



Kanpachi with Yogurt Turmeric Sauce

Yield 2 servings

Ingredients:

1 lb	Fresh Kanpachi
1 cup	Yogurt (whole milk)
½ tsp	Turmeric powder (dry)
1 tsp	Garlic, grated (fresh)
1 tsp	Ginger, grated (fresh)
1 Tbsp	Olive oil
½ piece	Lemon (juice)
1 Tbsp	Olive oil
¼ tsp	Salt
¼ tsp	Pepper
1 Tbsp	Vegetable oil
1 tsp	Dill (fresh)

Directions:

1. Mix all above ingredients (except dill and vegetable oil) and marinate Kanpachi fillet for 1 hour.
2. Remove Kanpachi fillet from the marinade and dry with paper towel. Reserve the marinade.
3. Heat vegetable oil in sauté pan very hot.
4. Quickly cook and lightly brown both side of Kanpachi fillet.
5. After removing Kanpachi fillet from the pan. Pour reserved marinade mix into the same pan and stir and cook with medium heat to lightly thicken to make sauce.
6. Place the sauce on Kanpachi fillet and garnish with fresh dill on the top to serve.

Healthy Gobo-Burdock Slaw Salad

Yield 2 servings

Ingredients:

6 oz Gobo-burdock, julienne cut
2 oz Carrot, julienne cut
¼ cup White vinegar
2 cups Water

For dressing:

1/3 cup Yogurt
1 tsp Dijon mustard
1 tsp White Miso
1 tsp White vinegar
1 tsp Sugar
1 Tbsp White sesame, roasted ground
Pinch Salt
Pinch Black pepper

Directions:

1. Soak julienne Gobo in 2 cups of water and ¼ cup of white vinegar for 10 minutes. Drain.
2. In same pot, boil Gobo for about 2 minutes, and carrot for about 15 seconds keeping it still crunchy. Drain well.
3. Mix all ingredients for dressing and toss it with Gobo and carrot to serve either cold or room temperature.

Chapatti Bread

Yield 2 servings

Ingredients:

4 oz	Whole-wheat flour
3 oz	Water
Pinch	Salt

Directions:

1. Put the flour in a bowl, slowly add water to form soft dough.
2. Knead the dough until it is smooth, about 5 – 10 minutes.
3. Cover the dough with plastic wrap and rest it at least for 30 minutes.
4. Knead the dough again and divide into 6 piece balls.
5. Roll out the ball flat.
6. Heat a sauté pan with medium heat.
7. When the pan is hot, place the flatten dough on medium heat for one minute and turn and cook the other side for 30 seconds.
8. Take the pan off the stove and put the chapatti directly on top of the low flame. It will puff up in few seconds. Turn the chapatti over and do the same. Serve immediately.