

お茶漬け *Ocha-Zuké*: A Master Recipe



Ocha-zuké, rice moistened with green tea broth, is Japanese comfort food at its most basic – a reliable stand-by that can be quickly assembled as hunger, or the mood, dictates. A delicious way to enjoy leftover rice, *ocha-zuké* is a favorite, late night snack of college students pulling all-nighters, salaried workers after a night of barhopping, and housewives after a disappointing restaurant luncheon with friends. There are hundreds of variations on the theme. I offer a basic recipe, below – it's a procedure, more than a recipe, for assembling the dish. Serves 4.

3 cups **Kelp-Enriched Tea Broth** (separate recipe; link in *Ocha-zuké* post) **OR**
3 cups tea, brewed (reference document stored May 1, 2020 post to Kitchen Culture)
2 to 3 cups cooked rice

various toppings; vegan choices marked with a (V) :

Seasoned Salmon Flakes (separate recipe; link in *Ocha-zuké* post)

Second Chance TeaTopping(separate recipe; link in *Ocha-zuké* post)

bubu araré (crunchy rice puffs), **PANTRY NOTES** at end of recipe (V)

umé-boshi (pickled plums) (V)

toasted *nori*, crumbled or cut into thin strips with dry scissors (V)

toasted sesame seeds (V)

mitsuba (trefoil), *shiso*, watercress or sprouts (V)

wasabi (green horseradish) (V)

Warm the Kelp-Enriched Broth over the lowest heat possible. Don't let the broth boil, as that will make it murky and bring out unpleasant, bitter overtones. OR brew tea.



Divide the cooked rice among four deep bowls. Garnish each with some, or all, of the toppings. Pour 1/4 of the hot tea broth over the rice in each bowl. It will look most attractive if you ladle broth in a circular motion from the outer edges toward the center, leaving the rice and toppings mounded in the center. The rice and toppings will not be totally submerged in broth.



To eat, stir with a spoon or chopsticks to mix the rice with toppings. Most Japanese will drink the broth directly from the bowl, using chopsticks in shoveling motions to scrape up rice kernels that cling to the sides of the bowl.

PANTRY NOTES

bubu araré (crunchy rice puffs) come in plain (left) multi-colored (right) versions.

