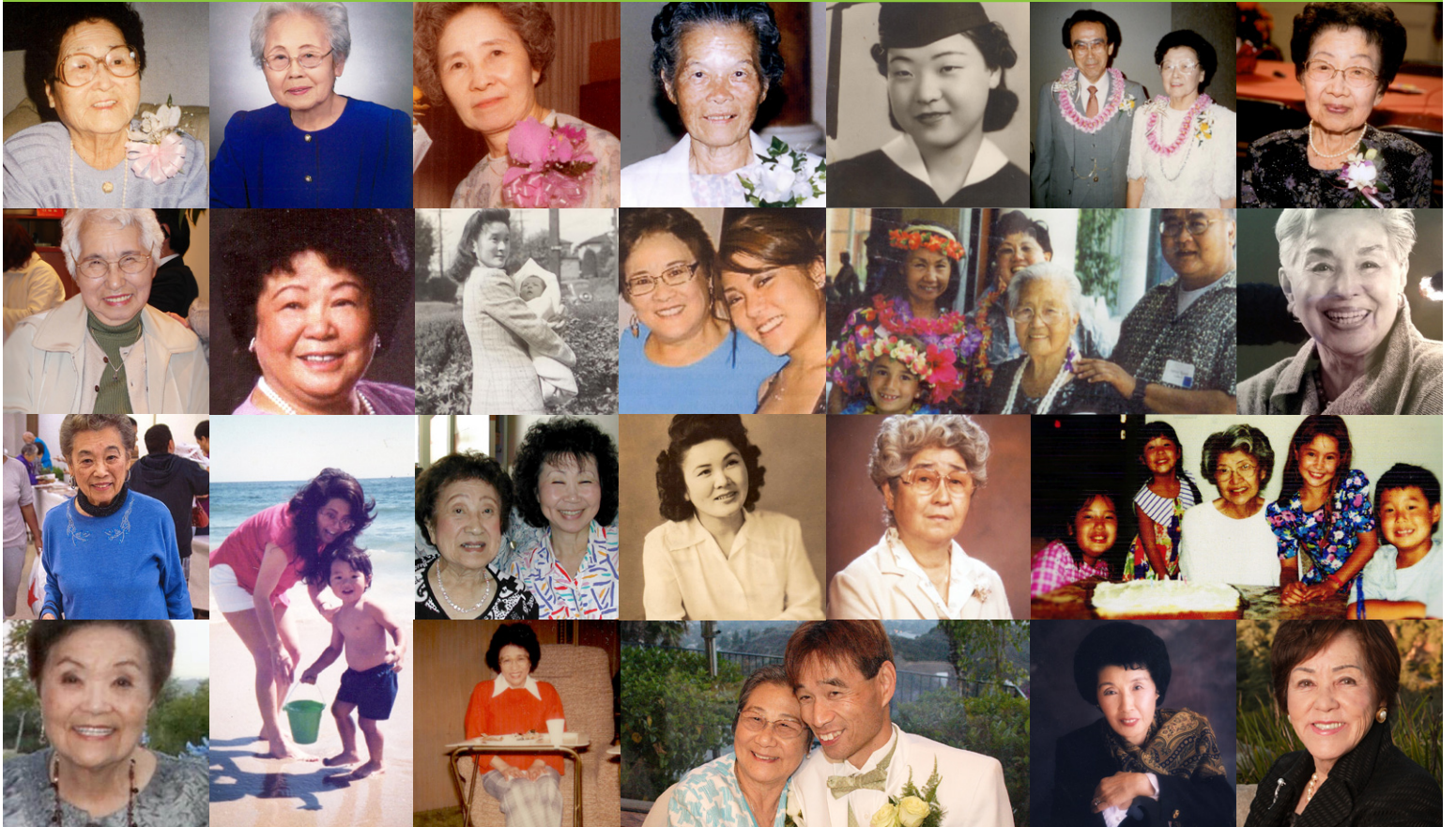




Recipes My Mother Taught Me

*A Collective Legacy of
Recipes & Remembrances*

Keiro 
Healthy Community - Healthy People





At Keiro's 2012 Women's Wellness Conference, **Lessons My Mother Taught Me: Empowering Women for Lifelong Vitality**, we learned that women are the primary transmitters of cultural beliefs and practices in families. As mothers and daughters experience happiness, conflict, and peace with each other, we define women's roles, manage autonomy-independence issues, and help each other with practical tasks.

The women (and men) who attended that conference and their friends and family members helped us create a personal and collective legacy for our community by submitting recipes, remembrances, and photos of their mothers that have been compiled in this keepsake book, **Recipes My Mother Taught Me: A Collective Legacy of Recipes and Remembrances**. Through these recipes our mothers gave us more than a meal; they gave us our family histories and lessons by which we live our lives.

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Side Dishes



Chinese Chicken Salad and Dressing

From Deena Lew in memory of her mother, Dahlia Kakiuchi

DRESSING

- 2 Tbsp. sugar
- 1 tsp. salt
- ½ tsp. pepper
- ¼ cup salad oil
- 1 Tbsp. sesame oil
- 3 Tbsp. white vinegar

SALAD

- Lettuce (*all different kinds of color*)
- Napa cabbage
- Sliced green onions
- Shredded chicken
- Fried wontons (*slide the wonton skins thinly and deep fry*)
- *Optional:* shredded carrots, snowpeas, cilantro, toasted almonds, mandarin oranges, water chestnuts

“When I was young, my mother would make lunch for my dad’s office. This is my first memory of everyone loving my mom’s Chinese chicken salad. She would serve it to her friends at luncheons, family gatherings, and take the salad to church potlucks. It became her signature dish. I still run into her friends and as much as they miss her, they also miss her salad. I am glad I can share it with everyone.”



Dahlia Kakiuchi with her grandchildren

Japanese Cucumber Salad

From Joan Ota Kawase in remembrance of her mother, Hisa Mary Ota

DRESSING

- 2 cucumbers (*Japanese cucumbers are best*)
- 3 Tbsp. vinegar
- ¼ cup shoyu (*can be less*)
- 1 Tbsp. sugar (*can be less*)

DIRECTIONS

Slice partially peeled cucumbers paper-thin: sprinkle with salt and let stand ten minutes. Rinse and squeeze water out. Mix together other ingredients and marinate cucumbers. Add if desired: prepared wakame, kamaboko, or crabmeat.

Chill and serve. Depending on amount served, can accommodate about four.



Hisa Mary Ota

“My mother, called either Mary or Hisa, operated a nursery and a farm with my father. Being the oldest daughter, she also cooked for her parents, who were also farmers, and siblings, at a very young age. She usually didn’t measure ingredients (she used her sight and taste) but this recipe she either found or made up for me. The Japanese Cucumber Salad is a salad that she always included as part of a Japanese meal. She would

make it with such ease and without measuring anything. People in the past would ‘taste and see’ in cooking because of the number of people eating and amount of food available to prepare. They were unable to go to the grocery store as we are able to. My mother is not only remembered for growing produce and plants but for cooking very well.”

Kimpira Gobo

From Irene Yamanishi in honor of her mother, Kiyoko Fujita

INGREDIENTS

- 1 lb. gobo
- 4 Tbsp. vegetable oil
- ½ cup shoyu
- 6 Tbsp. sugar
- ¼ cup mirin
- ¼ cup sake
- Chili pepper or cayenne pepper (to taste)

DIRECTIONS

Peel the gobo skin and cut gobo into thin match-like strips.

Soak in vinegar water (5 cups water and 1 tsp. vinegar) for 30 minutes. Drain.

Heat oil in frying pan and sauté gobo for 15 to 20 minutes or until tender.

Cook together shoyu, sugar, mirin, sake, and pepper.

Add mixture to gobo and cook until liquid is absorbed.

“New Year’s Day is one of our favorite family gatherings. It’s a time of joy, love, sharing, and reflecting. It’s a meaningful and happy day for Mom. She’s a great cook and continues to make traditional dishes for everyone to enjoy. Here’s one of them.”



