and 6 cm diameter disk with a 2 cm wide hole at the center.
- Return the dough ⑤ to room temperature, coat a savarin mold with scorched butter, place dough ⑤ in the mold and bake for 10 to 15 min in 180°C oven.
- Coat the baked doughnut ⑥ with melted butter and sprinkle with cinnamon powder.



# Piroshiki



## ■ Ingredients (6 pieces)

### Dough

- 50 g hot cake mix
- 60 cc carrot juice
- 1 egg yolk (for coating)

### Main ingredients

- (A)
- 50 g mixed ground meat
  - 1/4 onion (chopped)
  - 20 g corn (canned)
  - 1/4 tsp salt
  - some pepper
  - 10 g pizza cheese

## ■ Preparation

- ① Place (A) in a microwave-safe bowl, mix well, cover with plastic wrap and microwave (500 W) for 3 to 4 min.
- ② Mix pizza cheese with ①, chill and divide into 6 equally large pieces.
- ③ Form dough. Add the carrot juice to the hot cake mix.
- ④ Divide ③ in 6 equally large pieces, stretch the dough into oval shapes, add ② and round into Rugby ball shapes.
- ⑤ Coat ④ with egg yolk and grill in toaster for about 5 min.  
If the piroshiki start becoming too dark, cover with aluminum foil.

## diet Point *Don't pour oil in the sewerage !*

- This recipe has room for variation. For example, you can use tomato juice instead of carrot juice in the dough.
- You could also season the main ingredients with curry powder.

## Spaghetti with Tomato Sauce



### Ingredients (2servings)

- (A)
- 200 g (1/2 can) canned tomatoes
  - 250 g water
  - 1/4 small minced onion
  - 20 g minced carrot
  - 1/2 minced garlics
  - 1/3 tsp salt
  - 1/2 soup stock (block)
  - 1/2 tsp sugar (according to taste)
  - 120 g spaghetti (1.4mm)
  - some parmesan cheese
  - some minced parsley

### Preparation

- 1 Place ingredients (A) in microwave-safe bowl and mix lightly. Add the spaghetti after breaking it in half and make sure the strands do not stick together.
- 2 Cover with plastic wrap and microwave (500 W) for 8 min and 30 sec.
- 3 Mix well and sprinkle with parmesan cheese and minced parsley.

**diet Point** Don't pour oil in the sewerage !

- These recipes are easy to make and will not involve a lot of dishwashing since we use a microwave oven and no cooking utensils.

## Ratatouille



Cooking time | salt  
about 20 min | 2.4 g 

Calories per serving (Kcal)  
Conventional recipe 216 kcal → **143 kcal** *diet recipes*

### Ingredients (2servings)

- 1 small zucchini
- 1 large eggplant
- 2 red peppers
- 1/2 onion
- (A)
  - 1 bay leaf
  - 2/3 tsp salt
  - some pepper
  - 1 tbsp white wine
  - 1 tbsp ketchup
  - 1 tbsp olive oil
  - 1 tbsp grated cheese
  - some minced parsley

### Preparation

- ① Cut zucchini and eggplant into 8 mm slices. Remove seeds from red peppers and chop. Chop onion into 2 cm pieces.
- ② Put ① in a microwave-safe bowl, add (A) and mix well, and pour olive oil.
- ③ Cover with cooking paper, and poke holes with fork. Put plastic wrap over it, and microwave (500 W) for 8 min. Take it out, sprinkle grated cheese, and mix. Microwave again for 2 more min.
- ④ Take it out, sprinkle minced parsley, mix lightly, and serve.

**diet Point** *Don't pour oil in the sewerage !*

- There is no frying involved, reducing the oil amount by half, as well as heating time to 1/5.



