



virtual japanese conversational language exchange

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Japanese Cultural and  
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Northern California



JET Alumni Association of  
Northern California

**Beginner and Intermediate  
Japanese Language Lesson  
with Dr. Lisa Hofmann-Kuroda**

**J-Chat Session 17  
Friday, September 23, 2022**

# Virtual Japanese Language Exchange

## JCCNC / JETAANC

2022年 9月 23日

## Seasons in Japan

秋 あき Aki = Autumn

冬 ふゆ Fuyu = Winter

春 はる Haru = Spring

夏 なつ Natsu = Summer



# Seasonal Foods in Japan

Some foods associated with autumn:

大学芋 だいがくいも daigakuimo candied sweet potato

かぼちゃの煮物（にもの） kabocha no nimono stewed pumpkin

栗ご飯 くりごはん kuri gohan chestnut rice

炊き込みご飯 たきこみごはん takikomi gohan

大学芋

だいがくいも

daigakuimo

candied sweet potato



かぼちゃの煮物（にもの） kabocha no nimono stewed pumpkin



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# How to make Takikomi Gohan

ざいりょう Zairyoo Ingredients

ごはん Gohan Rice

しいたけ Shiitake Shiitake mushrooms

こんにゃく Konnyaku Konjac

あぶらあげ Aburaage Deep fried Tofu

にんじん Ninjin Carrot

ごぼう Goboo Burdock root

だし Dashi soup stock

みりん Mirin

しょうゆ Shooyu soy sauce

# How to make Takikomi Gohan

1. 椎茸を水にひたす Shiitake wo mizu ni **hitasu** **Soak** the shiitake in water



# How to make Takikomi Gohan

2. お湯を沸かす Oyu wo **wakasu** Bring the water **to a boil**

# How to make Takikomi Gohan

3. こんにゃくと油揚げを茹でる Konnyaku to Aburaage wo **yuderu**  
**Boil** the konjac and fried tofu



# How to make Takikomi Gohan

4. ごぼうと人参を切る Goboo to ninjin wo kiru Cut the carrot and gobo



# How to make Takikomi Gohan

5. 油揚げとこんにゃくを切る Aburaage to konnyaku wo kiru



# How to make Takikomi Gohan

出汁を作る Dashi wo tsukuru Make the dashi



# How to make Takikomi Gohan

お米を洗う      okome wo arau      Wash the rice





# How to make Takikomi Gohan

味醂と醤油をたす Mirin to shooyu wo tasu Add the mirin and shooyu



# How to make Takikomi Gohan

だしと椎茸をご飯に混ぜる Dashi to shiitake wo gohan ni mazeru

Mix the dashi and mushrooms in the rice



# How to make Takikomi Gohan

炊飯器でご飯をたく Suihanki de gohan wo taku

Cook the rice in the rice cooker