Kiyoko Fujita

Mrs. Ueki's Umeboshi (Japanese Pickled Plum)

From Tomoko Fukuda in remembrance of her mother, Harue Ueki

DIRECTIONS AND INGREDIENTS

- Discard blackened stems and all other blemishes using a small knife. Wash ume.
- Soak in very salty water overnight, drain.
- Place ume in a tub to create one layer, sprinkle with lots of salt. Repeat steps one layer at a time till all ume is used, finishing with salt.
- Leave for 30 days. If mold appears, add more salt and mix.
- Spread ume on a cloth to dry for 3 days, turning over every day. (*Can be done in a garage*). At this time, ume should be soft. Hard areas should be kneaded with fingers to make it soft.
- After 3 days, pour hot water over ume to de-salt. Leave for one day and drain. Repeat process once or twice (*taste for saltiness*); when ready, dry completely.
- Put ume in clean tub. Mix 2 part honey, 1 part mirin, 1 part sake and 1 part Japanese vinegar. Pour over ume. Liquid should come up to about 70% of ume.
- Knead shiso with a little salt and Japanese vinegar to soften. Add softened shiso on top of ume. Shiso can be added as much as you like in stages.
- Put over the ume in the tub. After 10-15 days, taste to see if ready to eat.



Harue Ueki

“This recipe was originally given to my mother by Ichiro Miyoshi. Over the years, she has changed it a little to suit her taste—probably more honey since my mother loves anything that’s sweet. When the umeboshi are ready, she packs them into jars and keeps them in the refrigerator in her garage. When family and friends come to visit, they look forward to getting one of the jars of umeboshi.”

Orange/Lemon Marmalade

From Lily Nakatani in honor of her mother, Yoshi Inose

As told to Mama from Mrs. Asano of the Ibaraki Kenjinkai

INGREDIENTS

- 1 large orange chopped
- 1 lemon chopped
- 1 qt. water
- Sugar

DIRECTIONS

Soak orange and lemon in water overnight.

Add sugar: 2 cups fruit to 1 cup of sugar.

Boil until 2 little drips stay on the spoon (*about 70 minutes*).

“I can’t remember a time when I saw my mother use a recipe to make something. Nevertheless, she was a very good cook. So was my father.

At almost 104, my mother, Yoshi Inose, still lives alone, cooks, cleans, gardens, and teaches Omote Senke Tea Ceremony. She has lived a remarkable life and attributes her longevity to her loving family of four children, 10 grandchildren, and 16 great grandchildren and her love of tea ceremony.

The recipe I am submitting is one that my mother learned from Mrs. Asano of the Ibaraki Kenjinkai back sometime in the early 1930’s.

I don’t know anyone like my mother. She really is one of a kind. She has some remarkable traits that we all would love to inherit.”



Yoshi Inose

Potato Salad with Apples

From Marlene Okada in remembrance of her mother, Haruko Hada

INGREDIENTS

- 8-12 potatoes (*Russet, medium size*) boiled with skin
- 2-3 apples, peeled and chopped (*Fuji or any crisp apples*)
- 1 cup mayonnaise
- 1-2 Tbsp. relish
- 3 eggs, boiled and peeled
- Dash French mustard
- Salt & pepper
- Olives, whole or chopped for garnish
- Paprika to sprinkle on top

DIRECTIONS

Wash potatoes and boil with skin on. Cool, peel and chop to small bite size. Peel apples and chop to small bite size. Put into large bowl and add mayonnaise to moisten. Add relish, dash of French mustard, salt & pepper to taste. Grate the boiled eggs on top. Add olives to garnish. Sprinkle top with paprika as final garnish.

The taste of apples adds refreshing flavor to the potato salad.

"Potato Salad with Apples is a recipe from my mom who raised six children born within nine years, so she was busy. She did cook more basic recipes with three growing sons and three daughters. Mom was not gourmet, but she did enjoy meals shared together. Dad was in produce, so even in lean times, we had fruits and vegetables. Maybe that is where the apples filled in with the potatoes. Enjoy this recipe with hot dogs, hamburgers, ham, and family meals. Compliments are made whenever this dish is brought to potlucks."



Haruko Hada

Spinach and Tofu Salad

From Brandon Leong, in honor of his mother, Nancy Fujihiro Leong

INGREDIENTS

- 2 bags of spinach
- 1 pack of tofu (soft)
- 1/3 cup shoyu (low sodium)
- 2 Tbsp. sesame seeds

DIRECTIONS

Boil pot of water and add spinach. Stir spinach in hot water for about 5 minutes or until spinach is cooked.

Remove spinach, drain, and rinse in cold water. Cut cooked spinach into smaller pieces. Place in large bowl.

Open pack of tofu and drain liquid. Mix tofu with spinach until tofu is “mashed” together with spinach.

Add shoyu and mix together. More shoyu can be added for more flavor.

When ready to serve, sprinkle sesame seeds on top.



Brandon with his
mother, Nancy

“The hardest part about submitting this recipe was writing about the lessons my mother taught me. There are just so many things that I can attribute back to what I learned from my mother, and those lessons cannot be measured. I sometimes feel that the way she cooks translates to the way she raised me. She adds a sprinkle of this, a pinch of that, and sometimes things don’t come out exactly as planned. But no matter what, the entire recipe, whether it is in the kitchen or raising a son, comes from her heart and is filled with love. For several reasons, I am the person I am today because of my mother’s love and care. Hats off to the chef.”

Yamoto's Macaroni

From Sherry Matsuura in memory of her mother, Ethel Muto

INGREDIENTS

- ½ lb. sausage
- ½ lb. ground beef
- 1 can tomato sauce
- 1 can tomato paste
- 1 jar sliced mushrooms OR freshly sliced medium mushrooms
- 1 cup grated cheddar cheese
- 1 pkg. shell macaroni
- Finely chopped onions
- Salt and pepper to taste

DIRECTIONS

Cook macaroni and drain water. Brown ground beef, sausage, and onions.

Add tomato sauce, tomato paste, sliced mushrooms, cheese, and salt and pepper.

Place it and macaroni in a casserole dish and sprinkle grated cheese on the top.

Put in the oven at 350 degrees for about 20 minutes or until thoroughly hot.

"Whether she was called Mom, Auntie, Grammie or Great Gram, she was loved by all for her happy spirit and great cooking. I remember many family get-togethers when the hot and delicious macaroni casserole was placed on the table to join other dishes to enjoy. "



Sherry with her mother, Ethel

Main Dishes



Cedric's Casserole

From Dianne Kujubu Belli in memory of her mother, Mary M. Kujubu

INGREDIENTS

- 1 to 1 ½ lb. ground beef
- 1 onion, chopped
- 1 head of cabbage – quartered, then cut cross-wise into 1 inch strips
- 1 can tomato soup
- Salt & pepper

DIRECTIONS

Brown ground beef in a sauce pan, add onion and cook until translucent.

Add cabbage, tomato soup, salt, and pepper. Cover and cook until it's done.

“My mother was a Kibei who was born in Los Angeles and was raised in Hiroshima from the time she was 5. After the Atomic Bomb was dropped and World War II ended, my grandparents sent my mom and her younger sister (then 17 and 14) to live in the U.S. My mom worked as a live-in housekeeper and my auntie was a school girl in another household. Because my mother grew up during the War, she never learned to cook, yet she was expected to cook and clean in this new and strange environment. Her employers believed that English immersion was the best way to become situated in the U.S., so she was not allowed to read Japanese or speak Japanese – even to her own sister. Consequently, in order to prepare meals for her employer, Mom would translate the English recipe into Japanese and memorize it. She said that if she got stuck part way, her English reading wasn't strong enough to be able to refer to the English recipe while cooking.

I don't think she would have prepared Cedric's Casserole for her employers. It is too simple and down-home, but for my sister and brother and me, this casserole means 'home.'”



Mary M. Kujubu

Chirashi Zushi

From Jane Iwanaga in remembrance of her mother, Tayeko Matsura

SUSHI RICE

- 3 cups rice
- 3 cups water

VINEGAR MIXTURE

- ¼ cup Japanese rice vinegar
- ¼ cup white vinegar
- ½ tsp. salt
- 1 Tbsp. sugar

Wash rice, let stand for 2 hours. Cook rice in rice cooker and after done, let stand for a few minutes. Heat vinegar mixture in microwave just to melt sugar and add to rice. Let rice stand for ten minutes or longer. Put rice in large bowl and fold with oshamoji while fanning to cool. Fold in sushi ingredients.

