

# ADULT NIGHT CLASSES



## Fact Sheet

### Japanese Cooking

Learn to prepare delicious Japanese dishes in the traditional way. Japanese food is one of the healthiest foods in the world. Prepare Sushi Rolls, Okonomiyaki, Sukiyaki and other well known Japanese dishes.

**Week 1** - Makizusi (Roll Sushi) Smoked Salmon with Avocado - Teriyaki Chicken -Egg Omelette -Strawberry Daifuku – Desert with Adzuki Bean Paste

**Week 2** - Udon Making - Curry Nanban (Curry Udon) - Hiyashi Chuka (Noodle Salad) Daikon Pickles Daikon Sorbet

**Week 3** - Takikomi Gohan (Salmon & Shiitake Rice) – Niku Jyaga (Boiled Potatoes with Beef) – Miso Shiru (Tofu & Wakame Miso Soup) – Aemono (Rocket with Sesami Dressing)

**Week 4** - Bento Box (Lunch Box) Onigiri(Seasoned Rice Balls) – Potato Salad – Chaking Shibori -Ka ra a ge (Fried Chciken)(Apricot & Sweet Potato Desert)

**Week 5** - Gyoza (Fried Dumplings) - Ken chin Jiru (Clear Soup with Tofu, Chicken & Vegetables) -Kuzukiri (Summer Desert with Kuzu)

**Week 6** - Tempura – Red rice - (Glutinous Rice with Adzuki Beans) - Dai I ga ku I mo (Candied Deep Fried Sweet Potatoes)

**Week 7** - Sardine Sauté' on Rice -Beef Mince Miso Dip with assorted vegetables – Nashi Pear with ice cream

**Week 8** - Sukiyaki – (Kantou-Style) – Seasoned Sashimi on Rice – Ice Cream – Yukimi Daifuku

**(Recipes are subject to change due to availability of fresh produce)**

#### Assessment

This is not a certificate course and there is no formal assessment for this course. Due to the flexible nature of Adult Education classes, parts of the curriculum may be adapted to suit the needs of the class.

A Certificate of Participation may be issued on request.

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Further questions or course advice:  
08 8920 1200 or email us at  
[csc.nightclasses@ntschoools.net](mailto:csc.nightclasses@ntschoools.net)

Note: All classes need a minimum number of students to go ahead. If your class does not have enough students it will be cancelled and you will be informed.

Term 1 – 2009 commences  
week beginning February 9<sup>th</sup>

Term 2 – 2009 commences  
week beginning April 27<sup>th</sup>

Term 3 – 2009 commences  
week beginning August 3<sup>rd</sup>

Term 4 – 2009 commences  
week beginning October 12<sup>th</sup>