Cooking time  
about 20 min

salt

4.1g



Calories per serving (Kcal)

Conventional  
recipe

876 kcal

diet recipes

765 kcal

## Stamina Miso Pork Bowl



### ■ Ingredients (1serving)

150 g cooked rice  
60 g pork ribs  
40 g shimeji mushrooms

- (A) [
- 1 tsp soy sauce
  - 1 tbsp sake
  - 1 tbsp miso
  - 1 tbsp mirin cooking sake
  - 1/2 tsp Chinese chili bean (toubanjan) sauce
  - 2 tsp peanut butter

20 cm green onions  
1/2 garlic  
1/2 garlic  
1 tsp sesame oil  
1 egg  
some baby leaf greens



### ■ Preparation

- ① Cut pork into 5 cm pieces. Cut shimeji mushrooms into small chunks. Rinse baby leaf greens and pat dry.
- ② Mix (A) well. Add minced green onion, garlic, and ginger, and mix again.
- ③ Put pork and mushrooms on a microwave-safe dish, and pour ② over it. Cover with plastic wrap and microwave (500 W) for 2 min. Add sesame oil and mix well, and microwave again for 3 more min.
- ④ Put 1 tbsp water and egg on a microwave-safe dish, and poke the yolk in 3 spots with a toothpick. Cover with plastic wrap and microwave (500 W) for 40 sec. to 1 min, until half-cooked.
- ⑤ Dish up rice, put baby leaf greens, miso pork ③, and fried egg ④ on top.



### **diet Point** *Don't pour oil in the sewerage !*

- For most Japanese stir-fries the oil amount is about 4 to 5% of the total ingredient mass, but with a microwave, the amount can be cut down.
- The oil amount is reduced to 1/4.

## Colorful Omelet



### Ingredients (1serving)

- 2 eggs
- 2 cherry tomatoes
- 10 salt-boiled edamame beans
- some salt
- some pepper
- 1 slice cheese (melting type)
- some baby leaf greens
- some ketchup

### Preparation

- 1 Dice cherry tomatoes into small cubes.
- 2 Spread plastic wrap along the inside of a large microwave-safe bowl (the edge of the wrap should be just outside the bowl). Put eggs in the bowl and beat. Add ①, edamame beans, salt, and pepper.
- 3 Microwave (500 W) ② for 40 sec. (At this point, the mixture is basically cooked; the center is half-cooked.) Fold cheese slice in half, and put it in the center of the mixture. Microwave again for 15 to 20 more sec.
- 4 Take the bowl out, hold the edges of the plastic wrap and fold into an omelet shape.
- 5 Garnish with baby leaf greens and serve ④.

### diet Point *Don't pour oil in the sewerage !*

- No oil is used in this recipe.
- No cooking utensils are needed.

*Diet recipes contest  
2008 Prizewinner*

## Microwaved Chicken and Green Onions

■ Ingredients (2servings)

- 1 chicken thigh  
1 green onion
- (A) { 1 tbsp soy sauce  
1 tbsp sugar  
3 tbsp sake  
1 tsp mirin cooking sake

■ Preparation

- 1 Cut chicken and green onion into bite-size portions.
- 2 Mix (A) in a microwave-safe dish. Soak chicken and green onion and set aside for 10 min.
- 3 Cover lightly with plastic wrap, and microwave (500 W) for 5 to 6 min. If not cooked thoroughly, repeat.
- 4 Remove chicken and green onion, and microwave (500W) for 7 to 8 min, until the sauce thickens. (If necessary, heat on stove top for the sauce to thicken.)
- 5 Serve chicken and green onion on a dish, and pour the sauce ④.

## diet Point *Don't pour oil in the sewerage !*

- To cook 1 chicken thigh you would normally need 1 tablespoon (12 g) of oil, but with a microwave you can avoid using oil.