SUSHI INGREDIENTS

- 6-8 shiitake soaked in water for 20 minutes
- One 8 oz. can takenoko, sliced julienne
- 2 carrots, sliced julienne
- 1 kamaboko, slice julienne (*save colorful part for garnish, soak in vinegar*)
- 6-8 green beans, julienne (*optional*)
- 10 Chinese peas, sliced

BOIL FOR BROTH

- 4x4 inch piece of kombu (*after boiled, slice up in small strips*)
- ½ cup water
- 1 tsp. Hon-Dashi
- 1 envelope katsuo dashi (2 ½ tsp.)
- 2 Tbsp. sugar
- 1 tsp. salt

Chirashi Zushi (continued)

Add shiitake, kamaboko and takenoko to broth. Let simmer for about 10 minutes, covered. Add 2 Tbsp. sake. Uncover, add carrots, beans and cook on low to medium heat until broth is just about evaporated. Add Chinese peas, cook for just a few minutes. Toss gently into sushi rice. Put into large Japanese sushi platter and garnish.

GARNISH

- Eggs:
- 1 Tbsp. sugar
 - 1 Tbsp. sugar
 - 1 Tbsp. sake
 - Pinch of salt

Mix well and fry quickly in thin sheets. Cool and cut into thin strips.

Peas: ½ cup frozen peas (*thaw and sprinkle on rice*)

Nori: Cut into thin strips

Pickled ginger: Cut in fine slivers

Kamaboko: Cut in fine slivers



Tayeko Matsura

“This Chirashi Zushi recipe is from watching my mom make this without any recipe. I had to stand next to her with a paper and pen and just estimate what she was putting into this fabulous rice dish that we all looked forward to at family gatherings. The reason I never learned to make this myself was because it was so easy to ask her to make it and she would just whip it out without any problem. We all looked forward to seeing her Chirashi Zushi on the table so beautifully garnished.”

Comfort Food Katsudon

From Frank Buckley, KTLA Morning News co-anchor, in honor of his mother, Toshiko Buckley

INGREDIENTS

- Medium onion thinly sliced
- 2-3 tsp. of sugar
- 2/3 cup of water
- 1 Tbsp. light soy sauce
- 1 egg slightly beaten
- 2-3 pieces of tonkatsu sliced in 1-inch wide strips

DIRECTIONS

Place onions, sugar, and water in a small skillet. Bring to boil.

Reduce heat to medium and simmer until mixture reduces to approximately half of original size. Stir in soy sauce and distribute evenly. Reduce heat to low. Add sliced tonkatsu. Cook 2-3 minutes until soft.

Pour slightly beaten egg over everything and cook for approximately one minute *(or until egg is cooked and is soft)*.

Place single serving of warm cooked rice in large rice bowl. Slide cooked tonkatsu-egg-onion mixture atop rice.

Serves one *(happy son)*. Enjoy!

“One of my late father’s favorite foods was my mother’s deliciously prepared pork tenderloin tonkatsu served with finely sliced cabbage and hot rice. He loved dipping his tonkatsu in “Bull-dog” sauce, drizzling that sauce across his cabbage and rice, and then eating it quietly with a satisfied smile on his face.

The next day, Mom would take the left over tonkatsu and make katsudon for me. It’s a comfort food that Mom still makes for me to fill my stomach and to fill my heart with memories of my dad.”



Toshiko Buckley

Curried Rice

From Joan Ota Kawase in remembrance of her mother, Hisa Mary Ota

INGREDIENTS

- 2 onions, finely chopped
- 2 cloves garlic, crushed
- ½ cup celery, finely chopped
- 1 heaping Tbsp. curry powder
- Dash monosodium glutamate
- 1 Tbsp. soy sauce
- 4 cups cooked rice
- ½ cup cooked and crumbled bacon
- 1 cup crab meat
- 1 cup shredded, cooked chicken meat

DIRECTIONS

Heat 2 Tbsp. oil in large skillet and sauté onions, garlic, and celery for 10 minutes. Add and cook curry powder, monosodium glutamate, and soy sauce until blended. Add cooked rice, bacon, crab meat, and chicken meat. Mix well. Bake 30 minutes at 350°F. Garnish with chopped green onions.

“My mother, called either Mary or Hisa, operated a nursery and a farm with my father. Being the oldest daughter, she also cooked for her parents, who were also farmers, and siblings, at a very young age. She usually didn’t measure ingredients (she used her sight and taste) but this recipe she either found or made up for me. Her Curried Rice was made for special occasions since it is expensive and time consuming. My mother is not only remembered for growing produce and plants but for cooking very well.”



Hisa Mary Ota

Easy Sweet and Savory Spaghetti

From Wendy Okada in remembrance of her mother, Nancy Shigekawa

INGREDIENTS

- 1 lb. ground beef
- 1 clove garlic, minced
- 1 small onion, chopped
- 1 Tbsp. salad oil
- 2 (10 ¾ oz.) cans condensed tomato soup
- ½ soup can water
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 ¼ tsp. Italian herbs
- 2 tsp. sugar
- 1 bay leaf

DIRECTIONS

Brown beef, garlic and onion in oil. Blend in soup, water and seasonings.

Simmer 30 minutes; stir often.

Serve sauce over spaghetti. Sprinkle with grated parmesan cheese.

Serves six.

“This spaghetti recipe was always one of my favorite meals growing up, and even until today. Although we were Japanese, my father was a “meat and potatoes” guy and enjoyed a lot of non-Asian dishes. This sweet spaghetti sauce has now since become a favorite of my kids and their friends as well and will always bring back memories as one of my “comfort foods” from my childhood.”



Nancy Shigekawa

Flank Steak

From Sami Ohara in honor of her mother, Michiko Nomoto

INGREDIENTS

- 1 piece of flank steak
- ½ cup of sugar (or less)
- ½ cup of soy sauce
- 2 stalks green onion, chopped
- 1 clove garlic, minced
- 1 egg beaten
- Flour

DIRECTIONS

Tenderize flank steak.

Marinate in soy sauce, sugar, and garlic for ½ hour.

Coat with flour, dip into egg and chopped green onion, minced.

Fry in hot oil.



Michiko Nomoto

“Our mom worked as a CNA at Keiro for many years. Our mom enjoyed working at Keiro, especially working with the Japanese patients since Japanese was her native tongue. She worked extremely hard her whole life, as did many Issei and Nisei of her generation. Her favorite things in life were her grandchildren, sewing, gardening, her sister and brother (long deceased), Keiro, and watching ‘I Love Lucy.’

The recipe is my mom’s favorite, but it is not an original concocted recipe.”

Fried Eggplant with Pork Gravy

From Mardy Maehara and Louise Tsukahara in honor of their mother, Aki Tsukahara

INGREDIENTS

- 1 lb. ground pork
- Cooking oil
- 4 Tbsp. Kikkoman soy sauce
- ¼ tsp. Ajinomoto
- 1 Tbsp. sugar
- ¼ tsp. salt
- 2 Tbsp. cornstarch
- 2 Tbsp. water
- 1 lg. eggplant
- Flour
- Chopped green onion
- Chopped fried egg

DIRECTIONS

Heat a little oil in a large skillet, add ground pork and brown well, drain off oil.

Add enough water just to cover the meat, cover and simmer 10 to 15 minutes. Season with soy sauce, Ajinomoto, sugar, salt, and thicken with cornstarch and water. Add more water if necessary and make a juicy gravy.

Slice the eggplant 1-inch thick with skin on. Soak in water to remove bitterness and prevent discoloring, dry on towels and flour. Pan-fry each side until tender. Drain on towels.

Serve the eggplant with meat gravy on top, sprinkle scrambled egg and green onion.

“This is a recipe from my grandmother, Moto Mori Tashiro, which was passed on to my mother, Aki Tsukahara. My grandmother was the wife of Dr. Kikuwo Tashiro.

It was included in the first edition of “Nisei Favorites,” the cookbook from the Gardena Valley Baptist Church, first printed in 1966. My mother, Aki Tsukahara, was the cookbook committee chairman.

It’s a family favorite that has been handed down to the Yonsei generation. My husband loves it too. It’s very easy to make. I add a splash of mirin and sometimes bake the onasu with a little olive oil to cut down on the fat. I also omit the ajinomoto. ”



Mardy with her grandmother, Moto in 1956

Hamachi Kama

From Andy Nakano in honor of his mother, Kinu Nakano

INGREDIENTS

- Yellowtail collar
- Daikon
- Shoyu
- Lemon

DIRECTIONS

If frozen, thaw in your refrigerator overnight and it's ready to cook next day.

Rinse off and hand towel dry. Cover a sheet pan with foil and place yellowtail skin down and place in pre-heated broiler or toaster oven. Caution: if you use a toaster oven, it will smell of fish for a long time.

Cook approximately 20 minutes and flip over with skin side up. Skin will turn brown and crispy in about five minutes.

