

●OCTOBER CLASS●

**BASIC "WASHOKU" COOKING**

*~Enjoy the tastes of autumn~*

**Chicken Teriyaki Meatballs**

~With the best homemade teriyaki sauce recipe

**Mushroom Rice (Kinoko Gohan)**

~Using a donabe (earth pot)

**Miso Soup**

~Starting from dashi stock

**Japanese Pickled Vegetables**

~Learn the Quick & Easy Way

**【Japanese Measurements】**

1 teaspoon = 5 ml  
1 tablespoon = 15 ml  
1 cup = 200 ml