Cooking time | salt  
about 30 min | 1.4 g

Calories per serving (Kcal)  
Conventional recipe 384 kcal → diet recipes 264 kcal

*Diet recipes contest  
2008 Prizewinner*

## Bean Curd Lees Quiche

■ Ingredients (18 cm tart pan for 6 servings)

- (A) { 100 g fresh bean curd lees (okara)      some broth  
30 g starch      some salt  
some salt      some pepper  
1 tbsp oil      some soy sauce  
50 g fresh bean curd lees (okara)      50 g yogurt  
2 eggs  
1/2 pack eringi mushrooms      2 slice cheese  
1/2 bunch spinach      some baby leaf greens

■ Preparation

- 1 Mix (A). Make it firm enough so that it stays in a chunk aftergripping hard, to make quiche crust. If crumbly, add water.gripping hard, to make quiche crust. If crumbly, add water.
- 2 Press ① onto the base and sides of an 18 cm tart pan. The cr ust should be about 5 mm thick. Bake in oven until lightly brown. (The crust should be somewhat moist. Do not overbake and let the crust harden.)
- 3 Dry fresh bean curd lees on skillet, and add eringi mushrooms, spinach, and broth. Let it thicken, and add salt, pepper, and soy sauce.
- 4 When ③ is well-cooked, cool it a little, add yogurt and eggs, and mix well.
- 5 Pour ④ onto ②. Put slice cheese on top, and bake in oven until brown.
- 6 Cut ⑤ into 6 equally large portions, garnish with baby leaf greens and serve.

## diet Point *Don't pour oil in the sewerage !*

- Normally large amounts of flour and butter are used for the quiche base, but here they are replaced by bean curd lees.



Cooking time | salt  
about 30 min | 0.8 g

Calories per serving (Kcal)  
Conventional recipe 466 kcal → diet recipes 139 kcal

# Fried Rice



## Ingredients (2servings)

- 300 g cooked rice
- 2 eggs
- (A)
  - some salt
  - some pepper
  - 1 tbsp milk
  - 1 green pepper
- (B)
  - 1 tsp sake
  - 1/6 tsp salt
  - 1 tsp soy sauce
  - 1 tsp oil
- 10 cm green onion
- 40 g roast pork

## Preparation

- ① Dice green pepper and roast pork into 5 mm pieces, green onion into 7 mm pieces.
- ② Beat eggs in a microwave-safe bowl, add (A) and mix.
- ③ Microwave (500 W) without plastic wrap for 2 min, take it out, and stir. Repeat this step until desired firmness.
- ④ Put cooked rice in a microwave-safe bowl, add (B) and mix. Place green onion and roast pork on top, in that order. Cover with plastic wrap and microwave (500 W) for 6 min.
- ⑤ Mix ③ and ④ well and serve.

## diet Point *Don't pour oil in the sewerage !*

- You can make fried rice even without a wok.
- The oil amount is 1/3 the conventional recipe.



## Shrimp with Chili Sauce



Cooking time | salt  
about 10 min | 1.6 g 

Calories per serving (Kcal)  
Conventional recipe 297 kcal → **168 kcal** *diet recipes*

### Ingredients (2 to 4 servings)

200 g large shelled shrimp

1 tsp sake

Chili Sauce

1 tbsp minced green onions

1/2 tsp minced ginger

1/6 tsp minced garlic

2 tbsp ketchup

1/2 tbsp soy sauce

(A) 2/3 tsp sugar

1 tbsp sake

1/2 tsp Chinese chili bean  
(toubanjan) sauce

1 tbsp water

2 tsp sesame oil

2 tsp starch

some leaves of lettuce

### Preparation

- ① Wash shrimp and pat dry. Sprinkle sake over shrimp and set aside for 5 min.
- ② Drain ① and mix with (A) in a bowl. Cover with plastic wrap and microwave (500 W) for 2 to 3 min.
- ③ Serve ② on a plate on bed of lettuce.

### diet Point *Don't pour oil in the sewerage !*

- Normally, the amount of oil used in shrimp with chili sauce can be as much as 15 to 20 % of the shrimp mass, but by using a microwave, you can cut down the amount to 3 to 4 %.

