



JAPANESE RECIPES (2)

Braised Meat & Potatoes

This time, we are showing 'Braised meat and potatoes' which is the representative dish of home cooking. Many Japanese people describe this as their mother's recipe. Why don't you try it?

braised meat & potatoes

- Serves: 4
- Calories: 329 kcal
- Japanese: *Niku-jaga*

肉じゃが



ingredients:

- 200 g thinly sliced beef (veal)
- 2 big onions
- 600 g (4 big or 6 small) potatoes
- 3 tablespoons green peas
- 400 ml water
- 2 tablespoons salad oil
- 2 tablespoons sugar
- 2 tablespoons sake
- 2 tablespoons sweet sake for seasoning (mirin)
- 4 1/2 tablespoons soy sauce

step 1: Slice the beef into thin slices. Cut the onions into 8 sections. Cut the potatoes into 6 to 8 pieces.

step 2: Heat salad oil, saute the beef until the color changes.

step 3: Add the onions and fry.

step 4: Add the potatoes and fry.

step 5: Add the water, sugar, sake, mirin, and 2 tablespoons of the soy sauce.

step 6: Cover and boil on high heat. After boiling, reduce the heat, skim off the surface scum.

step 7: Bring to boil again and cook until the broth is reduced to half. Add remaining soy sauce. Cover again and boil until broth is reduced to one - third. Add green peas and mix.

comment:

The taste seeps into the potatoes and beef well. The potatoes will melt in your mouth.

Homepage: www.j-simplerecipes.com

WELCOME FUROSHIKI

A community service provided by Oak Associates

Are you a new foreign resident in Japan?
Would you like to know more about a wealth of services available in Japan?

Welcome Furoshiki is a free, nonprofit welcoming service. One of our trained representatives will visit you, providing a wide range of useful information for foreigners new to life in Japan.

To arrange a visit for more information call:
(03) 5472-7074 (Tokyo, Yokohama and Shonan areas)

Homepage: <http://www.welcomefuroshiki.org>

ADMINISTRATION INFORMATION

EDUCATION SYSTEMS IN JAPAN 日本の教育制度

Compulsory education in Japan includes six years of elementary school and three years of junior high school. In addition, there are various subsequent academic courses, such as high school (three years) and college/university (four years). All schools begin the academic year in April and end in March of the following year.

Chigasaki municipal elementary schools have a school lunch program while junior high schools have a milk program (only milk is provided). Municipal elementary and junior high schools do not require entrance fee or tuition fee. Although textbooks are free, parents must bear the cost of expenses such as teaching materials other than textbooks, stationery to be used by the student, lunches, excursions and class trips.

Entering a Municipal Elementary and Junior High Schools.

Although foreign residents are not obliged to go to school, parents may enroll or transfer their children into a municipal elementary school or junior high school if they are of school age. Please consult the School Affairs Section (Gakumu-ka) if you would like to enroll your child in a municipal school.

School Expense Subsidy Program

Subsidies for families experiencing paying entrance fees for elementary and junior high school, are provided upon authorization (subject to an income assessment), to cover part of the cost of schools supplies, extracurricular activities (such as excursions), school trips, school lunches, school medical expenses and eyeglasses. Please complete an application form at the schools of attendance, attach the required certificates concerning income, and submit the documents to the school. For more information, please ask the School Affaires (Gakumu-ka) or the homeroom teacher of your elementary or junior high school.

From THE GUIDEBOOK FOR FOREIGN RESIDENTS

JAPANESE PROVERBS AND THE ENGLISH EQUIVALENTS

- 雨 降って 地 固まる
AME FUTTE JI KATAMARU
(Rain falls and ground hardens.)
After rain comes fair weather.
- 金 の 切れ目 が 縁 の 切れ目
KANE NO KIREME GA EN NO KIREME
(When money runs out, the relation ends.)
When poverty comes in at doors, love leaps out at windows.
- 兄弟 は 他人 の 始まり
KYODAI WA TANIN NO HAJIMARI
(Brothers are the start of unrelated persons.)
Though they are brothers, their pockets are not sisters.
- 早起き は 三文 の 得
HAYAOKI WA SANMON NO TOKU
(To get up early is worth a penny.)
The early bird catches the worm.
- 人 の ふり 見て 我が ふり 直せ
HITO NO FURI MITE WAGA FURI NAOSE
(See the appearance of others and improve your appearance.)
Learn wisdom by the follies of others.

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: chigasaki@7jp.com or 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.