

一汁三菜

ichijuu sansai 1 soup, 3 dishes

3 traditional plant based japanese meals for spring

day 1

1. miso soup
2. seasoned brown rice with corn
3. spinach gomaae (sweet soy seasoning)
4. kabocha salad (kabocha squash salad)
5. gomoku mame (dashi simmered beans)
6. eggplant yakibitashi (grilled + simmered)
7. hakusai otsukemono (pickled napa cabbage)
8. tea

day 2

1. osuimono (dashi vegetable soup)
2. sekihan (red bean rice)
3. gomadoufu (sesame 'tofu')
4. miso dengaku (sweet miso glaze)
5. tomato shiokonbu (salted konbu)
6. baby leaf salad
7. tea

day 3

1. kenchinjiru (root vegetable soup)
2. zakkokumai (multigrain brown rice)
3. soba noodle salad
4. shiraae (tofu seasoned vegetables)
5. asparagus yakibitashi (grilled + simmered)
6. glazed onion 'steak'
7. tea