## Macaroni Gratin



### Ingredients (2 servings)

- 2 slices ham
- 1/4 onion
- (A) 80 g macaroni (lightly washed)
- 400 cc milk
- 1/2 soup stock (block)
- some salt
- some pepper
- 1 tbsp flour
- 2 tbsp grated cheese
- 1 tbsp bread crumbs

### Preparation

- ① Cut ham into 1 x 2 cm pieces. Mince onion.
- ② Mix ① and (A) in a microwave-safe bowl. Cover with plastic wrap and microwave (500 W) for 2 min. Take it out, mix lightly, and microwave again for 5 more min.
- ③ Check the texture of macaroni. When soft, transfer it to gratin dish. (If hard, microwave again for 1 to 2 min.)
- ④ Sprinkle grated cheese and bread crumbs, and cook in toaster oven until brown.

**diet Point** Don't pour oil in the sewerage !

- Butter, which is usually used to make the white sauce, is not used here.

*Diet recipes contest  
2008 Prizewinner*

## Salad Crepes

- Ingredients (2 servings)
 

1/2 egg	1/4 red paprika
20 cc milk	1 piece lean chicken tender
20 g flour	some sake
4 leaves of lettuce	some soy sauce
1/2 avocado	some (dark-colored type)
1/4 onion	some wasabi
- Preparation
  - ① Beat egg and add milk.
  - ② Sift and add flour to ①, mixing constantly to make crepe batter. Do not whip into froth. (If necessary, add milk to adjust the thickness of batter.)
  - ③ Stretch plastic wrap tight across a deep dish, and pour ② thinly over it.
  - ④ Without covering with plastic wrap, microwave (500 W) for about 1 min, and peel off the crepe.
  - ⑤ Shred lettuce into small pieces, cut avocado into 5 mm pieces, and slice onion and paprika.
  - ⑥ Put sake and lean chicken tender in a dish. Microwave (500 W) for about 5 min. until fully cooked, and shred into small pieces.
  - ⑦ Wrap ⑤ and ⑥ in crepes. Serve with wasabi soy sauce.

## diet Point *Don't pour oil in the sewerage !*

- By spreading the batter directly on the stretched plastic wrap, you can avoid using oil.



Cooking time | salt  
about 20 min | 0.9 g

Calories per serving (Kcal)  
Conventional recipe 219 kcal → **167 kcal** *diet recipes*

*Diet recipes contest  
2008 Prizewinner*

## Healthy Croquettes

- Ingredients (4 servings)
 

2 danshaku potatoes	2 tbsp grated Chinese yam (nagaimo)
some salt	1 tbsp oil
some pepper	1 cup dry bread crumbs
1 avocado	4 to 8 cherry tomatoes
some lemon juice	some parsley
- Preparation
  - ① Peel potatoes. Boil from cold water. Lightly mash while hot, and add salt and pepper.
  - ② Peel and chop avocado, put it in a bowl, add lemon juice, and mix with spatula until pasty.
  - ③ Mix ① and ② well, add salt and pepper, and make croquette shapes.
  - ④ Immerse ③ in a mixture of ground Chinese yam and oil before dredging in bread crumbs.
  - ⑤ Put oven sheet on baking tray, and bake for about 20 min.
  - ⑥ Serve ⑤ with cherry tomatoes and parsley.



Cooking time | salt  
about 40 min | 0.1 g

Calories per serving (Kcal)  
Conventional recipe 69 kcal → **48 kcal** *diet recipes*

## diet Point *Don't pour oil in the sewerage !*

- Normally croquettes are breaded and deep-fried, absorbing as much oil as 20 to 25 % of the total ingredient mass, but in this recipe the oil amount is reduced by baking the croquettes in an oven.

## Breaded Pork



### ■ Ingredients (2 servings)

4 cuts (200 g) pork fillet

#### Seasoning

- (A) {
- 1 tbsp marmalade
  - 1/2 to 1 tsp pepper grains
  - 1/2 tbsp soy sauce
  - 1 tsp lemon juice

some flour

1/2 egg

some bread crumbs

1 tbsp oil

some baby leaf greens

2 cherry tomatoes

1/2 lemon

some mustard sauce  
(according to taste)

### ■ Preparation

- ① Lightly pound pork (2 cm slices). Mix (A) and soak pork in it for 15 min.
- ② Put flour, beaten egg, and bread crumbs on ①, in that order.
- ③ Heat oil on skillet. Saute one side on high heat for 30 sec, lower heat, and continue sauteing for about 2 min, constantly moving the meat. Turn meat over and repeat.
- ④ Cut ③ into bite-size portions and serve with baby leaf greens, cherry tomatoes and lemon sliced into wedges.

