

UMANI
(chicken/ vegetable dish)

10 chicken thighs, skinless, boneless
1 (14oz.) can chicken broth
1 red and white kamaboko, slices about ¼" thick
1 (15oz.) can bamboo shoot tips, cut into wedges
10 small shiitake mushrooms, soaked, stems removed and cut up
1 lb. of baby carrots, peeled
1 small daikon, peeled and cut into chunks
1 (7 oz.) boiled lotus root, sliced
1 (8.8 oz.) konnyaku, cut into slices, slit and turned into twists
1 (5 oz.) atsugae (nama age) "tofu cutlet" cut into squares

Put all ingredients into a large pot with sauce: 2/3 cup sugar
2/3 cup shoyu
1/3 cup mirin

Cook slowly, turning frequently for 1 hour. Add napa cabbage, cut into 1" pieces, at the last minute and cook until just tender. Serve with rice. Makes about 20 cups of Umani.

Recipe from Cathy Nakamura/Nakayoshi Gakko