



A WEEK OF COOKING IN JAPAN SHOPPING LIST

Well-balanced meals
from **Japan** for a week
of weeknight
dinners for a family of
four

Check your pantry items and items
you may already have, before
ordering these to save money. Feel
free to substitute items that are similar
and suitable for the selected meals.

The Menu

Meal 1

Osaka-Style Okonomiyaki

Meal 2

Tempura Seafood and Vegetables with a
dipping sauce

Meal 3

Miso Ramen

Meal 4

Oyakodon (Chicken and Egg Donburi)

Meal 5

Miso Soup
Hot Butter Onigiri
Nanbanzuke

Meat

200g bacon
2 chicken breasts

Fish and Seafood

500g raw prawn meat
350g white fish fillets (eg. whiting, ling,
monkfish)
24 whitebait

Eggs / Dairy / Cold

60g grated cheddar cheese
Dozen eggs
300g firm tofu
1 litre milk
100g unsalted butter

Vegetables

½ cabbage
4 carrots
Bunch chives
1 daikon
2 zucchinis
Bunch of asparagus (or 20 green beans)
1 sweet potato
Packet of bean sprouts
50g baby spinach
4 spring onions
1 onion
1 bulb garlic
1-piece ginger
Enoki mushrooms
½ celery
1 red chili (optional)

Asian Supermarket

Otafuku Sauce (Okonomiyaki Sauce)
20g Bonito flakes
Japanese 7-spice (togarashi) (optional)

Pantry Items

Sushi ginger (pickled red/pink ginger)
Kewpie Mayonnaise
Packet Nori sheets
2 litres Canola oil (Used twice)
Mirin
Soy sauce
200g ramen noodles
400g tin of corn kernels
225g can of bamboo shoots
Dashi powder
White miso paste
Cooking sake
500g packet Japanese short-grain rice
Rice wine vinegar

Items you may already have

Plain flour (4 cups)
Cornflour (1/2 cup + 2 Tablespoons)
Salt and pepper
Caster sugar
Vegetable stock powder
Sugar
Icing sugar

Approximate cost

(excludes Items you may already have,
includes the optional dessert)

\$151.00