### diet Point *Don't pour oil in the sewerage !*

- By using a Teflon-coated skillet, you can reduce the amount of oil used by half, compared to an iron skillet.
- This recipe can also be applied for tonkatsu pork cutlets.

## Swordfish with Vegetable Ankake Sauce



Cooking time | salt  
about 20 min | 2.7 g 

Calories per serving (Kcal)  
Conventional recipe | diet recipes  
308 kcal → 235 kcal

### Ingredients (2 to 4 servings)

2 pieces (200 g) swordfish  
some pepper  
1/6 tsp salt  
some starch

(A) 100 g onions  
40 g blanched red and  
yellow Bell Peppers  
2 fresh shiitake mushrooms

1 tsp oil

(B) 80 cc chicken stock  
1 tbsp ketchup  
some salt

1 tbsp soy sauce  
1/3 tbsp sake  
1 1/3 tbsp sugar  
1 tsp vinegar

(C) 1/2 tbsp starch  
1 1/2 tbsp water

### Preparation

- 1 Cut swordfish into bite-size slices. Salt and pepper and set aside for 5 min.
- 2 Pat ① dry and dredge lightly with starch.
- 3 Put ② in pot full of boiling water. After it floats to the surface, wait 1 min, and take it out onto a strainer.
- 4 Heat oil and stir-fry (A), and add (B). When it comes to a boil, add (C), stirring constantly to avoid getting lumpy, until it comes to a boil again.
- 5 Place ③ on plates and spoon ④ over.

### diet Point *Don't pour oil in the sewerage !*

- In the traditional recipe, the fish is deep-fried before the sauce is poured, but to reduce the amount of oil, here it was dredged with starch and boiled instead.
- By dredging with starch and boiling instead of deep-frying, the amount of oil used has been reduced to 1/5.



Cooking time

about 30 min

salt

1.0 g



Calories per serving (Kcal)

Conventional  
recipe

563 kcal →

**diet recipes**

**315** kcal

*Diet recipes contest*

*2007 Highest award/ Kagawa Education  
Institute of Nutrition award*

## Abura-age Croquettes



- Ingredients (2 to 3 servings)
  - 400 g potatoes
  - 100 g ground pork
  - 120 g onions
  - 4 pieces deep-fried tofu (abura-age)
  - 2/3 tsp salt
  - some pepper

- garnishing
  - 50 g/serving shredded cabbage
  - 10 g/serving radish sprouts
  - 2 to 3 cherry tomatoes

- sauce
  - 4 tbsp Worcester sauce
  - 4 tbsp ketchup

- Preparation
  - ① Mince onions.
  - ② Fry ① and the ground pork until the onion goes soft.
  - ③ Mash the boiled potatoes, add ② and season with salt and pepper.
  - ④ Roll the deep-fried tofu with the long chopsticks, then cut it in half and turn over.
  - ⑤ Stuff ③ into ④.
  - ⑥ Fry ⑤ in skillet under low heat for 2 or 3 min until the surface starts to turn brown.
  - ⑦ Mix equal amounts of Worcester sauce and ketchup.
  - ⑧ Serve with shredded cabbage, radish sprouts, cherry tomatoes, place ⑥ on top and pour ⑦ over.

### **diet Point** *Don't pour oil in the sewerage !*

- Normally croquettes are breaded and deep-fried, absorbing as much oil as 25 to 30 % of the total mass of the ingredients: in this recipe, additional oil is not used since deep-fried tofu is used instead of bread crumbs and the croquettes are fried on a skillet.