Remove and place on dish with grated daikon for garnish. Use fresh lemon and shoyu for flavor.

The flavor comes from the fatty meat around the bones. Simple dish that goes well with a pot of rice and a nice green salad.

*Downside: strong fishy smell afterwards—
air out your kitchen.*

"This is something I learned as a child watching my mother prepare a simple seafood dinner. Going back 40 plus years ago, seafood vendors would give or throw away this part of the fish. My mother would happily accept and cook the yellowtail kama for our family. Now you can find yellowtail collar at most seafood markets or at your local Japanese market. One collar or neck per one serving."



Kinu Nakano

Hawaiian Chicken

From Jean Yamada in remembrance of her mother, Alice N. Morita

INGREDIENTS

- 1 large can crushed pineapple (undrained)
- ¼ cup brown sugar
- ¼ cup vinegar
- 2 Tbsp. soy sauce
- ½ tsp. Worcestershire sauce
- ½ cup ketchup
- 2 Tbsp. cornstarch
- 3 ½ lb. chicken, cut up

DIRECTIONS

Preheat oven to 350°F. Mix together all ingredients- EXCEPT chicken and cornstarch- until well blended.

Mix cornstarch with a little water until smooth. Add to cooking sauce, stirring until sauce is thick.

Place chicken pieces (*seasoned with salt and pepper*) in casserole dish. Pour sauce over chicken, cover, and cook one hour in 350°F oven. After one hour, uncover dish and cook 30 minutes longer. Serves six.



Alice Morita

“Yummy and simple. That’s the kind of recipe that I find most appealing. For Mom, simple or complex, as long as her family ate and enjoyed, she was pleased.

My oldest brother would often ask my mother why she didn’t ‘teach’ me how to cook. Her reply was that I would learn on my own. ‘Just read the recipe and cook’ was her advice. She was right. Ingredients, cooking times, other directions are usually written. As for taste...that comes from experience and memories of Mom’s cooking.

And the Hawaiian influence in any recipe would bring to mind my mother’s and my father’s personal early history. They were both born in Hawaii, met and married each other and both still have family there. It’s always a special delight to visit family on those beautiful islands.”

Lasagna Napoli

From Irene Yamanishi in honor of her mother Kiyoko Fujita

INGREDIENTS

- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1 to 1 ½ lb. ground beef
- 2 Tbsp. salad oil (divided)
- 1 can (3 or 4 oz.) sliced mushrooms
- 1 can (8 oz.) tomato sauce
- 1 can (6 oz.) tomato paste
- 1 ½ tsp. salt (divided)
- 1 tsp. oregano
- ¾ cup water
- 2 eggs
- 1 pkg. (10 oz.) frozen chopped spinach, thawed & juice squeezed out
- 1 cup cream style cottage cheese
- 1/3 cup grated parmesan cheese
- 1 pkg. (12 oz.) lasagna noodles, cooked and drained
- 1 pkg. (8 oz.) American or Mozzarella cheese slices, cut into strips

DIRECTIONS

Brown onion and garlic in 1 Tbsp. oil. Add ground beef and break apart. Cook until brown. Blend in mushrooms including mushroom liquid, tomato sauce, tomato paste, 1 tsp. salt, oregano, and water. Simmer 15 minutes.

Meanwhile, mix one of the eggs with the spinach, cottage cheese, parmesan cheese, remaining 1 Tbsp. oil and ½ tsp. salt. Beat the second egg slightly and toss with the cooked lasagna. Pour half of the meat sauce into a 13x9x2-inch baking dish and cover with a layer of ½ of the lasagna. Spread all the spinach mixture over the lasagna. Next, add another layer of lasagna and then the meat sauce.

Cover and bake at 350 degrees for 45 minutes.

Remove cover and arrange slices of cheese on top; bake for 15 minutes longer. Makes 6 to 8 servings.

"Mom is a great cook! Though at 94 years old she doesn't cook as much anymore, she loved sharing recipes, trying new ones, and preparing dishes that our family enjoyed. This one was one of my Dad's favorites."



Kiyoko Fujita

Mom Nakanishi's Spare Ribs

From Claire Seki in remembrance of her mother, Yoshiko Nakanishi

INGREDIENTS

- 2 lb. spareribs*
- 1/2 cup flour
- 1/2 cup shoyu
- 3 Tbsp. Canola oil
- 1 Tbsp. minced ginger root
- 4 cloves minced garlic
- 1 1/2 cups white vinegar
- 1 tsp. salt
- 1/2 cup sugar

* You can get these at Costco, Stater Brothers' St. Louis style ribs, or Marukai

DIRECTIONS

Cut ribs apart, place in large pot, and cover with water. Bring to boil.

Drain into colander.

Whisk together flour and shoyu in large bowl. Add ribs and coat well. Let stand for 30 minutes.

In a large pot, heat oil. Add garlic and ginger. Add ribs and brown (*discard leftover shoyu and flour mixture*).

Mix together vinegar, water, sugar, and salt. Pour over ribs and simmer for several hours.



Yoshiko Nakanishi

"Mom was a great cook. She cooked for her family, her neighbors, friends, and especially, for people who were ill. She could tell you what ingredients were used to cook the food served at Japanese restaurants; she never used a recipe. She cooked using the 'o-yo-so' method. This is one of her rare recipes!"

Mom's Spare Ribs with Japanese Style Barbecue Sauce

From Rumiko Iijima Nakatani in remembrance of her mother, Kyoko Iijima

INGREDIENTS

- 1 ½ lb. pork baby back ribs, or regular ribs

SAUCE

- ½ cup shoyu
- ½ cup brown sugar
- 3 Tbsp. catsup
- ½ tsp. smoke flavor
- ½ tsp. Tabasco sauce
- Dash pepper
- ½ tsp. garlic powder

DIRECTIONS

Cook spare ribs for one hour in simmering water. Marinate in barbecue sauce at least half an hour. Broil or grill.

“This meal is one that we five kids requested of our mother whenever she asked us what we wanted to have for our birthday dinner. Now her grandkids make this meal for special occasions, and her great-grandkids really enjoy eating these ribs.

My mother believed in ‘no mottainai’ in every aspect of her life. She would refrigerate the water used to cook the ribs, after it cooled down. Then she would skim the fat and make soup with the water. She called the soup, ‘oppunsui.’

It had napa, pork bits, onions, sometimes other vegetables, and then stirred- in scrambled eggs which would create egg ‘ribbons’ in the soup. Two meals in one!

She would make broth out of any bones for its good flavor and for its health benefits. We continue to make ‘bone soup’ to this day.”



Rumiko with her mother, Kyoko in 1942 before leaving for a relocation camp

Mom's Spareribs

From Barbara Shoji in honor of her mother, Aileen Shoji

INGREDIENTS

- 3-4 lb. pork spareribs
- ½ cup soy sauce
- ½ cup ketchup
- ½ cup brown sugar, packed
- ½ cup honey
- Garlic powder
- 1 small piece of ginger, grated

DIRECTIONS

Place ribs in a large pot and cover with water, and bring to a boil.

Reduce heat and simmer 35-40 minutes. Drain.

Combine remain ingredients and pour over ribs.

Bake in oven (*optional*).

"Cooking and baking were Mom's passion. She loved trying new recipes and everyone loved her creations. She would always bake and share her goodies with family and friends. These recipes are favorites of all who tried them."



Aileen Shoji

Oyster Sauce Beef Broil

From Linda Aratani in honor of her mother, Sakaye Aratani

INGREDIENTS

- 1 piece of flank steak (1 ½ to two lb. scored or tenderized by butcher)

MARINADE

- 1 tsp. salt
- ¼ cup shoyu
- 2 Tbsp. oyster sauce
- 1 Tbsp. sherry wine
- 1/8 cup sugar

DIRECTIONS

Combine marinade ingredients. Marinate meat for three hours.

Broil 3 inches from flame for 4 minutes. Turn over, broil four minutes on other side.

To serve, cut the meat in half, lengthwise, and slice the meat diagonally and thin.



Sakaye Aratani

“My mother is an incredible cook. She doesn’t cook too much anymore but she has always had a thing for flank steak. She liked the fact that it was so lean. The problem has always been that it is a tough, fibrous cut. So, she would follow recipes using flank steak and always cut it in a certain way, against the grain, and thin, so that it was always tender. I can think of 3 or 4 ways that she would prepare flank and I loved them all. This recipe is her most recent one and she made it go along with my turkey last Thanksgiving. What a feast we had! Thanks Mom for teaching me how to cook a flank. All of her grandchildren also love ‘Nana’s flank steak.’”

