



# Sea Bream Ochazuke with Sesame Sauce

Ochazuke is a simple Japanese dish made by pouring tea or broth over rice. Various seasonings and toppings can be added. Sea bream is a low-calorie, high-protein food with about 54 grams of protein per 100 grams. It is also rich in taurine, which helps lower blood cholesterol levels and strengthen heart function.

The light sea bream goes well with a thick sesame sauce. We recommend eating it as it is at first to savor the flavor of the sesame seeds, and then pouring the broth over it to make a refreshing tai chazuke (sea bream stew). The tangy flavor of wasabi is refreshing.



Anti-aging foodstuffs

Sea Bream

<How to make>

1. Soak kombu(kelp) in a quantity of water for 30 minutes and place over medium heat.
2. Remove the kelp before the water comes to a boil.
3. Add the dried bonito flakes to 2 and bring to a boil, then turn off the heat and let sit for 3~4 minutes before straining through kitchen paper.
4. Cut sea bream into thin slices.
5. Put white sesame seeds in a frying pan and roast over low heat for 4 minutes.
6. Scrub the white sesame seeds in a mortar until fine, then add the remaining ingredients for the sesame sauce and marinate the sea bream.
7. Serve the rice in a bowl with the sea bream.
8. Sprinkle with green onions, nori (seaweed) and wasabi to taste.
9. Finally, pour the dashi broth over the rice.



<Ingredients> For 2 servings      Tray kasanegasane

150g Sea bream sashimi

2 bowls of rice

Wasabi (Japanese horseradish), green onion, nori (seaweed) to taste

<Dashi Broth>

10cm kombu (dried kelp)

15g katsuobushi (dried bonito flakes)

400ml water

<Sesame sauce>

5 tablespoons white sesame seeds

3 tablespoons soy sauce

1 teaspoon sugar

1 teaspoon mirin (sweet cooking rice wine)

1 egg yolk