## Microwaved Sliced Pork and Vegetables



### Ingredients (2 servings)

- 100 g pork for ginger-fried pork
- 50 g bacon
- 60 g green pepper
- 30 g carrot
- (A) 1 tbsp sake
- 1 tbsp mirin cooking sake
- 1 tbsp soy sauce
- 1 tsp sugar
- 2 tsp ground white sesame

### Preparation

- 1 Cut pork, bacon, green pepper, and carrot into long, thin pieces.
- 2 Place ① and (A) in microwave safe bowl and mix. Cover with plastic wrap and microwave (500 W) for about 3 min. Take it out, Mix well, cover with plastic wrap and microwave again for 2 min.
- 3 Sprinkle ground white sesame seeds on top and the dish is ready to serve.

### diet Point *Don't pour oil in the sewerage !*

- You can reduce the oil amount by 30 %.
- By adding sesame at the end, you can increase the calcium and fiber content.



*Diet recipes contest  
2008 Prizewinner*

## Karaage Fried Chicken without Frying

- Ingredients (2 servings)
 

200 g chicken thighs	some starch
some grated ginger	some parsley
some grated garlic	1/2 lemon
2 tbsp soba dipping sauce	
- Preparation
- ① Cut chicken thigh into bite-size portions. Mix with (A).
- ② Cover ① with plastic wrap, and microwave (500 W) for 3 to 4 min, until fully cooked.
- ③ Dredge ② with starch, and grill both sides until crisp and brown.
- ④ Garnish ③ with parsley and lemon wedges before serving.



Cooking time | salt  
 about 10 min | 0.6 g

Calories per serving (Kcal)  
 Convention recipe 311 kcal → diet recipes 219 kcal

### **diet Point** *Don't pour oil in the sewerage !*

- Normally, karaage chicken is deep-fried, absorbing as much oil as 5 to 10 % of the total ingredient mass, but you can avoid using oil by grilling instead.
- By grilling after microwaving, the surface becomes crisp.

*Diet recipes contest  
2008 Prizewinner*

## French Toast

- Ingredients (2 servings)
 

1 piece deep-fried tofu (abura-age)	2 tbsp flour
1 egg	1 pinch baking powder
1 to 2 tbsp milk	some raspberries
2 tbsp sugar	some mint
- Preparation
- ① Cut deep-fried tofu in half and open it in bag-shape.
- ② Beat egg, add milk and 1 tbsp sugar, and mix.
- ③ Soak ① into ②. Set aside for some time, and then take it out onto another dish.
- ④ Add flour and baking powder to the liquid left from ②, and mix until smooth. The texture should be firm enough so that it doesn't run easily; if it's too firm, adjust with water or milk.
- ⑤ Put ④ into the deep-fried tofu bag from ③. Bake on aluminum foil in toaster oven for about 10 min.
- ⑥ When the surface is golden brown but the inside is still soft, place the toast on a plate and serve with raspberries and mint after sprinkling 1 tablespoon of sugar over.

### **diet Point** *Don't pour oil in the sewerage !*

- This recipe uses an oven toaster for grilling to avoid using butter.



Cooking time | salt  
 about 20 min | 0.1 g

Calories per serving (Kcal)  
 Convention recipe 373 kcal → diet recipes 168 kcal

## Mapo Doufu



### Ingredients (2 servings)

- 1 (300 g) coarse-grained (momen) tofu
- 1/3 green onion
- 1 tsp grated ginger
- 1/6 tsp grated garlic
- 1 1/3 tbsp soy sauce
- 1/2 tbsp Chinese sweet flour miso (tenmenjan)
- 1 tbsp sesame oil
- 1 tsp Chinese chili bean (toubanjan) sauce
- 1 tsp starch
- 100 cc boiling water
- 100 g ground pork

### Preparation

- ① Dice tofu into 2 cm cubes, place on paper towel on microwave-safe dish, microwave (500 W) for 3 to 4 min. without plastic wrap. Drain excess water.
- ② Put (A) into a microwave-safe bowl, pour boiling water and stir until thickens, and add ground pork and mix.
- ③ Add ① to ②, cover with plastic wrap, microwave (500 W) for 6 to 7 min, and mix and serve.

**diet Point** Don't pour oil in the sewerage !

- The only oil used is the sesame oil for adding aroma, so the amount of oil used has been reduced to 1/3.