Pan Fried Pork Chop

From Glenn Tanaka in memory of his mother, Chris Tanaka

INGREDIENTS

- Pork chop
boneless or bone in, thick or thin, lean or fatty, whatever you prefer
- Salt and pepper to taste

DIRECTIONS

Heat frying pan to medium heat with butter or vegetable oil, enough to coat the bottom of the pan.

Season pork chop to taste with salt and pepper.

Fry about 2 to 3 minutes each side, longer for thicker pork chops.

Add lots of love.

“For some reason, Mom thought that her pan fried pork chop was my favorite. Whenever she prepared it for me, I knew it was special for her so that in turn made it special for me. The recipe is very simple, yet thinking back it really makes me think about a deeper meaning that I get from it. Many times, as in life, simple is best; just add a lot of love!”



Chris Tanaka

Portuguese Bean Soup

From Erin Yamauchi in remembrance of her mother, Sharon Yamauchi

INGREDIENTS

- 1-2 lb. stew beef chunks
- 1-2 lb. ham hock chunks
- 1 Portuguese sausage (*mild*)
- 1 Portuguese sausage (*hot*)
- 3-4 stalks of celery
- 3-4 carrots
- 1 medium onion
- 1 large potato
- 1 can kidney beans
- 1 bottle beer
- 2 quarts water
- 1 Tbsp. salt
- 2 small cans tomato sauce
- 1 bottle ketchup
- ½ package elbow macaroni: cooked
- ½ head cabbage

DIRECTIONS

Spray a large pot with Pam and brown the onions, stewing beef, ham hock chunks, and Portuguese sausage. Salt and pepper to taste. Once browned, add water and beer. Cut vegetables into chunks (like in stew) and add to soup. Add tomato sauce and ketchup with equal amounts of water. Add kidney beans and cabbage. Simmer. Just before serving, add macaroni in each soup bowl and pour soup over it.

Note: the amount for each ingredient depends on how much soup you want to make.



Sinigang Na Carne (Sour Soup with Meat)

From Holly Ann Posadas in remembrance of her mother, Dale Posadas

INGREDIENTS

- 2 lb. beef short ribs or pork spareribs, cut in serving sizes
- 1 medium brown onion, sliced
- 3 medium-sized tomatoes, quartered
- 2 Tbsp. ginger, thinly sliced
- 5 green tamarinds (*substitute ½ cup lemon juice*)
- 3 medium-sized taro, cut into big cubes
- 1 daikon (long radish), sliced diagonally about ½ inch thick
- 1 bunch long green beans, cut about 4 inches
- 1 bunch green mustard or spinach
- 3 green onions, cut into thirds
- 2 tsp. salt (*or 2 Tbsp. fish sauce*)

DIRECTIONS

Simmer meat with 4 cups of water or enough to cover for about 30 minutes. Add salt, tomatoes, brown onion, and ginger. Let it boil, then simmer.

Cook tamarind with 1 cup of water in another pan until soft. Mash with the water you boiled in and strain to get rid of pulp and skin. Add to meat mixture. Continue to simmer meat until tender, adding more water if necessary. Add taro and radish. When almost cooked add beans, green onions, followed by green mustard or spinach. Season to taste with fish sauce and lemon juice for a more sour taste. Serve hot with rice.

You can substitute meat with fresh fish like rock cod, striped bass, milk fish, salmon head and also prawns and blue crabs.

"I can honestly say that this dish is my all-time favorite. I can eat this soup on the hottest day of the summer and still enjoy it. Every time I have a sore throat or feel a cold coming on, I would always ask my mom to make this soup. Luckily, she always has ingredients for this recipe around the kitchen. Now that I don't live at home during the school year, I am always craving my mom's sinigang. I have tried to buy sinigang from fast food restaurants near school, but none of them make it like my mom does. So every time I come back home for the holidays, I not only look forward to seeing my family, but I also look forward to eating my mother's home-cooked meals."

Teriyaki Fried Chicken

From Nancy Dobashi Ellison in honor of her mother, Masako Dobashi Marumoto

CHICKEN

- 2 lb. chicken cut in small pieces
- Salt
- All-purpose flour
- 2 eggs, beaten
- Panko
- Salad oil for deep frying

Salt and coat the chicken pieces with flour. Dip floured chicken in beaten eggs then coat with Panko. Deep fry in oil until coating is light brown. Drain on paper towels.

SAUCE

- 1 cup shoyu
- ½ cup mirin
- 1 cup sugar
- White sesame seeds

DIRECTIONS

Combine shoyu, sugar, and mirin in small sauce pan, and bring to boil. Remove from heat and dip chicken pieces in sauce. Place chicken on foil-lined cookie sheet, and sprinkle with sesame seeds.

Bake at 300 degrees for 50 minutes.

“When trying to think what recipe to submit, I asked my family, ‘What is your favorite dish made by Grandma?’ Hands down, the answer was Teriyaki Fried Chicken. The grandkids always request this dish for their birthday dinner each year. Even for a last minute dish, Mom has chicken in the freezer and could whip it up in no time. Mom says it’s so easy to make, but mine never seems to come out tasting the same. In fact, nothing I make comes out tasting as delicious as what she prepares. I don’t think she follows her own recipe. Mom says there’s a lot of guessing in her cooking. Cooking is effortless for Mom. She can go to a restaurant and come home to replicate a dish she enjoyed. Mom loves sharing her baked goods and homemade jams with family and friends. The family always looks forward to weekend dinners at Grandma’s. There’s so much food and plenty to take home, too. What makes everything Mom prepares so good? It must be the care and love she puts into everything she does for our family.”



Masako Dobashi Marumoto

Desserts



Apple Crisp

From Lesley Sunoo Wong in honor of her mother, Elaine Sunoo

INGREDIENTS

- 7-8 apples, peeled and sliced
- 3 Tbsp. oats
- 3 Tbsp. brown sugar
- 3 Tbsp. flour
- $\frac{3}{4}$ cubed unsalted butter

DIRECTIONS

Preheat oven to 350 degrees.

Mix oats, brown sugar, flour, and butter together until crumbly.

Place sliced apples in baking dish. Put crumb mixture on top to cover apples.

Test for doneness—about 40-45 minutes.

Helpful hints from Mom: You can make a smaller quantity—use fewer apples and adjust topping amount OR for a healthier version, decrease the amount of crumb mixture.

“When I moved to St. Louis for graduate school, my mother created a cookbook full of familiar and easy recipes from family and friends. This recipe is one of my favorites from the book because it tastes delicious and can be made at the last minute with ingredients I generally have on hand. Additionally, it reminds me of many values I grew up with—the joy that can be found in small things, the importance of occasional indulgences, and that good food is simple, fresh, and delicious.”



Lesley with her mother, Elaine

Banana Chiffon Cake

From Evelyn Kita in remembrance of her mother, Fusaye Hashimoto

INGREDIENTS

- 2 ¼ cups flour
- 1 ½ cups sugar
- 3 tsp. baking powder
- 1 tsp. salt
- ½ cup salad oil
- 5 egg yolks, unbeaten
- 1 tsp. vanilla
- ½ cup cold water
- 1 cup mashed banana
- Nuts, walnuts, chopped (*optional*)
- 8 egg whites
- ½ tsp. cream of tartar

DIRECTIONS

Sift flour, and then sift together sugar, baking powder, and salt in a bowl.

Make well in center and add salad oil, egg yolks, vanilla, cold water, mashed banana, and nuts. Beat with spoon until well mixed.

Beat 8 egg whites until very stiff. Add cream of tartar.

With low speed, mix with first group until thoroughly mixed, scraping sides with spatula.

Bake at 325° for 55 minutes.

Raise oven temperature to 350° and bake for 15 minutes to brown.

Place pan upside down and cool for 2 to 3 hours.

Continued on following page...

Banana Chiffon Cake (continued)

FROSTING

- 1 cup powdered sugar
- ½ cup butter
- 1 tsp. vanilla
- ½ banana, mashed
- 2 Tbsp. milk

Combine together and spread over cooled cake.

