

## i JAPANESE RECIPES (1)

### Miso Soup 味噌汁

Japanese food has recently become attractive to foreign people as it is healthy, delicious and beautiful. The Japanese cuisine has many low-calorie foods and varieties.

Why don't you enjoy cooking Japanese food?

This time, we will show *miso* soup, the most traditional Japanese dish, inseparable from steamed rice.

The ingredients are generally simple, for example, tofu and seaweed, potatoes and onion or *abura-age*, oyster and *gobō* and so on. You can mix and match to your taste.

Make the bonito soup stock prior to cooking *miso* soup.

\*There are two ways to make bonito soup stock. The first and easier one uses bonito soup stock powder. The second uses bonito flakes as follows:

Step1: Put the water (800ml) in a pan and place over medium heat.

Step2: Add the bonito flakes (20~30g) before the water boils. Reduce the heat and simmer for 3 to 4 minutes.

Step3: Turn off the heat. Wait until all the bonito flakes sink to the bottom of the pan. Strain the liquid through a colander slowly into a bowl to obtain the soup.

Tofu and Wakame(seaweed) Miso Soup

Ingredients: 1/2block of tofu, 5g dried *wakame*, 1/3 long green onion (white part), 800ml bonito soup stock, 3 tablespoons miso

Step1: Soak dried *wakame* in water for about 15 minutes to reconstitute it. Drain the water.

Step2: Cut the tofu into 1cm. cubes.

Step3: Slice the long green onion diagonally into 2cm. pieces.

Step4: Boil the bonito soup stock and add *tofu* and *wakame*.

Step5: After boiling, put some stock into a ladle. Add the *miso* and stir with chopsticks until it is dissolved. Removed from heat.

Step6: Add the sliced long green onion.

These recipes are from [www.j-simplerecipes.com](http://www.j-simplerecipes.com)

For your information, there is rice which doesn't need to be washed. It is named *Musenmai* and you will see a sign on the plastic bag as shown on the right.



むせんまい  
無洗米

## ADMINISTRATION INFORMATION

### MOTHER AND CHILD HEALTH MAINTENANCE (2) 母子保健

#### ●Child Allowance and Other Financial Allowances 児童手当等

Income restrictions apply to all of the following programs:

Child Allowance: This allowance is available to those who are raising children who have not yet completed elementary school.

Child-Raising Allowance: This allowance is available to single mothers who are raising children without assistance from the father's income due to divorce, etc.

Special Child-Raising Allowance: This allowance is available to those who are raising children with a physical or mental disability.

#### ●Nursery schools 保育園

These are facilities that provide child care during the day for parents who are unable to take care of their children at home because both parents work, or because of childbirth or illness. There are currently six municipal nursery schools and 14 private nursery schools in the city.

#### ●Kindergartens 幼稚園

Kindergartens are for preschool children of at least 3-years of age. Many children go to kindergarten in Japan, but it is not compulsory.

Subsidy for Entrance to kindergarten: This is provided through kindergartens, etc. to preschool children of at least 3 years of age who are attending a private kindergarten. Information is sent to applicable parents through kindergartens. (Inquiry: Educational General Affairs Section (Kyoikusomu-ka))

From THE GUIDEBOOK FOR FOREIGN RESIDENTS

## TERRESTRIAL DIGITAL TV BROADCASTING 地上デジタル テレビ

All the people in Japan have been required by law to equip a new terrestrial digital broadcasting system shifting from the currently prevailing analog television. The change will take place on July 24, 2011. There are already a number of people who have made the shift but fairly large numbers of people have not yet taken action. The city is concerned about it and they request that citizens will follow the rule as early as possible.

The city has indicated a few administration office or message centers for you to consult with if you have such questions as "Can I see terrestrial digital TV broadcasting at my home?", or "How can I make it possible to see the terrestrial digital TV broadcasting?" The following office or message centers will accept your consultation:

- The Terrestrial Digital Broadcasting Consultation Center of The Ministry of General Affairs

Tel: 0570 (07) 0101・03 (4334) 1111 .... 9:00~21:00 (Saturday and holidays 9:00~18:00) URL: [http://www.soumu.go.jp/joho\\_tsusin/](http://www.soumu.go.jp/joho_tsusin/)

- Regarding the way to see the terrestrial digital broadcasting by Cable television Consult:

J:COM terrestrial digital Counter Tel:9129 (953) 274 (Weekdays 9:00~18:00)

Japan Cable Television Association Tel: 03 (3490) 3830 (Weekdays 9:30~17:00)

Japan CATV Technology Association Tel:0120 (774) 673 (Weekdays 9:30~17:00)

- Consultation on the B S digital broadcasting

BS Digital Broadcasting Consulting counter

0570 (01) 2011 / 045 (345) 4080 (9:00~21:00)

(Saturday and holidays 9:00~18:00)

## JAPANESE PROVERBS AND THE ENGLISH EQUIVALENTS

#### ●以心 伝心

ISHIN DENSHIN

(We can communicate with each other by telepathy.)

That which comes from the heart will go to the heart.

#### ●小人 閑居して 不善を なす

SHŌJIN KANKYO SHITE FUZEN WO NASU

(Those who do nothing are doing ill.)

Idleness is the mother of all evil.

#### ●過ぎたる は なお 及ばざる が ごとし

SUGITARU WA NAO OYOBARU GA GOTOSHI

(More than enough is too much.)

Too much of one thing is not good.

#### ●天 は 自ら 助くる者 を 助く

TEN WA MIZUKARA TASUKURU MONO WO TASUKU

Heaven helps those who help themselves.

#### ●好きこそ 物の 上手 なれ

SUKIKOSO MONO NO JYŌZU NARE

(You should become proficient in the thing you like best.)

Whoever doesn't like his business, is not liked by his business.

Chigasaki Breeze has been issued jointly by the International Association of Chigasaki (IAC) and Chigasaki City since July 1, 2008. If you wish to subscribe, please send ¥480 in stamps for 6 issues to the International Association of Chigasaki c/o Bunka Suishin-ka, Chigasaki City Hall, 1-1-1 Chigasaki, Chigasaki City 253-0041. If you have any questions or comments, please feel free to email us at: [chigasakibreeze@7jp.com](mailto:chigasakibreeze@7jp.com) or [shimadayut@jcom.home.ne.jp](mailto:shimadayut@jcom.home.ne.jp) Chief editor: Yutaka Shimada. Editing staff: Yoshiyasu Itoh, Seiji Nakane, Daiki Kuroiwa, Ayako Sakai, Yukiko Wada, Hideo Yuge, and Craig Gaunt.