## Fried Shrimp without Frying

- Ingredients (1 serving)
  - 3 shrimps
  - some salt
  - some pepper
  - 1 tbsp mayonnaise
  - some dry bread crumbs
  - some shredded cabbage
  - 2 cherry tomatoes
  - some parsley
  - 1/4 lemon

- Preparation

- ① Shell the shrimp, and cut the tail off. Make 3 or 4 shallow cuts in the inner curve of the shrimp body and press down to straighten the shrimp.
- ② Add salt and pepper to ①. Put mayonnaise and dredge with bread crumbs.
- ③ Bake ② in toaster oven for 5 to 6 min, or in oven (200 C) for 7 to 8 min, until brown.
- ④ Serve ③ on a plate on a bed of shredded cabbage, tomatoes, parsley and lemon wedges.

## diet Point *Don't pour oil in the sewerage !*

- Normally, this is a deep-fried dish, absorbing as much oil as 20 to 25 % of the total ingredient mass, but you can reduce the oil amount by substituting the process with a small amount of mayonnaise.



Cooking time		salt
about 20 min		0.6 g 
Calories per serving (Kcal)		
Convention recipe		diet recipes
228 kcal →		175 kcal

Recommended by the Kagawa College of  
Culinary and Confectionary Arts  
Diet recipes No.10

## Soy Beans Dry Curry

- Ingredients (4 to 5 servings)
  - 120 g water-boiled soy beans
  - 100 g ground lean pork
  - 100 g onion
  - 100 g celery
  - 2 eggplants
  - 60 g shaved curry roux
  - (A) 1 1/2 tbsp ketchup
  - 200 to 300 cc water
  - 150 g cooked rice (1 serving)

- Preparation

- ① Coarsely mince onions and celery.
- ② Dice eggplants into 1 cm cubes. Soak in water.
- ③ In a deep dish, mix ①, soy beans, ground pork, and (A), and place eggplants on the outer edge. Cover with plastic wrap and microwave (500 W) for 5 min. Take it out, mix well, and microwave (500 W) again for 2 min.
- ④ Dish up rice, and pour ③.



Cooking time		salt
about 20 min		1.8 g 
Calories per serving (Kcal)		
Convention recipe		diet recipes
515 kcal →		463 kcal

# Guide for Sewerage and Living

~ Questions answered about sewerage in your life ~

 BUREAU of SEWERAGE  
TOKYO METROPOLITAN GOVERNMENT



Earth kun,  
the mascot character  
of Bureau of Sewerage

Q1

Oil -Is it OK to pour  
in the sewerage?

A1

Please do not pour oil  
in the sewerage.



Disposing water containing oil and fat into the sewer will not only cause clogging and bad smell, but the water from heavy rainfalls could break up the fat solidified in the sewer pipes into oil balls that could pollute rivers and the sea.

## How to handle oil

- ① Wipe : Wipe away oil and fat from pots and dishes before cleaning them.
- ② Absorb : Use newspaper or the like to absorb the remaining oil, or solidify it using special chemicals so that it can be disposed of as combustible garbage.
- ③ Use up : Use the remaining oil for cooking for other food.

Note that even if you use commercially sold cleaners that allow you to dispose of oil and fat in the drain, the oil may still separate from the chemical and turn back into oil in the sewer pipes. So please don't use chemicals.

**Q2**

**Kitchen waste – Is it OK to use a garbage disposal to pour it in the sewerage?**



**A2**

**Please do not use a simple garbage disposal.**

You cannot install a garbage disposal, unless it is a “disposer drainage processing system”.

Some simple garbage disposals pour kitchen waste like ground-up vegetable waste directly into the drain with water. Using these clogs house and sewerage pipes, and pollutes the rivers and ocean.

Please use a “disposer drainage processing system” with a conforming label. When installing, you must report new installation of drainage equipment, etc. Also, please attach your “Maintenance Plan for Disposer Drainage Processing System”.



For details, refer to the Bureau of Sewerage’s website.