“My mother has enjoyed cooking since she was a child. Everyone looks forward to our family get-togethers because of her delicious meals. She learned to cook from her father and mother who had restaurants in Terminal Island. My grandfather arrived in this country in 1896 and my Grandmother in 1918. My grandmother brought the old Japanese way of cooking from scratch to this country, a tradition that she handed down to my mother. My grandfather learned to cook here. His favorite was making apple pie along with many other American dishes. My mother majored in home economics which was a perfect blending of her Japanese heritage and the adventure of constantly searching for new and better recipes from all cultures. Since we are all health conscious now, she makes this very light Banana Chiffon Cake which she made for her own 89th birthday celebration. Everyone loves it from her children to her grandchildren down to her latest great-grandchild! Her culinary skills are a blessing we joyously share.”



Fusaye Hashimoto

Bread Pudding

From Erin Yamauchi in remembrance of her mother, Sharon Yamauchi

INGREDIENTS

- 32 oz. half & half
- 16 oz. whipping cream
- 16 eggs
- 2 ½ cups sugar
- ½ tsp. vanilla
- Sweet bread (*I usually use the King's Hawaiian Bakery round one, about ¾ of it; depends on how bread-like or custard-like you want it*)
- 1 tsp. cinnamon powder
- 2 tsp. sugar
- 4 Tbsp. raisins (*optional*)

WILL ALSO NEED

- 13" x 9" glass pan
- Water bath: put 13" x 9" glass pan inside of the bottom of the broiler pan and put water about half up the glass pan

DIRECTIONS

Mix eggs, half & half, whipping cream, sugar, and vanilla well (*I use a mixer to be sure it is mixed well*).

Arrange bread in the bottom of the 13"x9" glass pan. Pour egg mixture over bread. Make sure bread is soaked with egg mixture. You may not use all of the egg mixture depending on how much bread you place in the pan. Less bread equals a more custardy pudding. More bread equals a more bready pudding.

In a small bowl, mix ½ tsp. cinnamon with the 1 tsp. sugar. Spread this over the top of the bread mixture. If you add raisins, sprinkle them over the top of this.

Cover with foil. Bake in a water bath at 400°F for 75-90 minutes.

After finished baking, sprinkle the remaining cinnamon and sugar on top.

Butterscotch Icebox Cookies

*From Linda Tanamachi in memory of her mother, Kay Fujikawa,
and in honor of her mother-in-law, Yaeko Tanamachi*

INGREDIENTS

- 1 ½ cups brown sugar
- ½ cup butter (1 stick)
- 1 egg
- 2 cups flour
- ½ tsp salt
- ½ tsp baking soda
- ½ cup walnuts, chopped

DIRECTIONS

Cream butter; add brown sugar and cream until light. Add egg. Cream again.

Sift dry ingredients and add to the above mixture. Add nuts and mix with your hands into the mixture. Divide mixture in half. Form each half into a roll 1 ½ inch in diameter. Wrap in wax paper. Chill overnight.

Slice roll ¼ inch thick and place on ungreased cookie sheet. Bake at 375 degrees for 10 minutes until golden.

Remove and cook on cookie sheet. Store in an airtight container.



Kimiye Kay Fujikawa

“My mother was a working mom. After working all day, she came home and cooked every night. She was mainly a utilitarian cook and every Saturday night was hot dog night. All through my growing up years I thought everyone ate hot dogs on Saturday nights! However, my mom also loved giving parties and was hostess to many family holiday get-togethers, especially for my father’s family because our grandmother lived with us. My mother took care of her mother-in-law in her home until my obachan passed away at age 100.

I also want to mention my mother-in-law who is a great cook and a sweet lady. She loves people and it is her pleasure to bring her delicious food to others. She is still doing this at age 96!

These amazing women taught me about demonstrating love through their care of their families and others. This is an old recipe from my mother-in-law. She was never able to get her mother-in-law’s recipe for similar cookies so she looked for her own and found this in a magazine and it’s been a family favorite ever since. Once people taste it, it usually becomes one of their favorites too. They’re very light and crispy.”



Yaeko Tanamachi

Carrot Cake

From Melissa Dyo in memory of her mother, Phyllis Nakagawa

INGREDIENTS

- 2 cups sugar
- 1 ½ cups oil
- 3 eggs
- 2 tsp. vanilla
- 2 cups flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 2 cups grated carrots
- 1 cup pecans (*Optional. Or use other nuts*)
- 1 small can crushed pineapple, drained

DIRECTIONS

Mix sugar, oil, and vanilla together. Add eggs, one at a time while continuing to mix well.

Combine dry ingredients (flour, baking soda, cinnamon, and salt) and add to oil mixture. Mix well.

Fold carrots, nuts and pineapple by hand into above mixture until well distributed.

Pour into a greased and floured pan (9"x13" or bundt) and bake at 350° for approx. 1 hour. Use toothpick test to check if done.

"This is the moistest and most delicious carrot cake I've ever had. Our mom never put frosting on it and it was perfectly yummy without it. Our mother passed away several years ago, but we are keeping her memory alive with our stories and by making the foods she used to make for us."



Phyllis Nakagawa

Cranberry Jell-O (Reduced Sugar)

From Katelyn Mori in remembrance of her mother, Lynn Mori

INGREDIENTS

- 1 pkg. fresh cranberries
- 2 cups water
- 6-10 pkts. artificial sweetener
- 1 large package sugar-free strawberry Jell-O
- 3 cups boiling water
- 2 small cans, (7 ¼ oz each) crushed pineapple in its own juices, NOT syrup
- 2-4 peeled, cored, and chopped apples
- 2/3 chopped raw walnuts

DIRECTIONS

Bring cranberries to a boil in a pot with 2 cups of water on top of the stove until berries pop open. Remove berries from heat and smash, then add packets of sweetener to taste.

Add Jell-O to 3 cups of boiling water and stir to completely dissolve Jell-O. May have to microwave for a minute then stir again for Jell-O to be completely dissolved, otherwise you will have hard spots in your finished Jell-O.

Add chopped apples to crushed pineapples, so the apples do not turn brown. Mix cranberries, Jell-O, pineapple, apples, and walnuts together.

Pour into a Pyrex and refrigerate overnight to gel.

“My mom doesn’t like her cooking, but to her peers she is known as one of the best. This recipe is one of the few recipes she has shared with me over the years. It was the recipe that I used the first time I contributed to our family’s Thanksgiving dinner last year. I remember that we didn’t really follow the recipe, but used what resources we had in the kitchen at the time. One day I hope and aspire to graze the surface of her talent.”



Lynn Mori

Custard Mochi

From Jane Iwanaga in remembrance of her mother, Tayeko Matsura

INGREDIENTS

- 3 cups Mochiko (1-1 ½ lb. box)
- 2 ¼ cups sugar
- 3 tsp. baking powder
- 4 eggs, beaten
- 2 tsp. vanilla
- 1 cube butter (or margarine)
- 4 cups milk or almond milk
- Sesame seeds, toasted

DIRECTIONS

Mix all ingredients together. P

our into a 9"x13" greased and floured pan.

Sprinkle with toasted sesame seeds.

Bake one hour at 350 degrees.

NOTE: Use margarine and almond milk for lactose intolerant people.

This Custard Mochi recipe is from the Volunteer Day at Keiro on March 3, 2012.

Fukashi Pan (Steamed Bread)

From Janice Shimosawa in honor of her mother, Hisae Shimosawa

INGREDIENTS

- 2 cups pancake mix (*Bisquick*)
- 2 or 3 eggs (*depending on size*)
- $\frac{3}{4}$ cup sugar
- $\frac{2}{3}$ cup milk or water
- $\frac{1}{3}$ cup vegetable oil
- 1 tsp. vanilla

DIRECTIONS

Combine all ingredients.

Spray a 9" round aluminum pan with Pam and pour in mixture.

Sprinkle top with white sesame seeds and steam for 35 minutes.

If you like the color green, you may add matcha (*powdered tea*).

"My mom, Hisae Shimosawa, is a really good cook, but rarely measures ingredients. You can get a list of ingredients for her yummy dishes, but trying to get the measurements can be a bit daunting. 'This much...' is a flick of her wrist.

The flavors from our Mom's kitchen are hard to beat. The aroma of curry simmering on the stove, teriyaki on the hibachi charcoal grill, or the occasional smell of smoke coming from the oven were mom's treats for our stomachs (most of the time...hahaha!) and hearts (always). Itadakimasu."

Kuri Manju

From Masako Hollowell in memory of her mother, Matsuye Kami

FROSTING

- 3 cups flour
- 1 ½ cups sugar
- 4 tsp. baking powder
- 1/3 cups oil
- ¾ cups milk
- 2 eggs
- 1 package of shiro koshian

DIRECTIONS

Mix flour, sugar, and baking powder in a bowl.

