

ぶり大根定食 (Buri Daikon Teishoku Menu)

Main Dish: ぶり大根 (Simmered Yellowtail & Daikon)

Ingredients (2 servings)

- Yellowtail (ぶり fillet) – 220 g, cut into 2–3 pieces per fillet
- Daikon – 250 g, peeled, cut into 2–3 cm half-moons, edges beveled
- Fresh ginger – 1 tsp grated + 5 g thinly sliced for simmering + “needle” ginger (針しょうが) for garnish
- Dashi stock (or water + 1 tsp coconut aminos) – 250 ml
- Sake – 1 tbsp
- Mirin – 1 tbsp
- Low-sodium soy sauce (or part coconut aminos) – 1 tbsp
- 黒糖 (Okinawan brown sugar) – 2 tsp (≈8 g)
- Scallions – 1, thinly sliced (for garnish)



Preparation

1. **Prep Daikon:** Boil cut daikon in water used for rinsing rice (米のとぎ汁). Let stand until cool (~15 min). Rinse in cold water. This removes bitterness and keeps the daikon tender.
2. **Prep Fish (霜降り – shimo furi):** Cut fish into 2–3 slices each. Blanch quickly in boiling water, then shock in ice water. This removes blood, odors, and excess fat.
3. **Simmer:** Place dashi, daikon, and fish in a pot. Bring to boil. Add sake and brown sugar, simmer over medium ~5 min. Then add soy sauce, mirin, and sliced ginger.
4. Cover with a drop-lid (落とし蓋), skim off foam, and simmer gently until daikon turns caramel-colored and flavors meld (~15–20 min).
5. **Serve:** Arrange in bowls, drizzle with a little broth. Garnish with needle ginger and scallions.

Nutrition (per serving)

- Calories: ~305 kcal
- Protein: 27 g
- Fat: 11 g (Sat. Fat: 3 g)
- Carbs: 20 g (Sugars: 10 g)
- Fiber: 2 g
- Sodium: ~620 mg
- Omega-3: ~1.0 g

おかず (Side Dishes)

1. きゅうりとわかめの酢の物 (Cucumber & Wakame Sunomono)

- Thinly slice ½ cucumber (80 g), soak briefly in salt water, then rinse.
- Rehydrate dried wakame (5 g).
- Mix with 1 tbsp rice vinegar + ½ tsp sugar + dash of coconut aminos.
- Garnish with sesame seeds.



Nutrition (per serving):

45 kcal | Protein: 2 g | Fat: 1 g | Carbs: 8 g (Sugars: 5 g) | Fiber: 2 g | Sodium: ~180 mg

2. ほうれん草のおひたし (Spinach with Soy Dashi)

- Blanch spinach (80 g), shock in ice water, squeeze gently, cut into 4 cm lengths.
- Dress with 1 tbsp dashi + ½ tsp soy sauce (low sodium).
- Top with katsuobushi (optional).



Nutrition (per serving):

40 kcal | Protein: 3 g | Fat: 0.5 g | Carbs: 6 g (Sugars: 1 g) | Fiber: 2 g | Sodium: ~150 mg

3. 茶碗蒸し (Savory Egg Custard with Shrimp & Shiitake)

- Beat 1 egg with ¾ cup dashi, ½ tsp soy sauce, and ½ tsp mirin.
- Strain mixture into cups with 1 shrimp and 1 shiitake slice each.
- Steam gently for 12–15 min until just set.



Nutrition (per serving):

90 kcal | Protein: 7 g | Fat: 4 g | Carbs: 5 g (Sugars: 1 g) | Fiber: <1 g | Sodium: ~220 mg



Combined Meal Nutrition (Main + 3 Okazu)

- Calories: ~480 kcal
- Protein: ~39 g
- Fat: ~16 g (Sat. Fat: ~4 g)
- Carbs: ~37 g (Sugars: ~18 g)
- Fiber: ~8 g
- Sodium: ~1,170 mg
- Omega-3: ~1.2 g



Optional: Add 150 g cooked rice (~240 kcal)



Full teishoku meal with rice: ~720 kcal per person