東京都下水道局 Q&A

**Q3**

**Is it all right to dispose of water containing mill flour after washing rice?**



**A3**

**We recommend you reuse it for watering your flowers and plants.**



Mill flour contains plenty of phosphorus and nitrogen, which lead to red tides in the sea. We recommend you reuse it. Water containing mill flour is a good source of nutrients for plants. Since the phosphorus and nitrogen is well dissolved, the first rinse of mill flour should be used for watering flowers and plants.

Q4

Boiling hot water –  
Is it OK to pour out  
directly?



A4

Drain pipes are not  
very strong against heat. Please  
let it cool before pouring out.

House drain pipes mostly use PVC pipe, but it is not very strong against heat. Pour out boiled cooking water while running cold water, or wait until it cools before pouring out (aim for 45°C or less).

If you find that hot water deforms your pipes, consult a plumber who participates in the "Drainage Hotline" scheme.

排水なんでも相談所

Search

Boiling  
hot water



Q5

If water drains slowly or is  
clogged, what should I do?



Cleaning

A5

Try to use a utensil and  
cleanser for cleaning  
drain pipes.

Daily inspection and repeated cleaning is an effective way to prevent drain pipe trouble, and use pleasantly for a long time. However, using the wrong amount of chlorine pipe cleansers can cause damage to drain pipes (Not only cleansers. Pouring large amounts of chemicals in the sewerage damages sewerage pipes, and causes pollution of the rivers and sea.). Thoroughly read the method of use and warnings noted in the instruction manual, and use it correctly.



For details on inspection and cleaning, consult a plumber that participates in the "Drainage Hotline" scheme.

排水なんでも相談所

Search

Q6

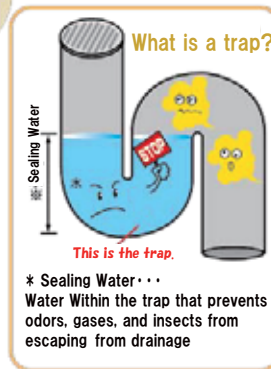
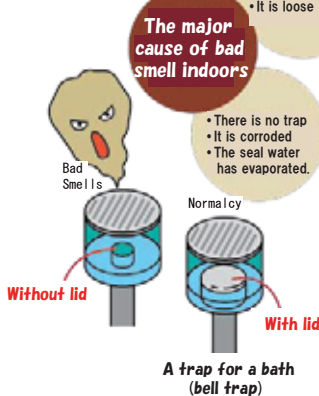
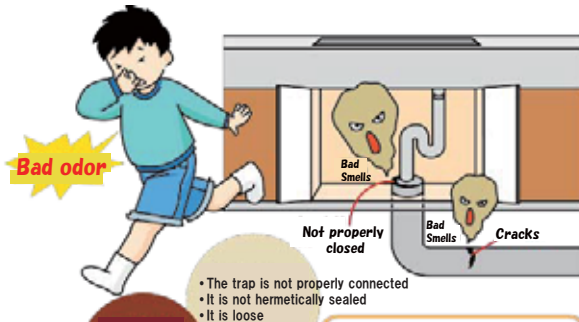
The smell from my drain pipe is terrible. What should I do?

A6

A normally functioning trap prevents entry of bad smells and pests.



The trap works to shut out bad smells and pests. If the trap does not function normally, or the trap is not attached, bad smells enter the room air and pests appear, so be careful.



Causes of a trap not functioning normally

- ① Deterioration of the device.
- ② Bad connection of the drain pipe, ventilation pipe, etc.
- ③ Inappropriate maintenance, such as not cleaning out hair enough.
- ④ Problems like water evaporation, due to not using for a long time.

For help with a malfunctioning trap, consult a plumber that participates in the "Drainage Hotline" scheme.

排水なんでも相談所

Search



Earth kun  
the mascot character  
of Bureau of Sewerage



BUREAU of SEWERAGE  
TOKYO METROPOLITAN GOVERNMENT

<http://www.gesui.metro.tokyo.jp/>

東京都下水道局

Search 