Whisk together milk, eggs, and oil. Add to flour mixture and mix until the consistency of an earlobe.

Make walnut sized balls of dough and roll into thin rounds and fill with shiro koshian, making sure to seal the dough well. Brush tops with egg wash and sprinkle on sesame seeds.

Bake at 350 degrees for about 10 minutes.



Masako and family with her mother, Matsuye

“My mom was a remarkable woman in addition to being a great cook. She made everything from tofu to kamaboko developing recipes and tasting as she did so. I wish I had learned how to make all her recipes. One of my favorites was the kuri manju she made every year for Obon at our temple, Nishi Hongwanji in Los Angeles. She would go through the lengthy process of preparing the beans, cooking for days. Today she would be delighted and surprised to learn you could buy shiro koshian already made. It took me a while to understand when she was

trying to teach me that dough should be the consistency of an ear lobe, but as you can tell from touching your own ear lobe, the dough must be very soft. I must admit I have not tried to make this recipe, but every Obon season, I attend as many festivals as I can so I can enjoy my favorite treat and remember her wonderful spirit.”

Lemon Meringue Pie

From Frances Onishi in remembrance of her mother, Hatsumi Kubota

CRUST

- 1 1/3 cup flour
- 1/2 tsp. salt
- 1/2 cup Crisco (*no substitutions*)
- 2-3 Tbsp. ice cold water

Combine flour and salt in a bowl. Cut in Crisco until pieces are pea size. Sprinkle water over this mixture, one Tbsp. at a time. Work dough lightly into a ball.

Roll dough 1/8 inch thick into a circle larger than pie plate. Fit in pan and flute around top. Crisp edge. Prick with fork.

Bake at 475°F for 8-10 minutes until lightly brown. Cool on rack.

LEMON FILLING

- 3 Tbsp. flour
- 4 Tbsp. cornstarch
- 1 cup sugar
- 1/4 tsp. salt
- 1/2 cup water
- 2 egg yolks, beaten slightly
- 2 Tbsp. butter or margarine
- 4 cups lemon juice

Mix flour, cornstarch, sugar, and salt in a pan. Gradually stir in water. Cook and stir over medium heat until thick and bubbly. Reduce heat and stir in egg yolks and cook for about two minutes more. Remove from heat and add butter and lemon juice.

Continued on following page...

Lemon Meringue Pie (continued)

MERINGUE

- 3 egg whites (*save yolk for another use*)
- ½ tsp. vanilla
- ¼ tsp. cream of tartar
- 6 Tbsp. sugar

Combine egg whites, vanilla and cream of tartar in bowl. Beat with mixer until soft peaks form. Gradually add sugar, one Tbsp. at a time, at high speed until high, stiff peaks form.

Spread over hot pie filling. Bake at 350°F for about 15 minutes.

"My mother, Hatsumi Kubota, was a wonderful cook, especially known for her lemon meringue pie which she enjoyed baking whenever she had lemons in her garden. At her memorial service, my nephew, Davin Kubota, remarked, 'Life is delicious!'"



Hatsumi Kubota

Lemon Sponge Cake Pie

From Carol Reminick and Cathy Hironaka in memory of their mother, Jane Y. Hironaka

INGREDIENTS

- 3 lg. eggs separated
- 1/3 cups fresh lemon juice
- 1 tsp. grated lemon rind
- 2 Tbsp. butter, melted
- 1 ¼ cups sugar
- Pinch of salt
- 3 Tbsp. flour
- 1 ¼ cups milk
- 1 9-inch pie crust, partly cooked for 10 minutes
- Optional garnish: powdered sugar, sliced strawberries, or freshly whipped cream

DIRECTIONS

Preheat oven to 375°.

In a small bowl, beat egg whites until stiff, not dry, and set aside.

In a separate bowl, beat egg yolks, lemon juice, lemon rind, and melted butter until thick.

Combine sugar, salt, and flour. Add dry ingredients alternately with milk to the lemon mixture, beating well after each addition. Gently fold in beaten egg whites and pour mixture into pie crust.

Bake in 375° oven for 10 minutes.

Reduce heat to 325° and bake for 35-40 minutes longer until top is golden brown. A wooden pick inserted in the center should come out clean.

After pie cools, sprinkle with powdered sugar or serve with sliced strawberries and whipped cream.

Continued on following page...

Lemon Sponge Cake (continued)

VARIATION:

For a Lemon Pudding Cake, omit the pie crust and pour mixture into an 8 inch square baking pan.

Set in a larger pan of hot water.

Bake at 350° for approximately 45 minutes or until top is golden brown.

“Our mother was quite a remarkable woman. She somehow managed to prepare delicious home cooked meals each day in addition to raising 4 children (born within a 5 year span) and working full time. Mom rarely made desserts so we were absolutely stunned when she came home from work one day with a recipe for a Lemon Sponge Cake pie. We had no idea why she was so excited about a pie recipe, particularly one that didn’t even have chocolate! Apparently, one of her coworkers brought a pie to work that was proclaimed by all as the best pie they ever tasted. This was high praise from women who were experienced home cooks back in the 1960’s.

Our mom baked the pie for us that very next weekend. And, especially because it was baked with so much love, it truly was the best pie we ever tasted.

Lemon Sponge-Cake Pie magically transforms into two layers - a lemon custard filling on the bottom with a light, airy sponge “cake” rising to the top. Serve with a sprinkle of powdered sugar on top or with sliced strawberries and freshly whipped cream. Enjoy!”



Jane Y. Hironaka

Lovelight Chiffon Chocolate Cake

From Suzye Ogawa in remembrance of her mother, Ann M. Ogawa

INGREDIENTS

- 2 eggs, separated and at room temperature
- 1 ½ cups sugar
- 1 ¾ cups sifted cake flour
- ¾ tsp. baking soda
- ¾ tsp. salt
- 1/3 cup vegetable oil
- 1 cup buttermilk
- 2 squares (2 oz.) unsweetened chocolate, melted

Preheat oven to 350°F

Oil and dust 2 round cake pans (8 inches). Lining bottom with waxed paper or parchment helps the cake to release after baking.

Beat egg whites until frothy. Gradually beat in ½ cup of sugar and continue beating until stiff and glossy.

Sift remaining sugar, flour, baking soda, and salt.

Add oil, half of buttermilk and beat one minute on medium speed. Add remaining buttermilk, egg yolks, and chocolate. Beat for another minute. Gently fold in meringue (*egg whites*).

Pour into cake pans and bake 30-35 minutes until toothpick comes out clean.

Cool on racks and frost.

Continued on following page...

Lovelight Chiffon Chocolate Cake (continued)

SOFT FLUFFY ICING

- 3 Tbsp. flour
- 1 cup milk
- 1 cup sugar
- ½ cup butter
- ½ shortening
- 1 tsp. vanilla
- Sifted unsweetened cocoa powder to taste

Mix flour and milk together in a saucepan, stirring until thick and smooth. Let cool.

Cream sugar, butter, and shortening in a large bowl. Add vanilla, cocoa powder, and cooled mixture. Beat until it is like heavy whipped cream and frost cooled cake.



Howard & Ann Ogawa

“My father, Howard Ogawa, and my mother, Ann, helped many dental students in his dental laboratory and in our home after the war. Asian dental students were not accepted into dental fraternities and had limited accessibility to lab facilities for their lab coursework.

They spent many hours in the lab and in our home where my mother fed them and was an ‘adopted mother’ as well as the bookkeeper for the business and busy mother to my sister Joyce and me. She was also the oldest of six. This is the cake that was requested most by those students, relatives, and friends.”



Ann at graduation

Macadamia Nut Angel Food Bars

From Barbara Shoji in honor of her mother, Aileen Shoji

CRUST

- 2 cups flour
- ½ cup sugar
- 1 ½ cube butter

Combine flour and sugar. Cut in butter. Press into 9"x12" inch pan.

Bake at 350 degrees for 15 minutes.

CAKE FILLING

- 1 ½ cups flour
- 3 tsp. baking powder
- ½ tsp. salt
- 2/3 cup sugar
- ½ cup oil
- 2/3 cup milk
- 6 egg yolks
- 2 tsp. vanilla
- 6 egg whites
- 1 cup sugar
- 1 cup chopped macadamia nuts

Beat egg whites and 1 cup sugar until stiff. Set aside.

Sift dry ingredients. Make a well and add oil, milk, egg yolks, and vanilla. Mix gently, then pour in a stream into the egg white mixture and fold gently. Fold in nuts.

Pour batter over baked crust and bake at 350 degrees for 45-50 minutes.

Cool and sprinkle with powdered sugar and cut into pieces.

"Cooking and baking were Mom's passion. She loved trying new recipes and everyone loved her creations. She would always bake and share her goodies with family and friends. These recipes are favorites of all who tried them."



Aileen Shoji

Manju

From Sami Ohara in honor of her mother, Michiko Nomoto

INGREDIENTS

- 2 lb. lima beans
- 4 cups sugar
- 2 tsp. salt

Soak beans overnight. Boil slowly until soft. Strain. Put in heavy cloth and squeeze out water. Put in heavy pot, add sugar and salt. Cook slowly and stir until thick. Cool. Form into balls.

- 1 cube butter
- 2 cups sugar
- 1 cup evaporated milk
- 2 tsp. baking soda
- 7 cups flour
- 3 eggs

DIRECTIONS

Cream butter and sugar. Add eggs and milk. Sift together flour and baking soda. Stir into liquid. Put bean mix inside dough.

Put on greased pan. Brush top with egg yolks and sesame seeds.

Cook at 350 degrees for 20 minutes.

“Our mom worked as a CNA at Keiro for many years. Our mom enjoyed working at Keiro, especially working with the Japanese patients since Japanese was her native tongue. She worked extremely hard her whole life, as did many Issei and Nisei of her generation. Her favorite things in life were her grandchildren, sewing, gardening, her sister and brother (long deceased), Keiro, and watching ‘I Love Lucy.’

The recipe is my mom’s favorite, but it is not an original concocted recipe.”



Michiko with her grandchildren

No-Bake Cheezukeki (Cheesecake)

From Cathy Tanaka in honor of her mother Ihoko Tanaka

INGREDIENTS

- 1 package of 8 oz. cream cheese (softened)
- ½ cup granulated sugar
- 2 tsp. lemon juice
- 1/2 tsp. vanilla
- 1 large egg, beaten
- 1 envelope of gelatin
- 1 cup of water
- 1 ready-made graham cracker crust (optional)

DIRECTIONS

Blend well the first five ingredients. In a small saucepan place the envelope of gelatin and water and stir. Heat until boiling and fold contents into the cream cheese mixture.

Carefully place mixture into a graham cracker pie crust; cool slightly and place in the refrigerator for at least 2 hours or until the cheesecake sets.

If you choose not to use a graham cracker crust, place contents in a 9x9 inch or comparable container and chill.

A raw egg is used in the recipe. The egg cooks slightly with the addition of the boiling hot water and gelatin. If there are concerns please use egg substitute.

“My mother is a typical Japanese Mama who refuses to understand the concept of desserts. To her, sweets are manju, yokan, or anything with sweetened azuki-beans or mochi. Growing up in a typical Japanese-American family, having dessert was reserved for special occasions but the one beautiful exception was her no-bake Cheezu-keki (cheese cake) which she served as a surprise treat.

The dessert is simple and elegant. It conjures memories of childhood and simpler times.

Here is to my Mama who after suffering a stroke no longer cooks but could still savor the Cheezu-keki recipe she taught me years ago.”



Ihoko Tanaka with her son-in-law, Shigeto

Peppermint Chiffon Cake

From Wendy Jung Takahashi in remembrance of her mother, Edith Quon Jung

FROSTING

- 6 eggs, separated
- 1 block butter, melted
- 1 cup flour
- 1 ½ cups sugar
- ½ cup water
- 1 tsp. cream of tartar
- 1 tsp. peppermint extract
- ½ tsp. vanilla extract
- 12-15 drops red food coloring
- Peppermint candies, crushed

DIRECTIONS

Combine sugar, water, and cream of tartar. Heat and boil.

Melt butter, beat egg yolks. Add butter to yolks. Beat egg whites. Add sugar solution. Fold in egg yolks, then flour. Add extracts.

Pour 1/3 batter into separate bowl, tint with food coloring, sprinkle crushed candies.

Alternate large spoonfuls of red and plain batter into ungreased angel food pan or tube pan. Swirl batter with spatula.

Bake 325° for 45 minutes. Cool and frost if desired. Serves 10-12.



Edith Quon Jung

“During the Christmas holidays and summertime, my Mom baked her peppermint chiffon cake! It tasted so refreshing when you took a bite and tasted the chunks of peppermint. I watched her make the batter and helped her crush the candies to put in it. While it was baking, my brothers and I would smell the wonderful aroma coming out of the oven. We would hang around the kitchen until the cake was done baking and even watched the cake cool off. When it was time to have a taste of the cake, we would gather around the kitchen table and anxiously wait for a piece. The peppermint taste of the cake with the tiny morsels of the candy embedded inside tasted so light, airy and refreshing! We definitely asked for another slice of cake!”

Every time I see peppermint candy or holiday candy canes, I remember fond and loving memories of Mom’s delicious peppermint cake and the lifelong lessons she taught of fairness, good work ethics, being helpful to others, and giving back to the community.”

W.L.A.'s Favorite Chocolate Cake

From Laraine Miyata in memory of her mother Tatsuye Miyata

INGREDIENTS

- 1 ½ cups hot water
- ¾ cup salad oil
- 3 squares Baker's chocolate
- 3 cups sifted cake flour
- 1 tsp. salt
- 2 tsp. baking soda
- 3 large eggs
- 2 ½ cups sugar
- 1 small carton sour cream
- 1 ½ tsp. vanilla

DIRECTIONS

Combine hot water, salad oil, and chocolate in the top of a double boiler and melt the chocolate over medium heat. Allow to cool.

Sift together cake flour, salt and baking soda.

Beat eggs well, and gradually add sugar, beating well. Add sour cream and vanilla to the egg mixture.

Gradually add 1/3 of the flour mixture alternately with the chocolate mixture, mixing well, but do not over beat.

Grease the sides and bottom of a 9" x 13" cake pan, and line the bottom with wax paper. Bake in a pre-heated oven at 350° for 40 to 45 minutes, or until a toothpick poked in the middle of the cake comes out clean.

Allow cake to cool completely before frosting.

Continued on following page...

W.L.A.'s Favorite Chocolate Cake (continued)

INGREDIENTS

- 1 can "Eagle Brand" Borden's condensed milk
- Squares Baker's Chocolate
- ¼ tsp. vanilla

DIRECTIONS

Mix condensed milk and Baker's chocolate in the top of a double boiler, and cook over hot water until thick and smooth, about 10 minutes.

When cool, add the vanilla and mix well.

"Our Mom, Tatsuye Fujita Miyata, was a great cook, but she was even better known for her baking. For as long as I can remember, she loved to bake - cookies and cakes. One of her favorites, and ours, was the chocolate sour cream cake with a wonderful rich chocolate frosting from the WLA JAACL Cook Book. It's very easy to make and is so moist and light, with a creamy frosting that just melts in your mouth.

Our Dad, Fred Miyata, used to run a bridge club at the Crenshaw Athletic Club every week, and Mom baked the refreshments every Friday. The players loved to play bridge, but there were some who told Dad that they came just for Mom's refreshments. One of them used to pick up 2 pieces of cake, wrap them in napkins, and hide them under his hat to take home and enjoy later. Mom's chocolate cake was always a hit whenever she made it, but she alternated with her other favorites so the bridge players didn't get tired of it: Carrot Cake, Blueberry Kuchen, Butter Pound Cake, Apple Cake, and Chinese Chews.

Later, Mom would make the chocolate cake for the Bake Sale at our annual WLA Buddhist Church Obon, and it was always one of the first to sell."



Laraine with her mother, Tatsuye



Recipes originally appeared as individual posts to the Genki Woman Blog in response to Keiro's 2012 Women's Wellness Conference, **Lessons My Mother Taught Me: Empowering Women for Lifelong Vitality.**

Visit our Genki Woman blog. It is a place where women can help each other incorporate the concept of genki living into everyday life. A place where women are empowered to approach aging and health with confidence. A space to learn and share information with friends who support one another through life!

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420 East Third Street, Suite 1000, Los Angeles, CA 90013
(213) 873-5700 | (213) 873-5799 fax
www.keiro.org

Keiro is a not-for-profit organization that supports older adults age with confidence through programs that meet their needs. These programs are designed to help people live healthy and fulfilling lives through initiatives that are based on research, encourage healthy living, and build community.